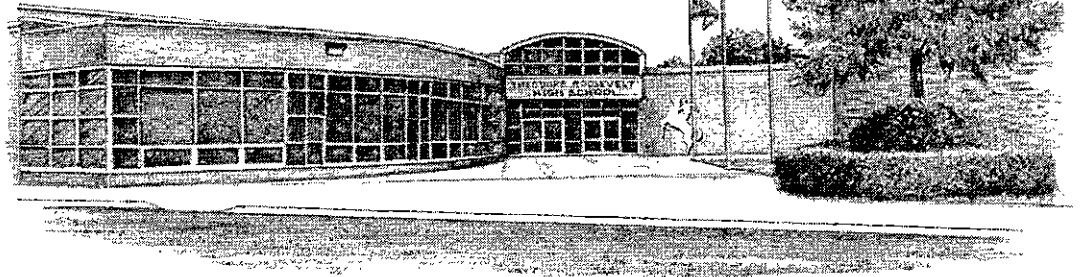




BRANCHING OUT

Roosevelt High School



Dear Friends,

November 2007

Our long, wonderful summer like weather ended as abruptly as the Cleveland Indians baseball season! The winds of November have brought rain and chilled temperatures various times the past few days. The chilling effect is also noticeable in some of our attitudes and demeanor, having been positively sustained by the long-term warmth and sunshine. Human nature, such as it is, reflects the weather, but only for a while. We will adjust, as we always do, and take whatever Northeastern Ohio gives us in stride.

The beginning of November also signals the end of the first nine-week grading period and many students are getting a “reality check” of sorts. Like the summer warmth, they have blissfully reported to parents that they are doing “just fine” in English, or Math, etc. whenever the inquiry was made. For some, cold reality hits them squarely between the eyes when grade cards come home. It happens every year. Allow me to revisit a theme I wrote about some years ago. It holds as true today as it did back then.

Generally most young people can do much better in the classroom. They are kids like yours and mine. When back-tracking to find out why their grades are lower than expected, we find missing homework, failure to do assignments, failure to make up tests or quizzes they missed, an abandoned project, etc. In addition, most of this abandonment of work occurs after interims have gone out. Somehow they have this idea that just being here “entitles” them to a good grade! Parents now have another “tool” to track their academic indiscretions via the Internet, yet other forces continue to be in play.

The lack of effort in doing class work is but one example where students feel they have a specific “entitlement” to something, while accepting no responsibility for their actions. I have heard this actual word, or the idea of, entitlement expressed many times the past nine weeks. It comes in many forms. A parent complaining that their daughter feels entitled to lie around the house all day and not attend school. A student couldn't understand why they weren't entitled to selectively go to the classes of their choice. A parent who believed their student should be entitled to an exemption from a rule because of who he was. Other parents pleading for help because their kid believes she is entitled to ignoring reasonable home rules. A student who felt disrespected by a teacher who said “no” when he asked to leave class just because he wasn't interested in what was going on. Or the many students who have expressed to us that they are entitled to say or do anything they wish without any responsibility for their actions.

The list goes on and on, but my favorite is the shock that was expressed, some years ago, by my son's classmates and their parents that he wasn't extended some special entitlement, and actually served detention when he was tardy to school, received a failing grade in a class for failure to do the work required, and rode the bench on an athletic team. I have to stop and wonder at times, what have we done to some of our kids?

Our vision in the Kent City Schools is "We love and respect all of our students everyday. They learn skills that prepare them for productive and enjoyable lives." I'm not sure we share a common understanding of what this means. If fourteen and fifteen year olds believe they have no accountability to their parents, teachers, or coaches, I'm afraid they are going to be disenchanting and miserable adults, or worse, ineffective parents.

I love my children, all adults now, and loved them throughout their school years, but I wasn't their friend. I couldn't be. That wasn't my responsibility. I was their parent. If they saw me as a friend, great, but that wasn't the primary mission of being a parent. It isn't the primary mission of teachers, either. Building a strong relationship with our students is not about friendships; it is about caring deeply about their development. If they do not practice the skills of productivity today, they will surely be unproductive tomorrow. If they are of the belief that they should not be held accountable for anything, they will be absolutely disillusioned with the real world later on. It is our job, parents and teachers working together to develop in them the tools for a successful future!

Love our kids? Absolutely! Love and respect them enough to hold them responsible for their actions. Love and support them when natural consequences occur, without interfering or experiencing guilt over their actions. What our kids are entitled to is all the love and caring we can give them, not accommodations or excuses for their irresponsibility, inappropriate behaviors, mistakes of judgment, disrespect, just plain silliness or. . . simply not doing their school work. Is there really any excuse for any of it?

With Thanksgiving almost upon us, I hope that this issue of the *Branching Out* finds your family basking in the warmth of love and happiness.

Office: 330-676-8710
Home: 330-678-3381
E-mail: ke_rsidoti@kentschools.net



Roger Sidoti
Principal

NOVEMBER 2008

TEMS IN THIS NEWSLETTER

Letter from the Principal
Character Trait for November
Canned Food Drive
Senior Retreat News/Senior Fundraiser
Junior Class Silent Auction news
Skiing Information
Ninth Grade Parent Message
PLAN Test is scheduled for Sophomores
Christmas Poinsettia Sale
Fall Play Opens Soon
Kent Music Booster Fruit/Holiday Evergreen Orders
PARENT TEACHER CONFERENCES
College Athletics and Recruiting
RHS Senior Apparel
Get On Board – Silent Auction Holiday Express
Rough Rider Yearbook News and Order Form
Travel to ROME in 2009
7th Annual RHS Craft Show
Knowing the Facts (Health Issues)/Calendar Flu Shot Clinic
NOVEMBER CALENDAR

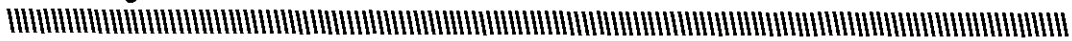
"COMPASSION" IS THE NOVEMBER CHARACTER TRAIT

"Compassion" is the character trait being emphasized during the month of November. The goal is to show care, concern, and empathy for the needs of other persons without regard to race, religion, gender, age, economic status, and/or physical and mental condition. Compassion involves being sensitive to and supportive of others. Don't hold grudges. Instead, be forgiving.

