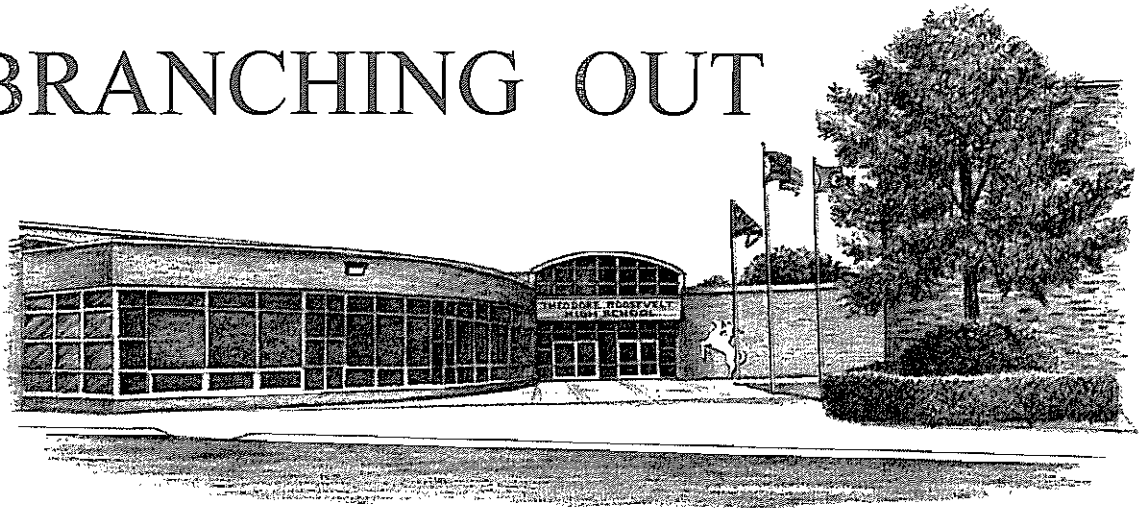




BRANCHING OUT

Roosevelt
High
School



Dear Friends of Roosevelt High School,

April 2009

As students enter in the morning, I have the opportunity to observe their body language, facial expressions, and general demeanor. I can tell you they are ready for the winter weather to be over! To no one's surprise, the faculty and staff feel the same way too!

One day, a few years ago, as I said "good morning," a student walked up and said "You smile too much." She then smiled. I pointed out the fact that she was now smiling and we each laughed aloud. We had a short conversation and she asked for my advice on an issue. We laughed some more and we both started the day on a happy note. Students do notice a lot. They notice how we dress, conduct ourselves, treat one another, and communicate. They draw conclusions about who we are, what we stand for, and how we act in different situations. They also form opinions about our integrity, honesty, and forthrightness. They know if we are approachable or not. The "we" of course are all adults that students come in contact with.

While students generally keep their observations to themselves, once in awhile, like the student in the hall, they will share with you what they are really thinking. I was fortunate that day. What she shared was positive. There have been times in the past, as a father, I have listened to my own children share some things that, while not real bad, were a little uncomfortable for me to hear. This usually happened when I questioned their thinking on a subject and they responded by using my words or actions to defend their position. It helped me understand how they perceived who I was and how I lived my life, and the influence I had in shaping their own thoughts and character.

Just because teenagers are reluctant at times to admit that they have learned anything from adults, especially teachers and parents, doesn't mean they haven't! We tend to be critical of these emerging adults as being too independent, rebellious, know-it-alls, and self-absorbed. The media has done nothing but exploit these stereotypes and has supplied adults with the mantra "You know how these teenagers are!" While it is tough for some of us to admit, if you look around at adult society in America today, teenagers are a lot like us! Of course, their thoughts and actions are more exaggerated as if we are looking in those crazy mirrors at a funhouse, but it is still a composite reflection of us!

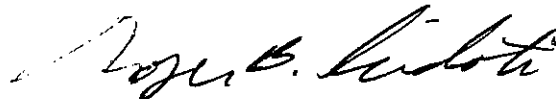
So, what does this have to do with school? More than any time in the year, spring, and the start of the last grading period, can set the stage for open and honest dialogue with your kids. You can revisit their goals for the future. You can reflect

together on what they have accomplished during this school year and what can yet be done the last nine weeks. You can discuss those distractions to responsibilities we all will be facing as the weather warms up. Certainly the current economic issues impacting many of our families are distraction enough but, with warmer weather, getting out of doors and doing other things increases for all of us.

We know students face these same distractions to their learning. More than ever, they need our guidance in balancing their lives. Most importantly, it can be a great time to renew your relationship with your sons or daughters, and any other young people in your lives that you care about. As I learned again, a smile from an adult can open the door for that dialogue to occur. What a great way to begin to bring that funhouse sort of reflection we see into clearer focus! It also gives them hope for their future! A simple smile can open doors and rekindle your connection to their world!

I hope this Branching Out finds you and your family in good emotional, physical, and spiritual health.

Office: 330-767-8710
Home: 330-678-3381
E-Mail: ke_rsidoti@kentschools.net



Roger B. Sidoti
Principal

APRIL, 2009

ITEMS IN THIS NEWSLETTER

Principal's Letter
April Character Trait
Amensty Thanks
Business/Choir Expo/Flyer attached
Driver Education Registration
All Sports Boosters Meeting
2009 JUNIOR-SENIOR PROM
Senior Pictures for Slide Show
Senior Class News
Junior Class News
Advanced Placement News
Clinic News
Rough Rider Yearbook News
2009-2010 - Sports Physicals Flyer
Teen Food/Fitness Healthy Ideas
APRIL CALENDAR

**“RESPECT FOR COMMUNITY/ENVIRONMENT” IS THE CHARACTER TRAIT
FOR APRIL**

During April our monthly character trait will be, “Respect for the Community and the Environment.” The definition given to this trait by a group of community representatives is: the students should -

- work to improve the community;**
- be the conservative in their use of natural resources;**
- understand and accept their role as a productive family member;**
- obey laws and rules;**
- show respect for legitimate authority; exercise civic rights and duties;**
- participate in worthwhile school and community activities such as Earth Day, Community Clean-Up Day, etc.”**

Some related words include: civic responsibility, law-abiding, pride, volunteerism, and conservation. Evidence of progress toward this trait is when a student: identifies and takes initiatives in the school environment or community that are in need of improvement; uses nature or natural things to enhance the beauty of home and neighborhood; keeps immediate surroundings (desk, locker, bedroom, etc.) neat and clean, participates in recycling programs and Arbor Day activities, and follows community rules regarding bicycle safety, curfews, etc.

