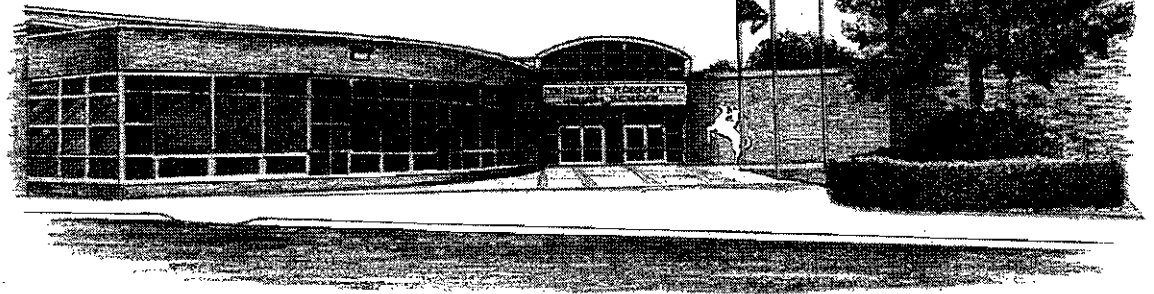




BRANCHING OUT

Roosevelt High School



Dear Friends,

May 2009

With commencement just around the corner, many parents (and some students) have talked in various ways about “separation anxiety” that comes when graduating seniors move on with their lives. As one might imagine, many of the young people are looking forward to getting out on their own, working or going off to school, and express excitement at this new found independence. In truth they are also feeling some anxiety, but it is tempered by their excitement for graduation. They still harbor some moments of fear of the future. The “doom and gloom” portrayal of our economy doesn’t help, but in spite of this, most of our graduates-to-be seem to be upbeat about their future.

In contrast, many parents have expressed some anxieties about their grown child leaving them to go off on their own, exploring new worlds and the freedom that comes with this transition in life. I think their anxiety comes from knowing that life can be difficult at times, and they/we fear that we have not adequately prepared our sons and daughters for these difficulties. Again, some have raised the specter of our economy not being able to sustain real gainful employment for their kids or the rising cost of college tuition and school loans. All of these are legit concerns.

Other parents, I suspect, have built their adult life around raising their children and being an integral part of their child’s everyday lives. This extends to both in and out of school activities, hovering over them every step of the way to the point that their children’s lives are their lives. They have scheduled their own lives around the perceived need to be at every dance lesson, every ball game, every school presentation, etc. . . that their son or daughter may be a part. They fear, I think, that their own lives may become empty now that they are gone. Or worse yet, they think in their hearts that their children will not need them anymore.

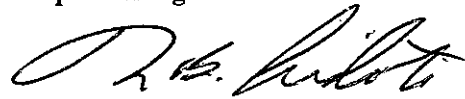
Still other parents are actually feeling a little guilty because they are looking forward to their children leaving home and striking out on their own. They indicate that they won’t have to nag their children to clean their rooms and cut the grass, or having to pack their lunches, or making them do their homework. Hey, they think, now that the kid is gone, they may be able to use their own car on the weekends again! Then they stop and think that something is wrong with them for feeling this way.

The reality is that all parents feel a swirl of emotions over the transition (some call it a rite of passage) that occurs when their children move on. They (we) find it difficult to

acknowledge that our children are no longer children, but real adults in many ways. We find it difficult to reconcile that they have grown up, when our memories are still fresh about their childhood. We are elated they are moving on with their lives, but we are facing the realization that we should be too, and that scares us a little. We have been so busy being "parents" that we have forgotten how to be us, and isn't the greatest thing we could give to our children is a model of living a rich, fulfilling life where we are constantly growing as individuals? Sure, parenting is one piece of the growth, but only a piece.

I think that it isn't separation that creates anxiety for our graduates and their parents: it is the changing relationship that is evolving and our hope that we have the ability to nurture that relationship as our children grow into full adulthood. From a father of four adult children, let me assure you that it is a constant work in progress, as each of our children have different needs! I suspect it will be the same in your families. Separation? Sure it is going to happen! Anxiety? It's going to happen, but we don't need to give into it! Talk about it, be open and explore the possibilities together!