Related ideas include: Empathy, love, caring sensitivity, understanding, being supportive and kind. Practical applications are evident in these behaviors:

- Gives to others in need, and forgives.**
- Helps someone who is having problems.**
- Includes someone who is left out or less skillful.**
- Is willing to share another person's pain or joy.**
- Is sensitive to other people's feelings and needs.**
- Is kind even when others are not.**
- Gives up something for the benefit of others.**

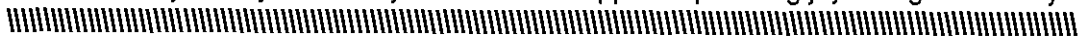
We hope many families, classrooms, and community groups will find opportunities to extend compassion. As they do so, we further hope it will become more internalized in each individual's character growth.



PLEASE HELP!! ROOSEVELT CANNED FOOD DRIVE GET UNDERWAY!

Giving, Caring and being thankful, are some key words for our Roosevelt family! So, please join our school with continuing to contribute towards helping families enjoy another fruitful Thanksgiving. Our Annual Canned Food Drive get underway the week of November 12th – 16th Encourage your child to bring in any canned food item to show our needy families that Theodore Roosevelt High School really CARES!!!

On Saturday, November 17th, 2007, from 8:00 a.m. – 1:00 p.m., Roosevelt High School's Leadership Retreat Planning Committee, will be in our community collecting any canned goods and non-perishable items that you wish to donate. If you are not going to be home during those hours, donations will be accepted at the high school cafeteria beginning at 8:00 a.m. and ending at 12:00 noon. Thank you very much for your continued support in providing joy during the holidays.



SENIOR RETREAT NEWS

TO ALL SENIORS AND THEIR FAMILIES!

This year's Senior Retreat, *Life Comes At You Fast!* is set for March 28th – 30th at Maumee Bay Resort Center. We hope to get as many members of the class of 2008 as possible to attend what could be considered the grand finale of our senior year. But, we cannot have a successful retreat without participants in the numerous activities we are planning. So, don't forget to turn in the information packets with your deposit by **FRIDAY, NOVEMBER 16TH** to Mrs. Vogler. Extra forms are available in the Activities Office and fundraising opportunities will be available in the future; please contact Mrs. Rebecca Thomas or Miss Margana Dane if you have any questions or concerns about paying for the retreat. Make sure you don't miss this chance to form those final bonds with your peers in this year's graduating class!

ALSO

SENIORS ARE HAVING A FUNDRAISING CANDY SALE!!!

The Class of 2008 will be selling an assortment of chocolates from Harry London and Fannie May. The main purpose for this fundraiser is to earn money to go towards the Senior Retreat in March,

2008. Each senior will earn a 50% profit for their sales to help defray the cost of the retreat. Please see a member of the Class of 2008 or call Becky Thomas at 330-676-8711 to place an order. The kickoff for this fundraiser will begin on November 5th and conclude November 16th. There is a wonderful variety to choose from, so buy your Christmas candy early!!!

////////////////////////////////////
JUNIOR CLASS SILENT AUCTION NEWS

Junior class students and parents are invited to Get On Board for the Silent Auction Prom Fundraiser scheduled from 6:00-9:00 p.m. on **Thursday, December 6th**. Weekly planning meetings take place every Monday evening from 7:00-8:30 p.m. in the Roosevelt library. December 6th is approaching rapidly, and much help is needed. To get involved or to make a donation, contact Sue Yanchar at 330-676-8841. Also, please note the attached Silent Auction brochure, and thank you for supporting the Class of 2009's efforts to fundraiser for the 2008 Junior-Senior Prom. Hope to see you at the auction!

////////////////////////////////////
SKIING ANYONE?

Ski Club sign up will be starting on October 29th, 2007 through November 16th, 2007. Anyone interested, please see Mr. Jeff Thompson, or leave him a note in his mailbox in the Main Office at the high school.

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A MESSAGE TO NINTH GRADE PARENTS

Parents of Ninth Graders...Please plan to attend "Helping Your Ninth Grader Succeed", scheduled for Wednesday, November 7th, 2007, from 7:00 p.m. to 8:15 p.m. in the auditorium. Freshman School Counselor, Deborah Rutzky, along with our Principal, Mr. Roger Sidoti and Assistant Principal, Dennis Love, will discuss how you can support your student so that they can get the most out of their high school experience. Topics include: Understanding your student's academic record and the academic requirements and policies governing a student record; factors affecting good school performance; planning and preparing for the future; developing four year programs of study, and balancing co-curricular activities and academics. So, mark your calendar to join us on **NOVEMBER 7TH**.

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PLAN TEST IS SCHEDULED FOR SOPHOMORES

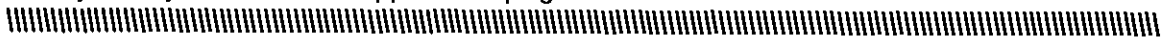
The PLAN test is scheduled for Saturday, November 10th, 2007, from 8:00 a.m.-noon. The cost of the test is \$20.00 and is payable in the high school Treasurer's Office. Upon payment, students are registered for the November 10th test and will receive a 2007 PLAN student Bulletin full of useful information, including test-taking tips. Registration for the PLAN test begins October 22 through November 8th.

What is the PLAN? It is an instrument designed for sophomores and to help guide their postsecondary planning. The test measures the same skills as the ACT assessment (English, Mathematics, Reading, and Science Reasoning), but measure them at the tenth-grade level. The PLAN also provides sophomores with an estimated ACT composite score range.