This topic lends itself well to some great family times. We hope everyone at school, home, and in the community, shows respect for our community and environment.

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AMNESTY INTERNATIONAL THANKS YOU!!

Kent Roosevelt Amnesty International would like to thank **Platinum Condor, Attica, Into Enemy Hands, Audrey Safford, and The Proud Artic** for their fine musicianship as well as **Sean Thomas** on the soundboard **Friday night, February 27, 2009.**

We also are grateful to **Woodsy’s Music** for the sound equipment and to the Roosevelt administration for their continued support.

Finally, a special thanks to all the chaperones **Curtis Ahrens, Camille Barber, Randy Kline, Jessica Lytwyn, Heidi Myers, Larry Picicco, Rich Satola, Jim Zagray,** stage crew, the students, and the parents who came to the show and wrote letters in support of more U. S. intervention in **Darfu.**

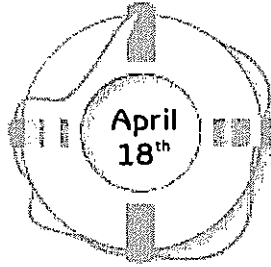
Pictures from the concert can be found at: www.kentschools.net/rhs/amnesty

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BUSINESS EXPO COMING SOON!!

Final reminder, that the **RHS Choirs** will once again partner with the **Kent Area Chamber of Commerce** and present the Annual **Business and Community Expo**, on **Saturday, April 18th from 10:00 a.m. to 2:00 p.m.** in the Roosevelt High School gymnasium.

Consultants/Crafters are encouraged to participate in this fun and always successful event. The Expo is a great opportunity to promote and advertise one’s business. For just **\$35.00 per table**, it’s a convenient, one-stop-shopping adventure!! So come by and check out what’s available.

For more information or to reserve your space today, please contact **Lori Wemhoff @ 330-677-8730;** or @ lmscc1@sbcglobal.net. Deadline to sign up is **April 14th.** **Flyer attached** to this month’s **Branching Out!!**



Save The Date!!!

Kent Area Chamber of Commerce & Roosevelt High School Choir's Business & Craft Expo

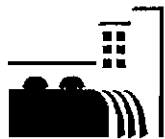
Saturday, April 18th
10:00 am - 2:00 pm

This fundraiser for the RHS Choirs is in
its 6th year, and keeps getting **BIGGER**
and **BETTER**.

We're looking for crafters and/or home-based
business owners who'd like to participate in
this great opportunity.

Tables are \$35. Space is limited, so be
sure to reserve yours today!

For more information or to
reserve a table,
call Lori at 330.677.8730
or
LMScc1@sbcglobal.net



Kent
Area Chamber
of Commerce



DRIVER EDUCATION INFORMATION AND REGISTRATION FORM

The National Driver Training School offers Driver Education as part of our Kent Community Education program. All students, including those who are home-schooled or attend other schools, are welcome to enroll. The Kent Community Education Office is located at Roosevelt High School in Room 515. All students participating in Driver Education are responsible to the Kent City School District Student Conduct Code.

Each 3-week session meets six times for classroom instruction – Tuesdays and Thursdays from 4:45 p.m. to 9:00 p.m. in Room 506 at Roosevelt. Students then individually schedule their 8 hours of “behind-the-wheel” instruction directly with National Driver Training School at 440-248-8552. The 24 hours of classroom instruction and 8 hours “behind-the wheel” instructions are required by law. Students must be 15 years and 5 months of age to attend the classroom and 15 years and 6 months for the “behind-the-wheel” instruction. This also is the law!

The fee for the course is \$320.00 payable by check, cash, or money order to Kent Community Education. Payment in full is required prior to the first day of class. Please read all dates carefully for your session to be sure that the dates do not interfere with your co-curricular activities. No refunds will be issued after the first class session. If school is cancelled due to an emergency, (i.e., weather), driver training class is also cancelled. The minimum number of students to hold a class each session is five.

DRIVERS EDUCATION REGISTRATION FORM

(Please make checks payable to: Kent Community Education)

NAME _____ **PHONE** _____

ADDRESS _____ **CITY** _____

Parent/Guardian contact number during class time: _____

DRIVER EDUCATION CLASSROOM SCHEDULE 2008-2009

(Please Circle Session)

Session 7: April 14, 16, 21, 23, 28, 30: Cost: \$320

Session 8: May 12, 14, 19, 21, 26, 28: Cost: \$320

Session 9: June 9, 10, 11, 16, 17, 18: (9:00 am-1:15 pm) Cost: \$320

DATE _____ **CHECK NUMBER** _____ **MONEY ORDER NUMBER** _____

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LAST MEETING OF ROUGH RIDER ALL SPORTS BOOSTERS

This is an invitation to all **PARENTS** and **GUARDIANS** to attend the **LAST 2008-2009** All Sports Boosters (ASB) General Spring meeting, being held on **Wednesday, APRIL 8TH, 2009, 7:30 p.m.** in the Theodore Roosevelt High School Library.

Special this meeting: **Dr. Joe Giancola, Superintendent of Schools**, will address **COST SAVING MEASURES** for the **2009-2010** school year; also, if you become an ASB member at this meeting, it carries over for the entire 2009-2010 year! Any questions? Please call **Deb @ 330-678-9122**. Thanks!

2009 JUNIOR-SENIOR PROM NEWS!

The Roosevelt High School Junior-Senior Prom is one of the social highlights of the year. Along with the **HOME COMING DANCE**, this event is one of the most highly attended school activities of the year. The fact that **PROM** continues to be held in the **ROOSEVELT GYMNASIUM** helps to make the evening very special and unique for the students at our school and for our community.

Many students, faculty, parents and community volunteers spend months preparing for this special event to assure that everyone has an exceptional time. The purpose of this communication is to explain the details covering **PROM** and to answer questions most often asked by students and their parents.