I hope that this Branching Out finds all of our families having those meaningful conversations that can enrich relationships and contribute to personal growth.



Roger B. Sidoti
Principal

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

MAY 2009

ITEMS IN THIS NEWSLETTER

Letter from the Principal
May Character Trait
Senior Corner
Final Class Meeting
Senior Honors Assembly
Scholarship Awards Program
Rand Kline Announces Advanced Placement Testing
Driver Education Classes End
2009 Buckeye Boys and Girls State Reps Chosen
Warning Signs of a Stroke
The Prom Promise
Parents Who Host - Lose the Most - Newsletter Article
2009-2010 Sport Physicals Coming Soon - MAY 16th!!
Rough Rider Fitness Center Newsletter
Yearbook Order Form
MAY CALENDAR

THE MAY CHARACTER TRAIT IS "COMMITMENT/DEDICATION"

Commitment and Dedication are the focus of our character traits for May. The definition states students should:

- Pursue tasks even when difficult or uninteresting.**
- Pursue worthwhile endeavors, showing persistence, care and effort.**
- Have a commitment to the classroom community.**
- Have a commitment to duty or obligation to its conclusion.**
- Have a commitment to learning.**

Related words include: perseverance, tenacity, loyalty, conviction, and determination.

Examples of these traits are manifested when a student:

- Finishes what is started**
- Is loyal to friends and family**
- Gives best effort**
- Keeps promises, and thinks through problems and develops alternatives**

These can be nurtured at home by encouraging students to practice a skill in a favorite sport, or maintain a practice schedule for a musical instrument. In school, these traits can be reinforced through reading material such as: The Little Engine That Could or in a study of Lincoln's "Gettysburg Address". Other reading material might include: "The Helen Keller Story", "Breakthrough to the Big League"; "The Story of Jackie Robinson", "Best Friends", and "The Red Badge of Courage."

SENIOR CORNER

ANNOUNCING THE FINAL - SENIOR CLASS MEETING

At 7:45 A.M. on Tuesday, May 12th, 2009, the final senior assembly will be held in the auditorium. This is a working assembly with our senior counselor, Mrs. Nancy Bubenzer, and is designed to gather important information from our seniors so that we can properly recognize their many accomplishments at the annual **SENIOR HONORS ASSEMBLY**. Seniors will be asked to indicate where they would like their final transcript mailed, establish their eligibility for the **AWARD OF MERIT and the HONORS DIPLOMA**. There also will be a **SENIOR RECOGNITION FORM** to be completed indicating all scholarships awarded and the amount of the award, as well as special honors or awards earned this year. Seniors should bring a pen or pencil to the assembly and any **SCHOLARSHIP AWARD NOTICES** they have earned to aid them in completing this information. Recognizing our seniors properly is only as accurate as the information seniors provide out office!! Parents, please help us with this task by reporting to our Guidance Office **ALL scholarship offerings!!** Thank you.

SENIOR HONORS ASSEMBLY

On Friday, May 22nd, 2009, at 8:10 A.M., the Annual **SENIOR HONORS ASSEMBLY** will be held in the Richard Roberts Auditorium. This all school assembly seeks to recognize the many accomplishments of our seniors throughout the school year, including all scholarships earned to institutions of higher education. **All SENIORS AND THEIR PARENTS** are invited to attend this celebration of our senior class! A senior slide show will be shown for all to enjoy, following the program. **SENIORS** receiving awards will be notified by letter prior to the assembly so that they can dress up and be seated on stage by **8:00 A.M.** **ALSO,** the names of senior honorees will be posted in the **ACTIVITIES AND GUIDANCE OFFICES!!** The list will be updated daily and seniors are asked to check the list through **THURSDAY, MAY 21st.**

A special section is reserved for parents. Parents should plan to be seated by 8:00 A.M. The entire program should conclude by approximately 10:15.