Sophomores can use the skills diagnosis section to focus on academic weaknesses that need attention before taking the ACT college entrance test in the spring of their junior year.

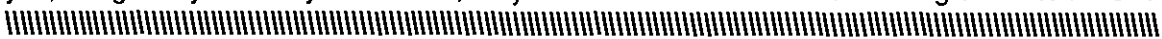
CHRISTMAS POINSETTIA SALE HAS BEGUN

Christmas Poinsettia orders are being taken now by Mr. Jeff Thompson, a teacher at Roosevelt High School. You may call (330) 673-9595, and place your order through November 9th, 2007. The delivery date is scheduled for November 27th. So hurry and don't miss out on these beautiful plants. The colors are red, white and pink. Once again, Roosevelt High School would like to thank all of you for your continued support in helping our students.



RHS' FALL PLAY OPENS SOON!

On Friday, November 16th, and Saturday, November 17th, 2007, our fall play, "**Never Mind What Happened, How Did It End**" will be presented in the Richard Roberts Auditorium, at Theodore Roosevelt High School. Tickets are \$6.00 for adults and \$5.00 for students. All seats are general admission. Doors for the show open 20 minutes before curtain times. Presale tickets (\$1.00 off the price), will be available beginning November 12th, during the lunch periods. A special Preview Performance will be presented on Thursday, November 15th at 6:00 p.m. All seats for this show are \$3.00 and can be purchased at the box office the night of the show. We sincerely hope that you, along with your family and friends, will join us for another wonderful evening of entertainment!



KENT MUSIC BOOSTER FRUIT SALE AND PICK UP REMINDER!!

We hope each of you have ordered your Citrus fruits from the Music Boosters at RHS or Stanton. But if you have not, you still have until **Friday, November 2, 2007** to do so!!! There are three types of fruits available in 2/5 bushel boxes: Red Grapefruit (\$16.00), Hamlin (Juice) Oranges (\$16.00), Navel Oranges (\$16.00), and a Triple charmer, consisting of 6 fancy apples, 10 navel oranges, and 6 pears (\$22.00). Students are encouraged to ask customers to pay in advance for convenience, but it is not mandatory! The delivery date will be **December 2, 2007**. Please make checks payable to Kent Music Boosters.

ALSO

HOLIDAY EVERGREENS ORDERS

The Kent Music Boosters have been taking orders for fresh, fragrant evergreens for this year's holiday season!! Products being sold includes: fresh Balsam Christmas Wreaths, with Red Velvet Bow, pinecones, and holly berries.

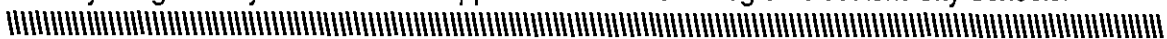
22" Wreath for \$17.00

Natural Balsam Garland: Diameter is 10-12" – 10 foot section for \$17.00

Holiday Centerpiece: \$15.00 arranged in oasis block and bowl, each centerpiece features cedar, noble fir, pine, berried juniper, and natural, snowy pine cones and each centerpiece is approximately 14" in diameter.

You may order your Holiday Greens through **November 2, 2007**, from any member of our band or orchestra. The delivery date will be **December 2nd, 2007**, which coincides with the fruit sale.

Thank you again for your continued support of our Musical Programs at Kent City Schools.



SIGN UP NOW FOR PARENT/TEACHER CONFERENCES !!

ON MONDAY, NOVEMBER 19TH, 2007, from 5:00 p.m. – 8:00 p.m., and **TUESDAY, NOVEMBER 20TH, 2007**, from 9:00 a.m. until 8:00 p.m., Parent/Teacher Conferences will be held at Roosevelt High School.

Mrs. Muriel "Sam" Edwards will be scheduling the appointments the **WEEK OF NOVEMBER 12TH, 2007**, and we strongly urge you to call ahead to eliminate possible waiting or disappointments, in seeing your child's teacher, counselor, or administrator. You may call 330-673-9595, ext. 8769 between the hours of 7:15 a.m. – 3:45 p.m. Please have the list of all the teachers, counselors, or administrators with whom you'd like an appointment. We will try to accommodate "walk-in" conferences, but we will have to work around those appointments already scheduled with Mrs. Edwards.

We welcome this opportunity to share your student's progress and to discuss concerns and questions you may have regarding his/her school environment.

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If you would like to register early, please complete the following and return to Mrs. Muriel "Sam" Edwards by Thursday, November 8, 2007. Upon completing your request, she will either call you or give your confirmation and times to your child, and they will bring it home to you.

STUDENT'S NAME(S): _____

PARENT/GUARDIAN NAME: _____

TELEPHONE NO'S. HOME: _____ WORK: _____

PREFERRED DAY FOR YOUR CONFERENCE –Monday 11/19/07- 5:00 p.m.-8:00 p.m. _____

(Please place an X by appropriate day.) Tuesday 11/20/07–9:00 a.m.–8:00 p.m. _____

If you choose Tues., please mark A.M. ____ or P.M. ____ for your conference.

If you would like a call from "Sam" to confirm your appointment, please circle the best time to reach you - MORNING or AFTERNOON. Any questions, please don't hesitate to call Muriel Edwards at: 330-673-9595. Thank you.

TEACHER(S)/COUNSELOR/ADMINISTRATOR YOU WOULD LIKE TO SEE:

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

ROUGH RIDER ALL SPORTS BOOSTERS PRESENT:



ROUGH RIDERS

College Athletics and Recruiting...