PROM DATE & THEME: The **CLASS OF 2010** presents this year's **PROM** on **Saturday, May 9, from 8:00 p.m. until 1:00 a.m.** Decorations will reflect the theme, **IT'S VEGAS, BABY!**

PROM WORKS: Prom works, under the direction of advisor, **Christina Dreher-Rodesheim**, Junior Class Advisors, **Jaclyn Consilio** and **Ann Puhalla**, and Junior Class Prom Chairs, **Lori Ahart**, **Ryan Beckwith**, and **Cara McKinney**, will start on **Monday, March 30**, immediately following Spring Break. All Junior class members are needed and welcomed to paint murals and prepare decorations on the following days starting **March 30 through May 18:**

MONDAY THROUGH THURSDAY	6:00 P.M. - 9:00 P.M.
SATURDAY MORNINGS	9:00 A.M. - 12:00 NOON (as needed)
FRIDAY, MAY 8	4:00 P.M. - 12:00 A.M.
SATURDAY, MAY 9	8:00 A.M. - 12:00 NOON (as needed)

NOTE: Junior class parents are welcome at any time to help out with Prom Works. Your assistance is especially needed to complete the final touches and hang decorations from **4:00 p.m.-12:00 a.m. on Friday, May 8**. Dress comfortably, and bring a hammer. Thanks for your help!

INVITATIONS: All Roosevelt Junior and Senior students will receive a personally addressed Prom invitation that will be mailed home in April. Any Junior or Senior who does not receive a Prom invitation should contact **Mrs. Carmella DeLeone** in the Student Activities Office.

TICKETS: Prom tickets will be on sale at the atrium concession stand during lunch periods from **May 1-8**. The cost is **\$15 per person**. Upon arriving at Prom, students must present a ticket at the door in order to be admitted. Tickets will be sold at the door, as well.

PLEASE NOTE: Students are requested to remain in the atrium and gymnasium areas until their departure from Prom. Students leaving the Prom will not be permitted to re-enter unless they purchase another ticket.

PROM PICTURES: Prom pictures will be taken by **FOCUS ONE**. Pictures will be taken in the auditorium atrium from **5:30 - 11:00 p.m.** The earlier times prior to the start of the dance are made available for students who wish to have their pictures taken prior to dinner and/or the dance itself. Generally, there is a shorter wait time as well. A variety of cost packages are available. Students are encouraged to pick up **Focus One** brochures ahead of time from the Student Activities Office.

PROM: At the Prom, students are invited to dance from **8:00 p.m. - 1:00 a.m.** to music provided by a professional DJ service. The presentation of the **2009 Prom Court**, including the crowning of the King and Queen, will get underway at **9:30 p.m.** Prom will be chaperoned by Roosevelt faculty and staff.

PROM ATTIRE: Although formal attire is worn by a great majority of students, a tux and formal dress are not required for admittance to the Prom. Students need to keep in mind that Prom night is very special, and they need to dress accordingly. While Prom dress may vary greatly in reflection of current styles and fashion trends, there is an expectation that students should ***refrain from wearing clothing that is excessively revealing or not in good taste*** for a high school activity. ***Roosevelt High School reserves the right to refuse admittance to any student or guest who is inappropriately dressed.***

Note: *Mayatux-Mayapparel (2919 W. Market Street, Akron, Ohio)* will come to Roosevelt High School during lunch periods on ***Wednesday, April 15***, to take tuxedo orders and measurements. Tuxes will be delivered to students here at school on ***Thursday, May 7, at 2:30 p.m.*** and picked up from the school parking lot on ***Sunday, May 10 (time TBA)***. Questions regarding this service may be directed to *Mayatux's* RHS student representatives, ***Ryan Beckwith*** and ***Mike Ullinger***, or to *Mayatux-Mayapparel* at ***330-869-9604***.

GUESTS: Prom is intended for Kent Roosevelt High School Juniors and Seniors. However, Roosevelt Juniors and Seniors are welcome to invite ***one*** guest of their choice (freshman in high school or older – no middle school students) to attend Prom. It is extremely important that all guests be informed of our school's behavioral expectations as outlined in the following section as Roosevelt High School reserves the right to refuse participation to any student or guest who is behaving inappropriately.

BEHAVIORAL EXPECTATIONS: As is the case at all school dances, chaperones at the Prom will enforce Board of Education policy throughout the evening since the school is responsible for this activity. This includes dancing and behaviors that are considered inappropriate for a high school event. ***All school rules will be in effect.*** Anyone attending Prom after having consumed alcohol, marijuana, or any chemical, or anyone being in possession of any of these, will be removed from the Prom. *This includes Roosevelt students and guests.* Such students will be suspended from school and also excluded from the privilege of participating in baccalaureate and commencement ceremonies. We are asking for both student and parent cooperation in following these necessary rules, as it would be a shame to ruin a very special evening because of a violation.

JUNIOR PARENT SUPPORT: Roosevelt volunteers, along with Junior Class parents, will provide light snack fare and a variety of support services for the Prom. Volunteers are needed to serve as chairmen and members of the following committees:

- ***Friday Night Prom Works (May 8)***
- ***Food – Planning, Preparation and Serving***
- ***Coat & Purse Check***
- ***Valet Parking (early) and Key Return (late)***
- ***Games/Prizes***
- ***Late Night Clean-Up***

NOTE: *There will be an important organizational meeting for all interested Prom junior parent volunteers on Wednesday, April 1, from 7:00-8:00 p.m. in the RHS library. Please try to attend – your help is needed! Thank you.*

Special thanks to ***Mrs. Jody Kovolyan, Mrs. Molly Leising, Mrs. Bev Miller, and Mrs. Patty Finley***, who have agreed to serve as our parent chairs for Prom. Junior parents interested in volunteering to help with Prom should contact:

Mrs. Jody Kovolyan	330-256-0321	jkovolyan@yahoo.com
Mrs. Molly Leising	330-620-0038	mollyleising@gmail.com
Mrs. Bev Miller	330-673-1670	bbm212@yahoo.com
Mrs. Patty Finley	330-676-8633	ke_pfinley@kentschools.net

SOPHOMORE PROM CLEAN UP: Each year the Sophomore Class and any interested parents are requested to assist with Prom clean up. Under the leadership of Prom Advisor, the ***Class of 2011 Prom Chairs, Marnie Janson, Tyler Jastromb, Sarah Kenney, and Dana Steinert*** and the class officers, ***Kevin Heller, Michaela Kline, Liam Rogers and Jocelyn Schmidt***, along with class advisors, ***Beth Schlupe and Tanya Titus***, approximately 50-60 sophomore students and parent volunteers are needed for the task. Those interested in helping (students/parents) are asked to sign up on the list provided in the Student Activities Office. A strong Sophomore Class turn out is critical in order to accomplish this important job. Volunteers are requested to bring hammers, crowbars, and gloves. It is also essential to wear sturdy shoes (no sandals, please!) and to watch out for nails!