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SCHOLARSHIP AWARDS PROGRAM PRESENTED BY
THEODORE ROOSEVELT HIGH SCHOOL

Theodore Roosevelt High School invites you to their annual **Scholar Awards Program on TUESDAY, MAY 19TH, 2009 AT 7:00 P.M.** Students in grades nine through twelve who have earned a 3.4 grade point average or higher **for each of the first three nine week grading periods this school year** will be honored. Invitations will be extended to those students and their families who have earned this academic distinction! We don't want to miss anyone, so please help us check our records! If you believe your student qualifies, call the guidance office at 330-676-8720 so we can double-check your student's academic standing.

CONGRATULATIONS TO THE FOLLOWING STUDENTS WHO QUALIFY FOR
ACADEMIC AWARD RECOGNITION FOR 2008 – 2009 SCHOOL YEAR!

FIRST YEAR AWARD QUALIFIERS

9TH GRADE

Benjamin Adkins	Ellen Feetterers	Michael Leeper	John Ryan
Ryan Anderson	Rachel Gardner	Abigail Liff	Michael Sanders
Charity Andrews	Raymond Gontkovsky	Emily Lisonbee	Eric Schiegel
Danielle Barton	Andrew Grant	Krystal Liticker	John Seidel
Anne Beckwith	Courtney Greer	Stephanie Mandalari	Stephen Smeiles
Nicole Blom	Kelli Harrod	Ashley Martin	Stephanie Soltis
Kimberly Bonner	Camden Hayes	Kristen Maynard	John Sopko
Madeleine Bowersox	Kelsy Henderson	Niara Miller	Aaron Stainbrook
Victoria Bracher	Douglas Hoskin	Taylor	Bruce Thomas
Kyle Brahce	Susan Huang	Maia O'Meara	Sean Thomas
Angelique Brantley	Mackenzie Huston	Molly Organ	Corey Thur
James Breiding	Olivia Jakli	Rebecca Osborne	Madeline VonStein
Sarah Briggs	Jessica Jarvis	Dan Paoloni	Morgan Wallace
Chelsea Burbridge	Tyelisha Johnson	Andrea Patterson	Erin Waples
Margaret Connell	Joha Joshi	Billie Paulus	Matthew Warner
Andrew Crooker	Christine Keener	Taylor Pensyl	Abigail Wemhoff
Olivia Donelson	Aiman Khan	Kelsey Pressler	Asia-Lee Wiles
Maria Dragan	Annette King	Amy Reeves	Andrew Wilfong
Kamshat Dukenbaeva	Adam Kline	Daniella Rice	Marqus Wilmington
Raaziq Eiland	Andrew Knapp	Richard Rossi	Matisse Woodruff

10TH GRADE

Owen Baggett	Stanford Howdyshell	Raquel Morson	Kayse Schmucker
Lauren Bush	P'Ashe Jones	William Patrick	Britianie Shepherd
Mariah Dolbow	Kyle Kline	Haumed Rahmani	Evan Shimensky
Joshua Egler	Katelyn Kranz	Keith Riddle	Jonathan Wills
Lindsay Gleason	Kae-Leann McCoy	Douglas Schmidt	Taylor Wise

11TH GRADE

Brandon Adams	Kathleen Greathouse	Samantha Long	Maranda Opie
Christopher Biats	Jacob Hurst	Erin McClafferty	Katherine Parker
Rachel Carabotta	Shanay Jefferson	Cayley Meindl	Justin Patrick
Dillon Chen	James Johnson	Christopher Mohler	Jennifer Whitcomb
Albert DePerro			Marcus Wright

12TH GRADE

Jordan Adamek	Ryan Gontero	Erica LaCivita	Renee Scales
Candice Allen	Stephanie Halasz	Alexis Lang	Nathaniel Shaw
Jessica Bender	Audrie Hummel	Alecia Latini	Justin Shreve
Kaitlyn Briggs	Oziengbe Ikuenobe	Caitlin McGrew	Samantha Solan
Joy Colvin	Nikkia Knudsen	Katelyn Onusic	Justin Spicer