What High School Students and Parents Should Know

Monday, November 5, 2007

7:00 pm

Roosevelt High School

Auditorium



Featuring:

Mr. Bob Heller

**Senior Associate Athletic Director
Kent State University**

Learn about:

- ◆ Division I, II, III and NAIA Athletics
- ◆ High School coursework requirements and core courses
- ◆ ACT and SAT requirements
- ◆ NCAA Clearinghouse
- ◆ What students can do to continue playing sports in college
- ◆ How the recruiting process works
- ◆ What recruited students should expect from college coaches
- ◆ Athletic scholarships and financial aid
- ◆ What students should consider when selecting a college or university

Bob Heller, Senior Associate Athletic Director at Kent State University, is in charge of student eligibility and compliance with NCAA regulations. Mr. Heller started his

career as a Special Education teacher and high school coach. Nine years later,



he moved to coaching at the collegiate level. Over the past sixteen years, Mr. Heller has worked in the area of NCAA rules, eligibility, and financial aid at three universities, including the past nine years with the Golden Flashes at Kent State University.



ROUGH RIDER Yearbook News

Dear Parent or Student,

An awesome new feature to get your pictures in the yearbook! The Yearbook Staff invites students and parents to submit photos for the yearbook. If you've got great photos of school and community events or you and your friends just having fun, we'd like to see them. Our photographers can't be everywhere. Help us get as many photos as possible to create a terrific book everyone will want to have.

Here is how you can submit photos online:

- Log on to: **images.jostens.com**
- Enter Login ID: **1151191**
- Enter Your Password: **kent**
- Browse to select the photo(s) you wish to upload.
- Enter information about the photo and provide contact information in case the staff needs additional information.
- Click "Save Details".

It's that easy! Submit your photos as soon as possible after an event, as we are already creating pages.

Sincerely,
Yearbook Adviser and the 2008 Yearbook Staff.

The Yearbook Staff will review all photos and determine final yearbook content. We cannot guarantee that all submissions can be used in the book.

Senior Portraits for Yearbook

A color, wallet size, head and shoulders photo should be submitted to Mrs. Frampton's mailbox at the high school (1400 N. Mantua St., Kent, OH 44240) by **March 14, 2008**. Digital files will also be accepted from professional photographers. Go to <http://www.kentschools.net/rhs/cocurriculars/yearbook/> for a list of the various photographers in our area.

Order Your 2008 All Color Yearbook

Nov. 26th is the last day to order at the lowest price of \$55. See the enclosed form or order online at <http://www.kentschools.net/rhs/cocurriculars/yearbook/>

Parents and Friends of Seniors

Create a personal message, with or without photos, to let your senior know how proud you are of them. Order senior congratulations messages by March 14th. See enclosed form.

RHS Senior Apparel

Do you want to surprise your family with sharp holiday gifts?

Do you want to stand out with spirit at the pep rally?

Do you want to show off your RHS pride?

Order your senior apparel now!

This year's ordering process has been streamlined just for YOU! Shop the selections below, fill out the order form, and place your order—it's that simple! Orders are scheduled to arrive before the winter sports pep rally and before winter holiday break; so, get your holiday shopping done early. Buy your senior apparel now!

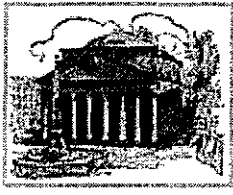
SHOP & ORDER HERE:

YOUR NAME (please print) _____ PHONE # _____

<u>Items & prices:</u> (Products supplied by Foosewear.)	<u>Quantities and sizes</u> <u>you desire</u> (insert #s next to sizes):	<u>Cost:</u>
❖ T-shirt: "Seniors '08" (black) \$10.00 each	sm(); med(); lg(); XL()	_____
❖ T-shirt: "We do what we want" (black) = \$10.00 ea.....	sm(); med(); lg(); XL()	_____
❖ Long-sleeved t-shirt: "RHS '08 Seniors" (red) = \$16.00ea. ea.. with names of all Seniors on back	sm(); med(); lg(); XL()	_____
❖ Hoodie sweatshirt: "RHS '08 Seniors" with names of all Seniors on the back (red) = \$28.00 ea.....	sm(); med(); lg(); XL()	_____
❖ Sweatpants: "RHS 2008" (grey) = \$20.00 ea.....	sm(); med(); lg(); XL()	_____
❖ Boxer shorts: "Seniors 2008" (red) = \$15.00 ea.....	sm(); med(); lg(); XL()	_____
❖ Socks: "'08" (red baseball socks) = \$10.00 ea.....	one size	_____
❖ Lanyard: "Roosevelt 2008" (red) = \$3.00 ea.....		_____
Total order \$ amount:		_____

PRE—PAID ORDERS ONLY

Now that you've made your choices, put this order form and your check made payable to "RHS Class of 2008" in an envelope and either hand-deliver or send it to Rebecca Thomas at RHS (address envelope to: Theodore Roosevelt High School attn: Rebecca Thomas 1400 N. Mantua St. Kent, OH 44240). Orders cannot be processed without payment. Orders must be received by Wednesday, November 14, 2007. Apparel pick up dates are scheduled for December 5th, 6th, & 7th during school hours at RHS. *GO RIDERS!*



Travel to ROME in 2009



<http://www.kentschools.net/rhs/latin/italy>

The Latin classes at RHS are planning a trip to Rome during the Spring Break of 2009. The trip promises to be a once in a lifetime experience and we are trying to get the word out to the parents of RHS students who may be interested in traveling with us. You don't even have to be a Latin student!

We welcome students, parents, or anyone else wanting to travel with our group.

This notice contains the dates of the preliminary meetings that we have planned. If you would like more information, plan to attend one of the meetings. This first set of meeting dates will explain the itinerary and costs, information about the tour group, the application process, and deadlines for paperwork and money. We will also answer any questions you may have.

In order to accommodate as many people as possible, we have scheduled the same meeting on different evenings of the week. Please plan on attending one of the meeting times listed below with your son or daughter. Please contact Rob Susel at RHS (676-8880) if you are unable to attend but would like information about the trip or check out the Rome Trip link on the Latin web site at: <http://www.kentschools.net/rhs/latin/italy>

We look forward to seeing you at the meeting.