The ***Sunday, May 10***, clean-up schedule is as follows:

<i>4:15 p.m.</i>	<i>Arrive/Meet in cafeteria to organize</i>
<i>4:30-6:30 p.m.</i>	<i>Tear down/clean-up</i>
<i>6:30-7:00 p.m.</i>	<i>Eat pizza in cafeteria</i>

COMMUNITY INVOLVEMENT: The Roosevelt Prom is an event that will be remembered by many of our students and their parents as the highlight of the year. Often parents ask if it is possible to stop in to see the Prom first hand. This is perfectly acceptable. In fact, each year many parents and community members stop by Roosevelt during the day and briefly throughout the evening to view this gala event.

Another special aspect of this occasion is that the ***29th ANNUAL VINTAGE VENTURE PROM*** for Portage County Senior Citizens will be held on ***Sunday, May 10, from 1:00 to 4:00 p.m.*** in the Roosevelt gymnasium. The hard work of our Roosevelt students, faculty, and parents in preparing and decorating the school permits the senior citizens of our area to enjoy a wonderful afternoon of dancing and socializing.

Your cooperation and support in ensuring that our students have a safe and memorable Prom weekend is truly appreciated.

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HEY SENIORS – REMEMBER YOUR SLIDE SHOW PICTURES!!!

The ***Class of 2009's Senior Slide Show Committee*** need your ***FACE!!*** Parents are asked to remind their ***senior*** to drop off pictures in the ***Activities/Athletics Office*** prior to the deadline of ***APRIL 30, 2009!!*** Remember to ***place your pictures*** in an envelope with your ***name*** on the ***back*** of the ***picture***, as well as on the ***envelope***. ***CD's*** with ***picture files*** on them will also be accepted. ***Pictures will be returned to you.*** ***The Senior Slide Show will be viewed at the SENIOR HONORS ASSEMBLY ON Friday, May 22nd, 2009.*** You don't want to miss out, it will be a fun to see how much you have changed over the years, from baby to adolescent years, to now, a ***2009 graduate*** of Theodore Roosevelt High School!

If you have any further questions, please call the high school @ 330-673-9595, or you may email Michael Trivelli @ michaeltrivelli@gmail.com. Thank you.

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SENIOR CLASS NEWS

The **Senior Class End-of-Year** Guidance Assembly will be held on **Tuesday, April 7th** during second period in the auditorium. This meeting is very important and will highlight the year-end dates for seniors and should not be missed!!!

JUNIOR CLASS NEWS

For the Junior parents and students who missed the fall guidance information night...Mrs. Rutzky, will **REPEAT** this meeting for all interested juniors and parents on **WEDNESDAY, APRIL 15TH, 2009 at 7:00 p.m.** in the back of the auditorium. If you are bound for a two or four year college after graduation, then this informational meeting is designed to help guide you through the college admission and selection process. Hope you can make it!! Thank you.

ADVANCED PLACEMENT NEWS!!

Advanced Placement testing will occur during the first two weeks in May. All AP students received information about registration at the beginning of March. A satisfactory performance on the tests can potentially earn a student college credit in the future. For more information, please call Randy Kline at 330-676-8727.

NEWS FROM OUR RHS CLINIC - Meningococcal Disease

Meningococcal disease is a rare but dangerous illness caused by bacteria that infect the bloodstream, brain and spinal cord (meningitis), and can also cause pneumonia and arthritis. It can spread through coughing, kissing, sharing cigarettes, or sharing drinking glasses. Individuals living in close quarters, such as camp or college dormitories, are at greater risk of infection.

SYMPTOMS

Influenza-like symptoms progress rapidly (24-48 hours), headache, fever, stiff neck, extreme fatigue, nausea, vomiting, rash, and extreme sensitivity to light.

COMPLICATIONS

Permanent brain damage, hearing loss, learning disability, limb amputation, kidney failure, seizures, and death.

After childhood, **meningococcal rates** begin to **rise** again in **early adolescence** and peak between **15 and 24 years of age**. All **adolescents 11-18 years of age** should be **immunized**, not just those at certain ages or higher risk of exposure. The **preferred age** for this **vaccination** is **11-12 years of age**, but **teens 13-18 years of age** who have not yet received this **vaccine** should do so at the earliest opportunity.

HERE IS A SCHEDULE OF OTHER RECOMMENDED VACCINATIONS FOR ADOLESCENTS:

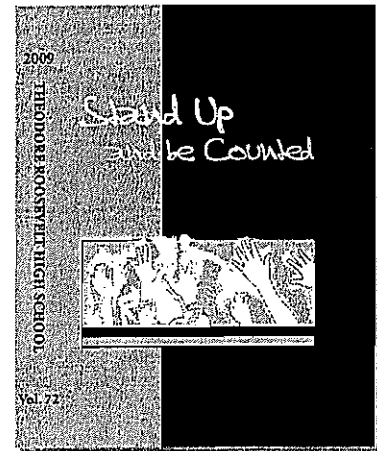
<u>VACCINE</u>	<u>RECOMMENDATION</u>	<u>DOSAGE</u>
<u>Tetanus, diphtheria</u>	Adolescents 11-18	1 single-dose
<u>Human Papillomavirus (HPV)</u>	Female adolescents – 11-12 years of age	1 dose
<u>Influenza</u>	All adolescents through 18	One a year
<u>Hepatitis A</u>	Adolescents at increased risk	2 doses
<u>Hepatitis B</u>	Adolescents not vaccinated	2 or 3 doses
<u>Inactivated Poliovirus</u>	Adolescents not vaccinated	4 doses
<u>Measles, mumps, & rubella</u>	Adolescents not vaccinated	2 doses
<u>Chickenpox</u>	Adolescents not vaccinated	2 doses



ROUGH RIDER Yearbook News

Help your kids remember how they counted! Order Your 2009 **All Color** Yearbook: We've worked hard to include everybody and all the ways they made a difference this year.