Jennifer DeLuke
Heather Folsom

Maximilian Kowalewsky Jessica Ryan

Tara Thompson
Quortney Tolliver

SECOND YEAR AWARD QUALIFIERS

10TH GRADE

Sophia Ahmad	Leah Giles	Michaela Kline	Emily Rutzky
Kevin Alspach	Emily Giulitto	Kristrun Kristinsdottir	Hannah Sampson
Sabana Bhatta	Christopher Glass	Martin Manning	Kent Schumacher
Logan Bialik	Erik Hartung	Marnie Manson	Diana Shi
Kevin Bjerre	Latisca Henderson-Watkins	Morgan Mason	Mahala Spalsbury
Aaron Burkey	Missy Hendrix	Meghan McClelland	Lauren Stevens
Emily Carver	William Hoffman	Kirsten McMullen	Brianna Trivelli
Alayna Chlad	Rachel Jamison	Taylor Murphy	Christopher Tuck
Eleanor DeMattia	Tyler Jastromb	Abigail Nolin	Chloe Verba
Kayla Fertig	Elliot Kaplan	William Ruchotzke	Emily Warren Peter Williams

11TH GRADE

Madeleine Bensinger	Phillip Dennis	Eli Gfell	Sean Kretovics
Madeline Brady	Rashida Dortch	Qistina Hullon	Luc Labonte
Alyssa Bush	Deanna Duffy	Spencer Jacob	Kyle Long
Ross Carpenter	Katy Frick	Hannah Kester	David Profio
Chelsea Clements			Kodi Stebner

12TH GRADE

Meredith Burns	Gabriel Hart	Dominick Mandalari	Cassandra Moore
Evan Hart	Maxwell LaBonte	Marisa Manocchio	Helaina Rhodes Emily Ricci

THIRD YEAR AWARD QUALIFIERS

11TH GRADE

Lori Ahart	Sarah Foley	Melanie Longanecker	Julianne Rickard
Brett Baughman	Emily Gardner	Kayla Madden	John Robison
Ryan Beckwith	Angela Goodhart	Molly McCreary	Manuel Rocha
Sara Bower	Alexis Gundlach	Cara McKinney	Claire Rosenwasser
Kathryn Breiding	Emily Hook	Devan Mercer	Aleksandra Sobieska
Deanna Broadwater	Laura Jakli	Jonathan Miller	Sara Tebeau
Jonathan Busch	Collin Kane	Cory Molson	Elizabeth Thomas
Corey Damron	Alexander Kokinov	Christopher Moravec	Rebecca Thomas
Kristen Dennison	Jordyn Kovolyan	Eva Paoloni	Samuel Thomas
Hana DuBois	Stephanie Larrick	Aakash Patel	Alexander Tooley
Katherine Finley	Andrew Lisonbee	Emily Paulus	Sean Waples Abbey Woolverton

12TH GRADE

Chelsea Collier	Allyssa Manning	Allison Pugel	Corine Tracy
Leah Easterling	Joshua Mest	Katherine Schmidlin	Michael Trivelli
Brittany Emmert	Lauren Palumbo	Ryan Schultz	Nathaniel Wyse
Chelsea Heim	Lakota Pochedley	Krista Stevens	

FOURTH YEAR AWARD QUALIFIERS

11TH GRADE

Mohammad Khan	Leah Savel	Timothy Schuch	William Suplit
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12TH GRADE

Sandip Bhatta	Jessica Giulitto	Caroline Matas	Taylor Polatas
Iryna Bodnar	Joseph Hardy	John Maynard	Emily Rinear
Olivia Braden	Sean Hoover	Rachel McClure	Andrew Sickle
Kelly Bush	Caitlin Kelly	Jacob Miller	Hailey Vargo
Shelby Cowles	Songqiao Li	Kathryn Mitchell	Cori Verba
Ann Creech	Kaitlyn Liticker	Kyle Mullin	Jamie Whyte
Stephanie Fountain	Zach Longanecker	Justin Orashan	Kristin Willson
Kristin Gabella	David Luscre	Alex Pinkie	Dominic Zimmerman

Invitations will also be extended to **SENIORS** who are **recipients of local organizational scholarships** as well as seniors who have earned distinguished **academic** awards for their scholarship endeavors (i.e. valedictorian, salutatorian, top ten students, etc.) This is a wonderful evening when our school community, parents, and representatives from various civic organizations come together to celebrate the academic excellence of our students. Come and join the celebration of Theodore Roosevelt High School's scholars!!