Rob Susel
ke_rsusel@kentschools.net

John Phillips
ke_jphillips@kentschools.net

Meeting Dates:

Tuesday, November 13, 2007
RHS Library
6:30-7:30 P.M.

Wednesday, November 14, 2007
RHS Library
6:30-7:30 P.M.

Itinerary:

Day 1-2: Departure from the USA - Arrival in Rome. We drive south around the beautiful Bay of Naples to the delightful seaside town of Sorrento. Orange and lemon plantations abound. The rest of the day is free to explore the town.

Day 3: Isle of Capri-Sorrento: Today we board the boat to cross the Bay of Sorrento to Capri, the "Island of Dreams." Arriving on the island, we take the funicular to the main piazza, passing sub-tropical gardens. There is time to wander through the myriad of lanes and shop in the tiny artisan stores that line the square. The day is free to explore the town.

Day 4: Amalfi-Pompeii: Today's drive takes us along the breathtaking coastline from Sorrento to Salerno. We stop briefly at Amalfi to see the wonderful cathedral and shop. Then we continue to Pompeii. Buried by 23 feet of volcanic ash and mud by the eruption of nearby Vesuvius in 79AD, it provides a time capsule of life as it was nearly 2000 years ago.

Day 5: Naples-Cumae-Rome: First we visit the National Archaeological Museum in Naples, which houses many of Italy's treasures. Then we continue along the coast to Cumae, where the Sybil lived. Then it is on to the capital city, Rome, for dinner and overnight.

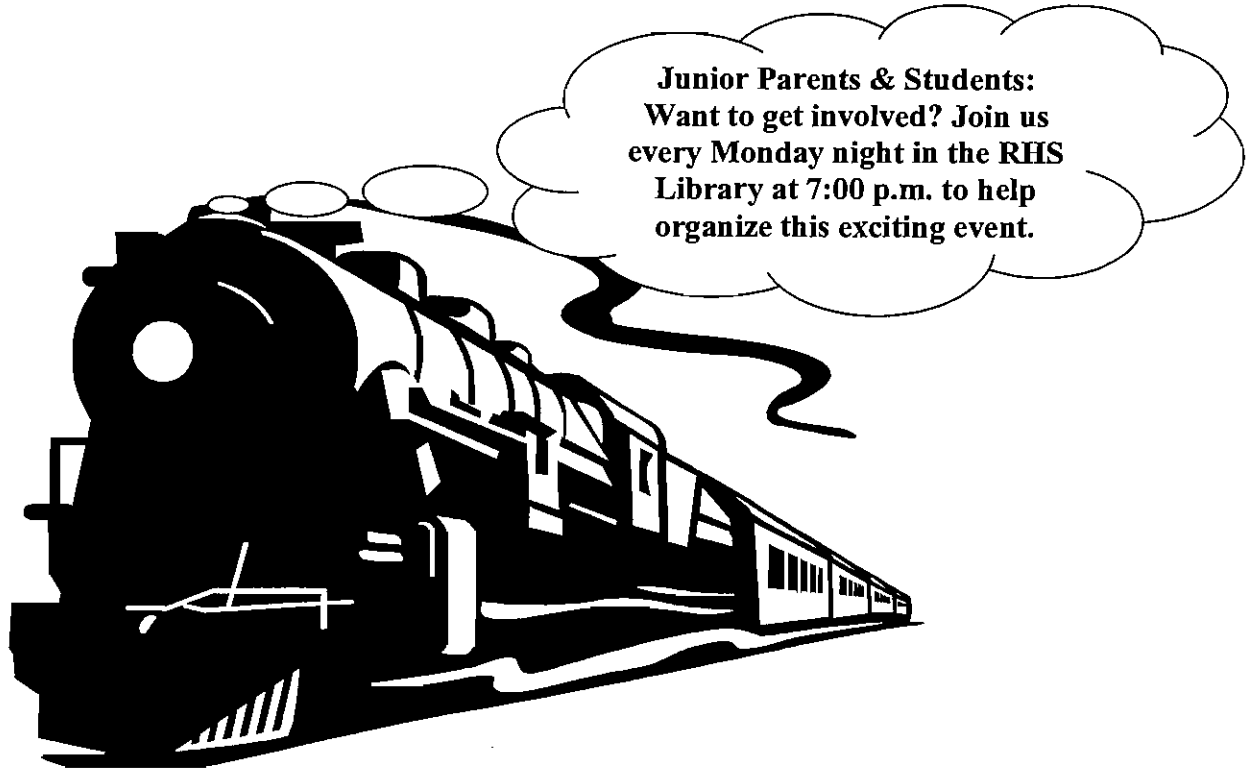
Day 6: Rome: Morning sightseeing introduces us to ancient Rome. Enjoy the Colosseum, the Arch of Constantine and a guided tour of the Forum. Afternoon is yours to explore the city.

Day 7: Rome: Morning visit to the mother church of the Catholic world, St. Peter's. Also included are the Vatican and entrance to the Sistine Chapel. Optional afternoon excursions are available or enjoy the sights on your own. This evening there is a pizza dinner, Roman style.

Day 8: Rome: Today you may wish to take an optional full day trip aboard the high speed train to the cradle of the Renaissance, Florence. Journey time is two hours. Sightseeing will show you Michelangelo's David, Santa Croce, and Piazza della Signoria, or shop the abundance of reasonably priced leather & gold. Or if you prefer, further explore the wonderful city of Rome.