- ✓ Order by **April 1**. Cost is \$60.
- ✓ See the enclosed form or order online at <http://www.kentschools.net/rhs/cocurriculars/yearbook/>



An Awesome New Feature To Get Your Candid Pictures In The Yearbook!

- ✓ Here is how you can submit photos online:
 - Log on to: **images.jostens.com**
 - Enter Login ID: **1179760**
 - 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".

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 **April 14, 2009** Digital files will also be accepted from professional photographers.

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 **April 14th**. See enclosed form or download online at <http://www.kentschools.net/rhs/cocurriculars/yearbook/>

Teen FOOD & FITNESS

Healthy Ideas for Middle and High School Students

Kent City School District
Ms. Linda Ferlito, Health/Phys Ed Director

FAST TAKES



Cafeteria plan

Variety is the name of the game in today's school cafeterias. Encourage your child to take advantage of healthy offerings, such as salad bars, fresh fruit, whole-wheat pizza, and turkey tacos. Drinking fat-free milk will add extra protein and calcium to his meal.



Jump for it

Jump ropes aren't just for little kids! Suggest this quick routine to your teen. For one minute each: jump as fast as possible, jump side to side, jump forward across the room, jump backward, and alternate hopping on each foot. Repeat three times for a 15-minute workout.



Did You Know?

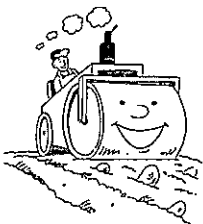
More teens are overweight now than at any time in American history. In all, about one in three middle and high school students are considered obese or overweight. Reduce your children's risk by helping them get more exercise, eat sensible portions, and avoid high-fat and high-sugar foods.

Just for fun

Steven: Why did the farmer drive a steamroller over his potato fields?

Marcus: I don't know. Why?

Steven: He wanted to grow mashed potatoes!



Snack attack

Your child needs snacks to keep his body going strong all day long. What he doesn't need is extra sugar or fat! Try these ideas to get your teen or preteen in the habit of healthy snacking.

Stock up

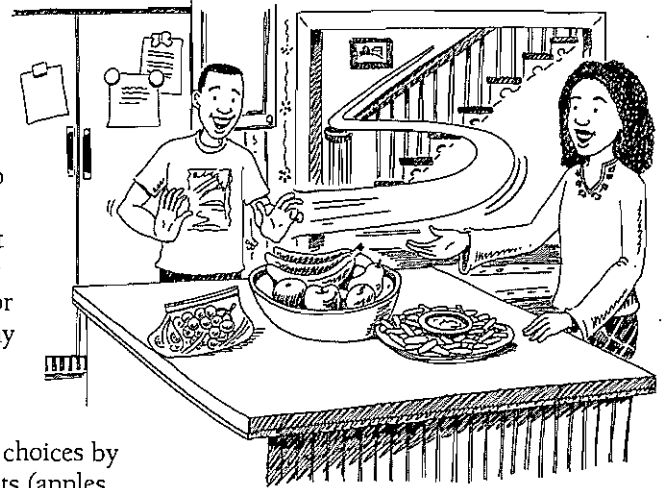
Give your child nutritious choices by keeping a supply of fresh fruits (apples, bananas, cantaloupe) and vegetables (baby carrots to dip in low-fat ranch dressing, baking potatoes to microwave and top with low-fat cheese). *Other ideas:* low-fat granola bars, instant oatmeal, low-fat strawberry yogurt.

Choose healthy

Many foods are available in healthier versions these days. Look for baked chips rather than fried, air-popped popcorn instead of oil or butter varieties, whole-wheat pretzels, and reduced-fat crackers.

Plan ahead

Keep healthy snacks ready for teens on the go. Wash seedless grapes, and freeze in baggies. Make up bags of trail mix: combine whole-wheat cereal, unsalted nuts, and dried cherries. Get individual-sized snacks, such as apple-sauce cups or boxes of raisins. *Note:* Taking snacks along will help keep your child from stopping for junk food.



Mix foods

Show your teen how to make snacks healthier by combining food groups. For example, he can melt shredded low-fat cheddar cheese on whole-wheat bread (two minutes in the toaster oven set at broil) to get calcium, protein, and grains all at once. ♥

Five easy steps

Encourage your children to add more steps—and burn more calories—by making these simple changes in their daily routine:

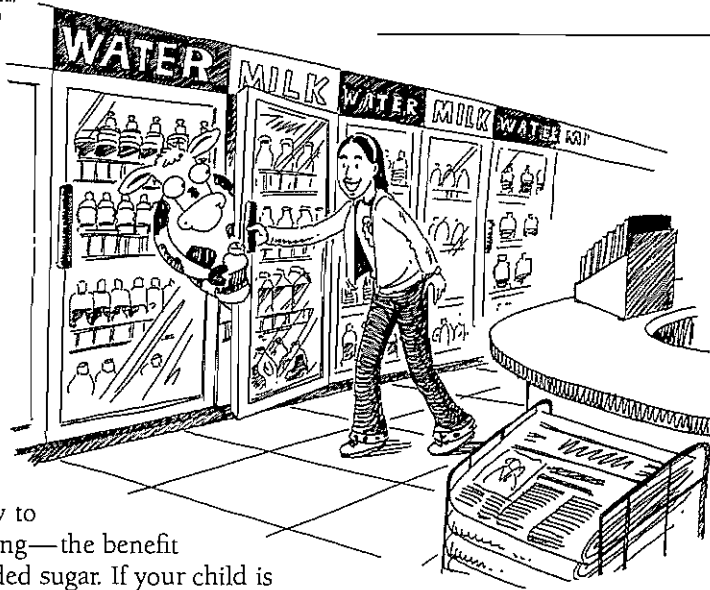
1. Park farther away from the entrance to the library, mall, or community center.
2. Take the stairs rather than the escalator or elevator when shopping or going to doctor appointments.
3. Get off the school bus one stop early and walk the rest of the way home. *Note:* To stay safe, walk with a friend, use sidewalks, and don't take shortcuts.
4. Do active chores: take the garbage out, vacuum, put away clutter.
5. Bike or rollerblade to a friend's house after school. ♥



Drink healthy!