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A MESSAGE FROM RANDY KLINE, FRESHMAN COUNSELOR

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 contact Randy Kline at 330-676-8727.

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LAST CALL FOR DRIVER EDUCATION CLASSES!!

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, which is also 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. No refunds will be issued after the first class session. If school is cancelled due to an emergency, (i.e., weather), driver's class is cancelled.

LAST TWO DRIVERS EDUCATION REGISTRATION FORM FOR THIS YEAR!!

(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 9: MAY 13, 14, 20, 22, 27, 29 SESSION 10: JUNE 10, 11, 12, 17, 18, 19
(9:00 a.m. - 1:15 p.m.)

DATE: _____ CHECK NUMBER _____ MONEY ORDER NO. _____

PAID IN FULL _____ AMOUNT PAID _____ AMOUNT DUE _____

2009 BUCKEYE BOYS/GIRLS STATE DELEGATES & ALTERNATES NAMED

Congratulations to the following juniors who were recently announced as Roosevelt High School's 2009 Buckeye Boys and Girls State representatives and alternates:

BOYS STATE REPRESENTATIVES

Ryan Beckwith
David Strasshofer

ALTERNATES

Jordan Beldell
P.J. Dennis
Alex Kokinov
Jon Miller

GIRLS STATE REPRESENTATIVES

Maddy Brady
Jordyn Kovolyan

ALTERNATES

Lori Ahart
Emily Paulus
Elizabeth Thomas

American Legion Post #496, along with the auxiliary Unit, selects student representatives and sponsors scholarships for delegates to attend Buckeye Boys and Girls State in June. Buckeye Boys State will take place at Bowling Green State University in June. Buckeye Girls State will also take place in June, but will be held at Ashland University.

WARNING SIGNS OF A STROKE

A stroke is a "brain attack" that occurs when the blood, which brings oxygen to your brain, stops flowing and brain cells die. There is also a Transient Ischemic Attack (TIA) which is a mini-stroke, with stroke symptoms that last less than 24 hours before disappearing. TIAs generally do not cause permanent brain damage, they are serious warning signs of stroke and should not be ignored!!

The symptoms of a TIA and stroke are basically the same. You may experience one or more of the following symptoms:

- Sudden numbness or weakness of the face, arm or leg, especially on one side
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination

If you have any of these symptoms or see them in someone else, even for a short time, call 911 or get to a hospital fast.

Most people who have a TIA do not see a doctor because the symptoms are painless and go away quickly. If you have had a TIA, there's a good chance you will have another or a full-blown stroke. **Remember, 80% of strokes are preventable. Here are a few things you can do to reduce your risk of having one:**

- **Know your blood pressure - High blood pressure is a leading cause of a stroke**
- **Find out if you have atrial fibrillation - An irregular heartbeat rhythm.**
- **If you smoke, stop**
- **If you drink alcohol, do so in moderation**
- **Know your cholesterol number**
- **If you are diabetic, follow your doctor's advice**
- **Include exercise in your daily routine.**
- **Lower sodium (salt), lower fat diet**
- **As doctor if you have circulation (blood flow) problems**

The "Prom Promise"

I will make a difference.

I refuse to be a statistic.

I refuse to live with the guilt of making a wrong decision,
and refuse to wait until it is too late.

I will not only live my life in the present, but will also live a life with
hopes for the future.

I will not let alcohol and drugs determine the outcome of my life, or
the life of an innocent victim. Regardless of where

I am from, who I am, and what I believe, my life is worth more than any destructive decision.

I am willing to give up those selfish desires that destroy humanity, in
an attempt to create a safe, sober
and drug-free America.

*(The Prom Promise Is Presented To You By NATIONWIDE INSURANCE)

The Student Assistance Program will be offering the opportunity for interested students to make a personal pledge and sign The Prom Promise. Additionally, they will hear, view and have the opportunity to obtain prevention materials at an awareness booth.