GET ON BOARD

SILENT AUCTION HOLIDAY EXPRESS ANNUAL PROM FUNDRAISER



- What: Silent Auction Prom Fundraiser
Conducted by the Class of 2009
- When: Thursday, December 6, 2007
6:00 - 9:00 p.m.
- Where: Theodore Roosevelt High School Cafeteria
- Why: Raise money for 2008 Junior-Senior Prom

**CATCH THE HOLIDAY SPIRIT!
MARK YOUR CALENDAR AND JOIN US FOR THIS
EXCITING COMMUNITY EVENT!!**

To make a donation or purchase a program ad, contact Sue Yanchar @ 330.676.8841

**Please Join Us For The
7th Annual
Roosevelt Craft Show**

Where? Kent Roosevelt High School, 1400 N. Mantua.

When? Saturday November 3rd, 9:00-4:00. Set up starts at 7:00.

Cost? \$30.00 per space with one table provided.

Questions? Sandi Melucci or Patti Eves 330-676-8776

As always at the Roosevelt Craft Show you will have:

~Large Spaces

~Student Helpers

~Free Morning Beverages

~Lots of Advertising

A confirmation letter, with table assignment, will be sent closer to the show date.

-----Cut Here-----

Checks payable to: RHS Craft Show

Send to: Patti Eves 1400 N. Mantua St. Kent, OH 44240

I would like ____ booth(s) at \$30.00 each

Name _____

Address _____

Phone _____

Description of craft _____

Special Requests (electric):

KNOWING THE FACTS

About Antiviral Medication and Flu Symptoms

Plan B for Influenza: Antiviral Medications*

With large numbers of people unable to receive flu shots in 2004-2005, The U.S. Centers for Disease Control and Prevention (CDC) is encouraging people to focus on other important measures of flu prevention, such as practicing simple and effective hygiene measures like hand washing and covering the mouth when coughing, as well as using antiviral medication. Antiviral medications, prescribed by a physician, are appropriate for those with the flu as well as their exposed family members. They have some protective effects and can make the illness shorter and milder.

In the United States, the Food and Drug Administration (FDA) has approved four antiviral medications — amantadine, rimantadine, oseltamivir, and zanamivir — for treatment of influenza, though supplies of zanamivir are limited. If used on the first two days of illness, all four antiviral medications are effective in reducing the duration of illness by one or two days.

The CDC recommends amantadine or rimantadine for prevention and oseltamivir or zanamivir for treatment as supplies allow, in part to minimize the development of adamantane resistance among circulating influenza viruses. Rimantadine is not approved for treatment of children (1).

Who Should Get Antiviral Drugs*

People who are at high risk of serious complications from influenza and who might also benefit most from antiviral medications include:

- people 65 years of age and older;
- people 2-64 years of age with chronic medical conditions (for example, heart or lung disease, diabetes);
- children 1-2 years of age; and
- any one with a life-threatening influenza illness.

* Antivirals are not approved for use in children less than 1 year of age

In addition, if the local supply of antivirals is sufficient, antivirals can be used for treatment of any persons ill with influenza for 2 days or less to reduce the duration and severity of symptoms.

TAMIFLU (OSELTAMIVIR) is the only prescription antiviral medication indicated to treat type A and type B influenza in patients one year and older. Tamiflu was granted FDA approval in November 2000 for the prevention of influenza in adults and adolescents 13 years and older.

The results of pediatric clinical studies show that Tamiflu reduced the duration of certain symptoms of influenza by 1.5 days in children aged 7-12 when given within two days of onset of symptoms.

Prophylaxis Study Results (Adults and Adolescents 13 Years and Older)

Clinical trials have shown Tamiflu is up to 92 percent effective in preventing illness when taken daily for at least 7 days.

For more on Tamiflu: www.tamiflu.com

How Do You Know if You Have the Flu?

Flu usually comes on suddenly and includes some combination of these symptoms:

- Sudden onset of fever
- Headache
- Chills
- Muscle aches and pain
- Tiredness (can be extreme)
- Cough
- Sore throat
- Mild Pink eye
- Decreased energy
- Abdominal pain
- Nausea and vomiting (These symptoms alone or with fever are often caused by other factors, not influenza virus (2).)



What's the Difference Between a Cold and the Flu?

In general, the flu is worse than the common cold. Colds generally do not cause fever or muscle aches nor result in serious health problems, such as pneumonia or bacterial infections. People with colds are likely to have a runny or stuffy nose. If unsure, call your health care provider and explain your symptoms, preferably within the first few days of illness of symptoms.

1 www.healthinschools.org/ejournal/2004/nov1.htm

2 American Academy of Pediatrics. Influenza. In: Aronson SS, Shope TR, eds. *Managing Infectious Diseases in Child Care and Schools: A Quick Reference Guide*. Elk Grove Village, IL: American Academy of Pediatrics; 2005:81-82

KNOWING THE FACTS

About Vaccination

One of the common myths of immunization is that vaccines make people sick, which they do not. People can, however, still get sick despite being vaccinated for several reasons, but not because of the vaccine. Even if an illness such as Chickenpox does occur after a vaccination, the illness tends to be significantly less severe and less contagious (1).

Immunizations are another key to preventing the spread of certain infectious diseases. Most health care providers today have never seen a case of tetanus, polio, or diphtheria, all mass killers of earlier generations. Smallpox has been eradicated.

The single best way to prevent influenza (the "flu") is to get vaccinated each fall (2). Because school staff come into contact with so many people daily, their exposure risk is high and they should consult with their doctor about receiving annual flu shots. Unlike other vaccines, those for influenza usually offer protection for only one year because every year the viral strains most likely to cause an outbreak differ. Each year, scientists from the U.S. Centers for Disease Control and Prevention (CDC) determine which viral strain is likely to spread in the coming year. Then, vaccine manufacturers develop a vaccine to protect against those particular strains. Immunization to prevent influenza is so important that CDC continues to expand the groups for whom they recommend immunization.