The next time your teen wants a soda, tell her this: a typical can has 10 teaspoons of sugar—more than in a chocolate bar! Try to steer her to these healthy choices instead.

★ **Milk** provides calcium, vitamins, and nutrients that kids need. Encourage your tween or teen to drink three cups a day. Keep the milk fat-free, but it's okay to add chocolate or strawberry flavoring—the benefit of drinking milk outweighs the added sugar. If your child is allergic to milk, try calcium-enriched soy or rice milk. If she's lactose intolerant, get lactose-free milk.



★ **Water** is the best all-day drink. It has no sugar or calories and is low-cost. Take water bottles in the car and to sports games and practices. Try serving water with meals at home and asking for it when you eat out. You can add flavor with a lemon slice. *Note:* Seltzer, club soda, and sparkling water are good alternatives. Like water, they have no sugar or calories, and they have the “fizz” factor kids like. ♡



ACTIVITY CORNER

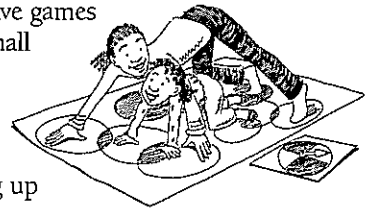
Exercise—and get paid

High school students and middle graders can gain work experience, earn spending money—and get exercise—in these part-time jobs.

♦ **Babysitter.** Encourage your teen to play active games (hide-and-seek, Twister, tag, catch) while caring for small children. Ask neighbors if they need help.

♦ **Sports helper.** Youth teams need referees and assistant coaches. Teen coaches get exercise practicing with the team, while refs get a workout running up and down the field or court during games. Contact your recreation department or school athletic department for openings.

♦ **Camp counselor.** After-school programs and summer camps use tweens and teens as junior counselors. Check your local YMCA or community center, private schools, and area camps. ♡



Q & A Video game overload

Q: My child spends so much time playing video games. How can I get him to be more active instead?



A: First, consider setting limits (say, 30 minutes) on how much time your teen can spend on gaming. Together, schedule when he can play—for instance, in the evening after homework. If

possible, put the video system in the family room so you can monitor his playing.

Second, encourage your son to be active at least an hour a day. See if you can play off his video game interests. Does he like martial arts games? Suggest a karate class. If he's into sports games, he could sign up for baseball or football. If he loves virtual skateboarding, take him to a skateboard park. He just may find the real thing more exciting! ♡

OUR PURPOSE

To provide busy parents with practical ways to promote healthy nutrition and physical activity for their children.

Resources for Educators,
a division of Aspen Publishers, Inc.
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540-636-4280 • rfeustomer@wolterskluwer.com
www.rfeonline.com

Teen Food & Fitness™ is reviewed by a registered dietitian. Consult a physician before beginning any major change in diet or exercise.

In the Kitchen

Make it Mexican

Mexican food is extremely popular with young people today. These quick and healthy versions are good from morning to night.

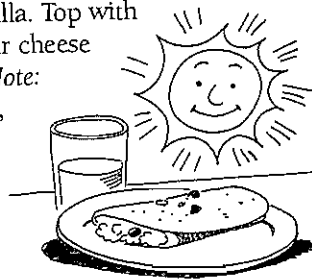
Breakfast burrito. Scramble 2 eggs, ¼ cup fat-free milk, and a diced red pepper in a skillet (coat with non-stick cooking spray). When set, spoon onto a whole-wheat tortilla. Top with shredded low-fat cheddar cheese and salsa, and roll up. *Note:* Make it the night before, and microwave for a fast breakfast.

Fiesta lunch salad. Toss together shredded lettuce, diced

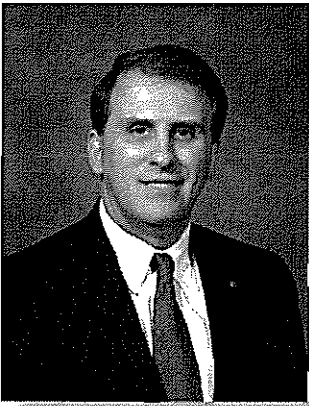
tomatoes, canned corn, and canned black beans. Add a dressing of ¼ cup low-fat sour cream blended with ¼ cup store-bought guacamole. Sprinkle with baked tortilla chips.

Layered enchilada dinner.

Pour canned red enchilada sauce into a 9 x 13 inch casserole, and line with corn or whole-wheat tortillas. Top with browned lean ground beef and shredded low-fat Monterey Jack cheese. Repeat layers. Bake at 400° for 15 minutes. *Vegetarian option:* Omit the meat, or substitute refried beans. ♡



April 2009



KENT CITY SCHOOLS

UPDATE

News for Kent parents from Superintendent Joe Giancola

Dear Kent Community Members,

At this time of year, the Ohio tests for students in grades 3 through 10 are our main focus. Specifically, the Ohio Achievement Test (OAT) is administered to elementary and middle school students in grades 3 through 8, and the Ohio Graduation Test (OGT) is administered to high school students in grade 10.

The OGT was taken by Roosevelt students during the week of March 9 this year, and the make-ups were administered during the week of March 16. Students who did not pass all sections of the OGT in tenth grade must continue to take particular subtests in eleventh and twelfth grades during the OGT testing weeks.

The OAT will be administered at the end of April this year. Third-grade students through eighth-grade will take their tests during the weeks of April 20 and April 27. Make-ups for these students occur during these same two weeks.

As all parents know, plenty of sleep and a good breakfast and lunch are required for the development of children. Imagine how equally important it is to provide these requirements during our weeks of testing. Please help your children to perform better by making sure that they get to bed at a reasonable hour for their age!