"Time To Talk"

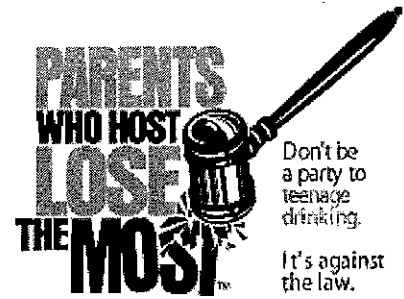
During the upcoming celebratory season of prom, graduation and summer break, some children may experiment with, use, or abuse alcohol or drugs. Students may link "turning 18", prom night, or the completion of high school with drinking as a harmless traditional "right of passage". This can lead to poor judgment, risk-taking behaviors, and unfortunate negative consequences. Continue to use "teachable moments" from real life stories and events to illustrate how underage drinking and engaging in risky activities can cause potential harm, or solicit unwanted negative consequences. The following websites may be helpful with starting these conversations:
www.theantidrug.com, www.ncadd.org, www.nida.nih.gov, www.health.org,
www.stopalcoholabuse.gov/

The Safe Homes Directory

Roosevelt has developed a "Safe Homes Directory" which is a listing of families who have signed a "Safe Homes Pledge" where they have publicly committed to providing a "safe home" where they will not host unsupervised parties or allow underage drinking or illicit drug use in their homes. This directory may be a tool that you may wish to utilize when discussing entertainment plans with you student. You may view the directory by going to the Roosevelt Home Page and searching under the Info Section. There will be no new additions to the directory at this time; however, interested returning RHS families will have the opportunity to sign up next year.

For More Information Contact:

Sandy McKown, Roosevelt Intervention Counselor/Student Assistance @ 330-676-8704
Jacquie Peoples Dukes, Social Worker/Student Assistance @ 330-676-8510



“Parents Who Host, Lose The Most: Don’t be a party to teenage drinking”

Parents play a major role in their children’s choices about alcohol, tobacco or other drugs. In a recent national survey of parents and teens by the National Center on Addiction and Substance Abuse at Columbia University, one-third of teen partygoers have been to parties where teens were drinking alcohol, smoking pot, or using cocaine, Ecstasy or prescription drugs while a parent was present. By age 17, nearly half (46 percent) of teens have been at such parties where parents were present.

Drug-Free Action Alliance has developed the *“Parents Who Host, Lose The Most: Don’t be a party to teenage drinking”* public awareness campaign to provide parents with accurate information about the health risks of underage drinking and the legal consequences of providing alcohol to youth. The campaign encourages parents and the community to send a unified message at prom and graduation time that teen alcohol consumption is not acceptable. It is illegal, unsafe, and unhealthy for anyone under age 21 to drink alcohol.

Here are the facts:

- Parents who give alcohol to their teen’s friends under any circumstances, even in their own homes, are breaking the law.
- Parents who knowingly allow a person under 21 to remain in their home or on their property while consuming or possessing alcoholic beverages can be prosecuted and everything associated with such a violation can be confiscated, including personal property.
- Parents can be sued if they give alcohol to anyone under 21 and they in turn hurt someone, hurt themselves or damage property.

Underage use of alcohol is a serious problem that too often leads to harmful consequences for youth and their families. Parents can protect themselves and their teens by following these guidelines when hosting parties for their children:

- Host safe, alcohol-free activities and events for youth during prom and graduation season
- Refuse to supply alcohol to children or allow drinking in your home or on your property
- Be at home when your teenager has a party
- Make sure your teenager’s friends do not bring alcohol into your home
- Talk to other parents about not providing alcohol at youth events
- Report underage drinking

More information about *“Parents Who Host, Lose The Most: Don’t be a party to teenage drinking”* is available at www.DrugFreeActionAlliance.org.