What About the Nasal Vaccine, FluMist®

FluMist®, the nasal-spray flu vaccine, is an option for healthy individuals, ages 5 to 49 years of age, who are in contact with infants under 6 months of age or who are healthcare workers who provide direct patient care. FluMist is not recommended for healthcare workers taking care of severely immunocompromised people and cannot be given to pregnant women.

What If You Are in a High-Risk Group and Your Health Care Provider Has No Vaccine?

Contact your local health department and ask your regular vaccine provider about other options.

The Facts About Influenza ("Flu") Vaccine

- Flu vaccines are available as either injections or a nasal spray.
- The injected vaccine is made of inactivated or killed virus that cannot give a person the flu.
- The nasal spray is made of attenuated live vaccine given to healthy persons between the ages of 5-49 years.
- A person should not use the nasal spray if in regular contact with someone who has an immune deficiency.
- Protection from influenza requires annual influenza immunization since the prevalent flu virus changes from year to year, and as such, vaccine composition changes almost every year.
- Influenza vaccines take approximately two weeks to become effective and provide protection.
- A person exposed to influenza viruses shortly before receiving the vaccine sometimes still gets the flu within a few days of receiving the vaccine because it takes anywhere from 2-14 days for the body to develop immunity.
- Researchers try to match the three viruses in the vaccine to the influenza viruses they expect to circulate most widely each year.
- In spite of vaccination, some people will get the flu when the viral match in the vaccine is too different from the virus they acquired.
- Complications from influenza caused 36,000 deaths in the U.S. during 2003 (3).

Immunized people are still susceptible to non-influenza infectious agents. Sometimes people assume their "flu shot" did work, when their illness is really a food-borne illness, sometimes incorrectly called "stomach flu" or another respiratory infection. Vaccines are specific for viral strains. There are no vaccines that offer protection from the common cold...yet.

1 Seward JF, Zhang JX, Maupin TJ, Mascola L, Jumaan AO. Contagiousness of varicella in vaccinated cases: A household contact study. *JAMA*. 2004;292:704-708.

2 Centers for Disease Control and Prevention. Available at: www.cdc.gov/flu/protect/preventing.htm

3 Centers for Disease Control and Prevention. Prevention and control of influenza: recommendations of the Advisory Committee on Immunization Practices [ACIP]. *MMWR*. 2004;53(RR-06):1-40.



KENT CITY SCHOOLS
UPDATE



News for Kent parents from Superintendent Joe Giancola

Dear Parents,

It's hard to believe that our fall weather has already turned colder. With the change of temperature, I want to tell you about the process we use when deciding to close school in the event of inclement weather.

Safety is always first

We base our decision on the simple premise of "safety first" for your children—our students. We focus on three conditions. First, when temperatures drop into the teens and single digits, we watch the wind chill factor, which can mean single digit or below zero temperatures. Second, heavy snows can create unsafe conditions for bus travel. **Jim Soyars**, our Director of Business Services, is out in the very early hours of the morning to determine driving conditions. He also relies on reports from a variety of sources, such as the Kent Police Department, Ohio Highway Patrol, Portage County Sheriff and the Ohio Department of Transportation. Third, we look at the depth of snow on city sidewalks. Several feet of snow or ice on the sidewalks can make it impossible for the little legs of first and second graders to forge a path from home to school.

Informing parents and families

If these factors—or any combination occurs—I will probably call off school.

Here is how you will hear about it:

- Using our telephone broadcast system, I will call you as soon as possible. Our automated system can make 4,000 calls in less than 10 minutes. This could be anytime the previous evening up to 6:30 a.m. when the school buses start to roll. Please make sure we have your updated phone numbers.
- You also may tune in to local television and radio stations.

Calling off school is not a perfect science, but we try our best to do it in such a way to give you as much advanced notice as possible. Again, the "safety first" principle ensures us that the best decision we can make is based on what is best for our Kent students. As a parent, the ultimate decision about weather safety is left up to you. If you feel the weather situation is not safe for your child, please keep him or her at home.

As always, I am open to your suggestions. I am here to serve you and the Kent community. You may call me at 330-676-7610.




Sincerely,

A handwritten signature in cursive script that reads "Joe Giancola".

Dr. Joe Giancola
Superintendent

Portage County Flu Shot Clinic Calendar November 2007



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Flu shots \$20</p> <p><i>Except where noted</i></p>		<p>31 8-Noon Portage County Health Dept. 3rd floor</p>	<p>1 5-6:30 PM Suffield Fire Station</p> <p>5:30-7 PM Palmyra Fire Station</p>	<p>2 8-10 AM Portage Senior Center 1st floor access</p>
<p>5 5-7 PM Mantua Township Hall</p>	<p>6</p>  <p>8-10 AM Aurora Senior Center</p> <p>9-3 PM KSU Health Center</p>	<p>7 8-11:30 AM Ravenna City Health Dept. \$15</p> <p>8-Noon Portage County Health Dept. 3rd floor</p> <p>9-3 PM KSU Health Center</p> <p>5-6:30 PM Atwater Town Hall</p> <p>5-6:30 PM Paris Fire Station</p>	<p>8 10-11:30 AM Deerfield Town Hall</p> <p>5-6:30 PM Randolph Community Center</p>	<p>9 8-10 AM Portage Senior Center 1st floor access</p>
<p>12 Veteran's Day</p> 	<p>13 10-11:30 AM Franklin Town Hall</p> <p>11-12:30 PM Palmyra Fire Station</p>	<p>14 8-11:30 AM Ravenna City Health Dept. \$15</p> <p>8-Noon Portage County Health Dept. 3rd floor</p> <p>5-6:30 PM Franklin Town Hall</p> <p>5-6:30 PM Freedom Town Hall</p>	<p>15 10-11:30 AM Windham Fire Station</p> <p>5-6:30 PM Community Ambulance in Garrettville</p>	<p>16 8-10 AM Portage Senior Center 1st floor access</p>
<p>19 5:30-7 PM Edinburg Town Hall</p> <p>5:30-7 PM Shalersville Town Hall</p>	<p>20 10-11:30 AM Brimfield Town Hall</p> <p>5-6:30 PM Rootstown Fire Station</p>	<p>21 8-11:30 AM Ravenna City Health Dept. \$15</p> <p>8-Noon Portage County Health Dept. 3rd floor</p> <p>5:30-7 PM Charlestown Town Hall</p>	<p>22</p> 	<p>23</p> <p><i>Flu Clinic Calendar produced by PCHD and the Portage County Influenza Vaccine Collaborative Workgroup</i></p>
<p>26 CDC</p> <p>5-6:30 PM Brimfield Town Hall</p>	<p>27 National</p> <p>5-6:30 PM Mogadore Municipal Bldg</p>	<p>28 Influenza</p> <p>8-11:30 AM Ravenna City Health Dept. \$15</p> <p>8-Noon Portage County Health Dept. 3rd floor</p> <p>5-6:30 PM Hiram Fire Station</p> <p>5:30-7 PM Deerfield Town Hall</p>	<p>29 Vaccine</p> <p>5-6:30 Windham Fire Station</p>	<p>30 Week</p> <p>8-10 AM Portage Senior Center 1st floor access</p>