Later in the summer, the Kent City Schools will be reporting the OAT and OGT test results. We always expect good results, and we appreciate your help in focusing the students by giving them plenty of rest and nutrition.

In closing, thank you for all of the support that you give Kent children and the schools. Without the help of our parents, we could not be as successful as we are.

Sincerely,

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

Dr. Joe Giancola
Superintendent

2009-2010

Sport Physicals

Saturday, May 16

Forms required to be on file with the Athletic Department by the OHSAA prior to participation in practice/game/contest:

1. OHSAA Athletic Physical
2. Kent Schools Emergency Medical Authorization (EMA)
3. OHSAA Authorization and Student Code of Responsibility

Plan Ahead Now For Next School Year!

Watch for more information in future editions of the Roosevelt Branching Out and Stanton newsletters

Theodore Roosevelt High School - April 2009

Sun	Mon	Tue	Wed	Thur	Fri	Sat
			<p>1</p> <p>10:10AM Mandatory Student Council President Candidate Meeting 4:30PM B V BA @ Warren Harding HS 4:30PM B JV BA Warren Harding HS 4:30PM B V TR @ Woodridge HS 4:30PM G V TR @ Woodridge HS 5:00PM G JV LAX Walsh Jesuit High School 6:15PM G V LAX Walsh Jesuit High School 6:30PM B V VB Villa Angela-St. Joseph High Sch 7:00PM Junior Class Parents Prom Meeting</p>	<p>2</p> <p>Senior Retreat Departs 4:30PM B V TN @ Crestwood HS 4:30PM B JV TN @ Crestwood HS 5:00PM B JV LAX University School 6:00PM B JV VB @ Jackson High School-Massillon 7:00PM German Exchange Trip Parent Mtg. 7:00PM B V LAX University School 7:30PM B V VB @ Jackson High School-Massillon</p>	<p>3</p> <p>End 3rd Nine Weeks Senior Retreat at Maumee Bay Spring Elections Intent to Run Forms Due TBA G JV SB @ JV Jamboree at Firestone Stadium 5:00PM G V LAX Kenston High School 5:00PM Cancelled G JV LAX Kenston High School</p>	<p>4</p> <p>Senior Retreat Returns TBA G JV SB @ JV Jamboree at Firestone Stadium 7:30AM ACT Test at RHS 9:00AM B V TR @ Crestwood Invitational 9:00AM G V TR @ Crestwood Invitational 10:00AM B JV LAX @ North Canton Hoover HS 11:00AM B V BA @ Tecumseh HS 1:00PM B V BA @ Tecumseh HS</p>
5	<p>6</p> <p>AP Art Show 4:15PM B V BA Coventry 4:15PM B JV BA @ Coventry 4:15PM G V SB Coventry 4:15PM G JV SB @ Coventry 4:30PM B V TN Coventry 4:30PM B JV TN Coventry 5:00PM B JV LAX St. Ignatius HS 5:00PM G JV LAX @ Chagrin Falls Schools 6:00PM B JV VB Stow-Munroe Falls 6:15PM G V LAX @ Chagrin Falls Schools 7:00PM B V LAX St. Ignatius HS 7:30PM B V VB Stow-Munroe Falls</p>	<p>7</p> <p>AP Art Show 8:15AM Senior Class End Of Year Assembly #3 2:45PM Election Training Seminar 4:00PM B V TR Aurora HS 4:00PM G V TR Aurora HS 4:15PM B V BA @ Coventry 4:15PM B JV BA Coventry 4:15PM G V SB @ Coventry 4:15PM G JV SB Coventry 4:30PM B V TN Field High School 4:30PM B JV TN Field High School 5:00PM B JV LAX Cleveland Heights High School 6:30PM Bowling Awards Banquet 7:00PM B V LAX Cleveland Heights High School</p>	<p>8</p> <p>AP Art Show 8:00AM Ohio Model UN Conference at YSU 4:30PM B V TN @ Woodridge HS 4:30PM B JV TN @ Woodridge HS 5:00PM G JV LAX Magnificat High School 6:00PM B JV VB St. Vincent-St. Mary H.S. 6:15PM G V LAX Magnificat High School 7:00PM Longcoy Spring Program at RHS 7:30PM Rough Rider All-Sports Booster General Meeting 7:30PM B V VB St. Vincent-St. Mary H.S.</p>	<p>9</p> <p>AP Art Show 7:35AM REPORT CARDS DISTRIBUTED 11:00AM Bridges Report Card Lunch 12:15PM Early Release Day-Students 12:30PM FACULTY INSERVICE 4:30PM B V BA @ Western Reserve Academy 4:30PM B JV BA Western Reserve Academy 5:00PM G JV LAX @ Beaumont School 6:00PM B JV VB North Olmsted High School 6:15PM G V LAX @ Beaumont School 7:30PM B V VB North Olmsted High School</p>	<p>10</p> <p>GOOD FRIDAY-NO SCHOOL</p>	<p>11</p> <p>9:30AM B V TR @ Cortland Lakeview Relays 9:30AM G V TR @ Cortland Lakeview Relays 11:00AM B V BA Copley High School 11:00AM B JV BA @ Copley High School 1:00PM B V BA Copley High School 1:00PM B JV BA @ Copley High School</p>