A program of Drug-Free Action Alliance

With support from the Ohio Department of Alcohol and Drug Addiction Services

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www.DrugFreeActionAlliance.org

2009-2010 Sport Physicals

Saturday, May 16, 2009
Theodore Roosevelt High School

8:30 am to 11:30 am

\$20.00

(\$5.00 decrease from past)

Call Athletic Health Care

after May 1 to schedule an appointment

(330) 676-8797

(Walk-in physicals w/o appt open from 10:30-11:30 am)

**** Open to all male and female athletes currently in grades 6 through 11 who plan on participating in sports at Stanton Middle School or Theodore Roosevelt High School during the 2009-2010 school year****

What to do BEFORE Saturday, May 16, 2009

1. Schedule an appointment by calling (330) 676-8797 after May 1.
2. Get blank Physical and EMA forms from the activities office (Stanton/Roosevelt) or Athletic Health Care room 137.
3. Complete all information on all forms as asked.
4. Make sure all forms are signed correctly.

What to do Saturday, May 16, 2009

1. Be on time for your appointment. Plan for 1 hour minimum.
2. Bring your ***completed and signed*** Physical and EMA forms.
3. Wear T-shirt and shorts.
4. \$20.00 cash or check payable to "Roosevelt Athletics"



Strength & Conditioning

SPRING ISSUE 2009

Rough Rider Fitness Center

**"WHERE RIDER ATHLETES TRAIN
TO PERFORM"**

Fitness Center Hours: Monday—Friday 3:00 to 6:30

While school is in session

Staff: Coach Kevin Hockett

Mr. Toby Jurging

Mrs. Chris Moravec

2008-09 Winter Sports End of Season Report

By: Coach Hockett

As Strength and Conditioning Coach it gives me great pleasure to report that the use of the Fitness Center was very high this winter, so much so, I had to schedule our sports teams for their own time frames. For instance:

Softball—Team off season & pre-season was Tuesday and Thursday 5:00 p.m. to 5:30 p.m.

Girls Basketball- Team conditioning was at the RHS gym Monday and Thursday 4:30 p.m. to 5:00 p.m.

Boy's Basketball- Team conditioning was at the RHS gym Monday and Wednesday 6:30 p.m. to 7:00 p.m.

Boy's Freshmen Basketball- Team conditioning was at Stanton's gym Tuesday and Friday 6:00 p.m. to 6:30 p.m.

Baseball- Team off-season and pre-season conditioning was at the Fitness Center Monday and Wednesday 3:00 to 4:15 p.m. from November 3 to January 28, then on Tuesday and Thursday from February 3 to March 5.

Men's Lacrosse- Team pre-season conditioning was at the Fitness Center JV Tuesday 5:00 to 6:00 p.m. and Varsity from Tuesday and Friday from 5:00 to 6:00 p.m. from December 10 to March 5.

Football- Team off-season strength and conditioning was Monday through Friday from 3:00 p.m. to 4:30 p.m. from January 5 and is still going on.

Moreover, I would like to take this time to say to the coaches of the above sports teams; that I truly thank you all for your support and believing in me and our strength and conditioning program here at RHS, all of you have been a great asset to this program taking flight as well, teaching our young men and women that hard work will make dreams come true, and being present, accountable, responsible and having the discipline to learn what we are teaching you; will enhance our teams successes. But most importantly I am so proud of our student athlete's for their hard work, commitment, and relentless effort to RYFP which has really enabled this strength and conditioning program to take flight as well as it has.

All and all, there has been a large number of people that have helped out a great deal to put the RHS Fitness Center aircraft in the air, where it is now flying at 100,000 feet. At this time I would like to acknowledge and say a huge thank you to the following people for their support. The Board of Education, Superintendent, Assistant Superintendent, Treasurer, our RHS Administration team, Athletic Director, Athletic Trainers, All Sport Boosters, Mr. Herbert Slone my Fitness Center director for fundraising and (DVD) production, Robert L. Wright for all the work he does in the Fitness Center putting up our motivational banners and championship pictures, James DeLeone for his generous donation to help us reupholster the weight benches, Darrow Gros a wrestling parent who repaired our leg extension and pull down machines, John Thomas, Kent Jaycees, William S. Wolford III of WSW Industries, Inc., Scott Hamilton of Singleton Reels, and all the parents, RHS staff and students that have purchased tee shirts, DVD's and given generous donation to keep the Fitness Center operating at an efficiently and effective standard.