Theodore Roosevelt High School - November 2007

Sun	Mon	Tue	Wed	Thur	Fri	Sat
				1 RHS Leadership Retreat at Hiram House Camp	2 END 1ST NINE WEEKS Reg. Due 12/8 ACT Ice Hockey/Swimming and Diving Begin TBA G V FH @ State Semi-Finals 6:30PM RHS Leadership Retreat Returns from Hiram House Camp	3 SAT Test (Not at RHS) 9:00AM RHS Craft Show
4	5 6:00PM Cheerleader Awards Banquet 7:00PM Silent Auction Planning Meeting 7:00PM College Athletic Recruiting Info Meeting	6 FACULTY INSERVICE DAY NO SCHOOL-STUDENTS 6:00AM Election Day	7 Registration Deadline 11/10 PLAN 5:00PM G V BK Mogadore High School (Scrimmage) 5:00PM G JV BK Mogadore High School (Scrimmage) 7:00PM Freshman Parent Information Night	8 REPORT CARDS DISTRIBUTED 2:45PM Bridges Parent/Student Report Card Dinner 6:00PM Women's Soccer Awards Banquet 6:00PM Football Awards Banquet 7:00PM B V IH Aurora HS (Scrimmage)	9 Wrestling/Bowling Begin 7:35AM Freshman Sharing Common Ground Retreat #3 11:00AM Bridges Report Card Lunch 4:45PM G V BK PTC Shootout (Scrimmage) 6:00PM B V IH @ Mentor HS (Scrimmage)	10 7:30AM Sophomore PLAN Test 9:00AM Winter Sports Parent Meeting
11	12 RHS Canned Food Drive Challenge Begins 6:00PM Field Hockey Awards Banquet 7:00PM Silent Auction Planning Meeting	13 RHS Canned Food Drive Challenge 5:30PM G V BK John F. Kennedy (Scrimmage) 5:30PM G JV BK John F. Kennedy (Scrimmage) 7:00PM Rough Rider Open Forum 8:30PM B V IH @ Parma Senior High School (Scrimmage)	14 RHS Canned Food Drive Challenge 6:00PM Wrestling Pre-Season Banquet 7:00PM Football Parent Boosters 7:00PM Men's Soccer Awards Banquet	15 RHS Canned Food Drive Challenge 2:35PM Winter Sports Pictures 6:00PM Fall Play Preview 7:00PM B V IH Trinity HS (Scrimmage)	16 Last Day to Order Poinsettias from Bridges RHS Canned Food Drive Challenge 7:30PM Fall Play	17 TBA B V WR @ Nordonia HS (Scrimmage) 7:30PM Fall Play 8:00PM Community Food Drive Challenge
18	19 5:00PM PARENT-TEACHER CONFERENCES 7:00PM Choir Social	20 NO SCHOOL STUDENTS 9:00AM PARENT-TEACHER CONFERENCES-ALL DAY 7:00PM BOE Meeting at Central	21 Thanksgiving Recess-NO SCHOOL	22 Thanksgiving Recess-NO SCHOOL THANKSGIVING DAY	23 Thanksgiving Recess-NO SCHOOL TBA B V IH @ Rocky River Tournament	24 TBA G V BK @ Jackson Tipoff Classic TBA B V IH @ Rocky River Tournament TBA B V WR @ Aurora HS (Scrimmage) 6:00PM B JV BK @ Streetsboro HS 7:00PM B V BK @ Streetsboro HS
25 TBA B V IH @ Rocky River Tournament 3:00PM Choir Ensembles at Akron Children's Holiday Tree Festival	26 TBA B V IH @ Rocky River Tournament 7:00PM Instrumental Music Boosters 7:00PM Silent Auction Planning Meeting	27 2:50PM Winter Musical Auditions 4:00PM Bridges Poinsettia Delivery 5:30PM G FR BK Stow-Munroe Falls	28 7:35AM Club Photo Day 5:00PM BG V SW Slow-Munroe Falls 5:30PM B FR BK Coventry 6:00PM G JV BK @ Coventry 7:30PM National Honor Society Induction/Reception 7:30PM G V BK @ Coventry	29 1:00PM B V WR @ Wrestling Preview at Streetsboro 1:00PM B JV WR @ Wrestling Preview at Streetsboro 4:00PM G FR BK @ Wadsworth HS 7:00PM B V IH Solon HS	30 TBA B JV WR @ Preview at Streetsboro TBA BG V SW @ McKinley Relays 1:00PM B V WR @ Preview at Streetsboro 6:00PM B JV BK @ Coventry 7:30PM Ohio Model U.N. Battle of the Bands 7:30PM B V BK @ Coventry	