12	13	<p>14</p> <p>3:00PM POPs Specials' Auditions Workshop 3:00PM Self Nomination Forms Due 3:00PM Election Speeches Due 4:15PM B V BA @ Southeast HS 4:15PM B JV BA Southeast HS 4:15PM G V SB @ Southeast HS 4:15PM G JV SB Southeast HS 4:30PM B V TR @ Southeast/Coventry @ Coventry 4:30PM G V TR @ Southeast/Coventry @ Coventry 5:30PM B JV LAX Wooster HS 7:00PM B V VB Andrews 7:30PM B V LAX Wooster HS</p>	<p>15</p> <p>7:35AM Student Council Leadership Workshop 4:15PM B V BA Southeast HS 4:15PM B JV BA @ Southeast HS 4:15PM G V SB Southeast HS 4:15PM G JV SB @ Southeast HS 4:30PM B V TN Ravenna HS 4:30PM B JV TN Ravenna HS 5:00PM B JV LAX @ Stow-Munroe Falls 5:00PM G JV LAX Stow-Munroe Falls 6:00PM B JV VB @ Walsh Jesuit High School 6:15PM G V LAX Stow-Munroe Falls 7:00PM Junior Class Parent Information Night 7:00PM B V LAX @ Stow-Munroe Falls 7:30PM B V VB @ Welsh Jesuit High School</p>	<p>16</p> <p>10:10AM Advisor/Coach Appreciation Luncheon 4:30PM G V SB @ Akron Garfield 4:30PM G JV SB @ Akron Garfield 4:30PM B V TN Tallmadge High School 4:30PM B JV TN Tallmadge High School 7:00PM B V VB @ Berea HS</p>	<p>17</p> <p>TBA G V SB @ Varsity Spring Showcase 9:05AM Math Department Pi Day 10:10AM Mandatory Speech Rehearsal for Election Candidates(Lunch Periods) 4:30PM B V TR Rough Rider Track Invitational 4:00PM G V TR Rough Rider Track Invitational 4:30PM B V BA Dave Starkey Benefit vs. Aurora 4:30PM B V TN @ Norton High School 4:30PM B JV TN @ Norton High School 5:30PM Expo Set-up 5:30PM B JV LAX @ Jackson High School-Massillon 7:30PM B V LAX @ Jackson High School-Massillon</p>	<p>18</p> <p>TBA G V SB @ Varsity Spring Showcase 10:00AM Kent School, Community, Business Expo at RHS 10:00AM B V BA Dave Starkey Benefit vs. Woodridge 11:00AM B JV BA @ Aurora HS 12:00PM G V LAX @ Columbus Hannigan Tournament 1:00PM B JV BA @ Aurora HS 6:00PM Riders Taking Action Benefit Dinner</p>
19	<p>20</p> <p>TBA G V SB @ Varsity Spring Showcase 4:15PM B V BA Ravenna HS 4:15PM B JV BA @ Ravenna HS 4:15PM G V SB Ravenna HS 4:15PM G JV SB @ Ravenna HS 4:30PM B V TN Crestwood HS 4:30PM B JV TN Crestwood HS 6:00PM B JV VB @ Canton McKinley HS 7:00PM Instrumental Music Boosters 7:30PM B V VB @ Canton McKinley HS</p>	<p>21</p> <p>Student Council President Elections 7:35AM Student Council President Candidates Assembly 4:15PM B V BA @ Ravenna HS 4:15PM B JV BA Ravenna HS 4:15PM G V SB @ Ravenna HS 4:15PM G JV SB Ravenna HS 4:30PM B V TN @ Coventry 4:30PM B JV TN @ Coventry 4:30PM B V TR @ @Ravenna w/Springfield 4:30PM G V TR @ @Ravenna w/Springfield 4:30PM G V LAX @ Hudson HS 5:00PM B JV LAX Medina HS 5:30PM G JV LAX @ Hudson HS 7:00PM Rough Rider Open Forum 7:00PM BOE Meeting at Holden 7:00PM B V LAX Medina HS</p>	<p>22</p> <p>6:00PM B JV VB Brecksville-Broadview Hts High School 6:30PM Eath Day Celebration 7:30PM B V VB Brecksville-Broadview Hts High School</p>	<p>23</p> <p>4:30PM G V SB @ Streetsboro High School 4:30PM G JV SB Streetsboro High School 4:30PM B V TN @ Field High School 4:30PM B JV TN @ Field High School 5:00PM B JV LAX @ Archbishop Hoban 5:00PM G JV LAX @ Western Reserve Academy 6:15PM G V LAX @ Western Reserve Academy 7:00PM B V LAX @ Archbishop Hoban 7:30PM One Act Plays</p>	<p>24</p> <p>INTERIM GRADES CLOSE FOR SENIORS TBA G V SB @ Varsity Rock n' Fire Classic 10:00AM Leadership Retreat Cookout 7:30PM One Act Plays</p>	<p>25</p> <p>TBA G V SB @ Varsity Rock n' Fire Classic 9:00AM B V TR @ Rinehart Relays at Stow 9:00AM G V TR @ Rinehart Relays at Stow 1:00PM B JV LAX @ St. Johns HS 3:00PM B V LAX @ St. Johns HS 7:30PM One Act Plays</p>
26	<p>27</p> <p>TBA G V SB @ Varsity Rock n' Fire Classic 7:35AM Freshman Class Election Assembly 10:10AM All Class Elections 10:10AM Freshman Class Elections-Lunch Periods 4:15PM B V BA @ Springfield HS 4:15PM B JV BA Springfield HS 4:15PM G V SB @ Springfield HS 4:15PM G JV SB Springfield HS 4:30PM B V TN Woodridge HS 4:30PM B JV TN Woodridge HS 5:00PM B V LAX @ Shaker Heights HS 5:00PM G JV LAX Green HS 6:15PM G V LAX Green HS 7:00PM B V LAX @ Shaker Heights HS</p>	<p>28</p> <p>7:35AM Sophomore Class Election Assembly 10:10AM Sophomore Class Election-Lunch Periods 4:15PM B V BA Springfield HS 4:15PM B JV BA @ Springfield HS 4:15PM G V SB Springfield HS 4:15PM G JV SB @ Springfield HS 4:30PM B V TN @ Stow-Munroe Falls 4:30PM B JV TN @ Stow-Munroe Falls 4:30PM B V TR Field High School 4:30PM G V TR Field High School 5:00PM B JV LAX @ Mentor High School 7:00PM B V VB Berea HS 8:00PM B V LAX @ Mentor High School</p>	<p>29</p> <p>7:35AM Junior Class Election Assembly 10:10AM Seniors Attend None for Under 21 Rally at KSU 10:10AM Junior Class Elections-Lunch Periods 3:00PM OGAN/PCAN Meeting 4:30PM B V TN Aurora HS 4:30PM B JV TN Aurora HS 5:30PM G JV LAX @ Cleveland Heights High School 6:15PM G V LAX @ Cleveland Heights High School</p>	<p>30</p> <p>Spring Choir Trip Interim Grades Distributed To Seniors 9:30AM Seniors Attend None for Under 21 Rally at KSU 5:00PM G JV LAX Wooster HS 6:15PM G V LAX Wooster HS</p>		