Last but certainly not least, I would like to recognize, Mrs. Chris Moravec the editor in chief of this newsletter, she edits and organizes the layout of all the material; her time, effort and energy is unprecedented, for a volunteer, who has done an outstanding job for our school district in the area of sports information. I deem it to be an honor and privilege to know and work with such an exceptional professional; as well as a parent who truly understands the importance of promoting student academic and athletic achievements.

If I have seen further than other men it is because I have stood on the shoulders of Giants

- Sir Isaac Newton



Coach Hockett and his "No Quit" philosophy

By: Craig Foreman, Varsity Girls Basketball Coach

I have had the privilege of having Coach Hockett work with the girls basketball program ever since I took over as head coach three years ago. Coach typically works with the girls for twenty minutes, two to three times a week during the season in various forms of conditioning, both physically and mentally. Not only is it good for young athletes to have this type of conditioning in the off-season but also during the season it is important to keep that mindset alive. It is also excellent for athletes to hear the same ideas coming from a different coach, and Coach Hockett always does a great job with that. The ideas of "never quit", "push yourself", and "outworking your opponent" are always preached, and the athletes no that Coach means what he says.

It takes a special person like Hock to dedicate himself to all of the athletes in the building like he does, and as a head coach of a varsity team I feel that any other coach as well as athlete should take advantage of what Hock has to offer. We see it every day as coaches, athletes all over are becoming faster and stronger, and many times this leads to mental let-downs in our athletes when they go up against some of the "big schools". I feel that with a continued push from not only our head coaches in their respective sports but also from Coach Hockett and the training side of the sport, our athletes will continue to improve both mentally and physically and be more prepared to challenge and beat their opponents.

Which leads me to another major benefit of having Coach Hockett around. The life story that comes with this man lends itself to being a natural motivating force. He uses examples from his life and past, as well as modern examples he sees everyday to motivate our athletes. This is where Coach Hockett really comes through, he sees the importance of not only physically preparing our athletes, but also mentally preparing them. He knows that by pushing our athletes for one more "success run", while at the same time mentally challenging them with a story or quote, our athletes will be more successful when games are on the line and tiredness creeps in. Pat Riley, famed NBA coach once said "There are only two options regarding commitment. You're either in our out. There's no such thing as a life in-between." I think that is the ultimate philosophy that Coach Hockett brings to our athletes, you are either in our you are out, and it is up to athletes to be dedicated. I know one thing for certain, no matter what is going on with the team or in Coach Hockett's life, he is definitely always "in".

This Rough Rider Athlete Loves the Fitness Center

By: Sam Thomas



My name is Sam Thomas and I am a junior football player. I regularly use the weight room facility from the end of football all the way through summer. I usually go around four to five times a week, not because it is required, but because I enjoy it.

Working out makes you a better athlete. I'm not saying that you can't be a great athlete without lifting. Some people are just blessed with natural talent. But the vast majority of us, including myself, are not born with it. In ninth and tenth grade, I was just an average football player. After basketball season of my sophomore year, I met up with Coach Hockett and he got me on his regiment. In less than a year he had turned me into an all-district player. I'm not saying

that lifting will automatically make you a star at your sport, but it definitely makes you more athletic. Another good reason to lift is because it helps clear your mind. After school is over, I'm mentally exhausted and I can barely thing, I don't know the scientific explanation, but doing a physically demanding workout somehow clears my head and reduces stress. The biggest reason I lift is because it's fun.

The weight room is not a place to mess around; Hock will make that clear from day one. However, I guarantee that you will enjoy pushing yourself to the limit and competing with your friends. Everyday, my teammates and I challenge each other to see who can rep the most or

run the fastest. This competition pushes us to work harder but can also be quite entertaining.

I think that all Roosevelt students should work out at the weight room. Some students choose to lift at home or at a recreational facility. That's great, but it also has its disadvantages. First off, it's hard to motivate yourself to work hard when you're by yourself. And even if you do get a good workout, you have to spend money for it. So your best bet is probably just to come up to Roosevelt's fitness center, get a great workout under the guidance of Coach Hockett, lift with other students, and not pay a cent.



Baseball Basement

By: Coach Mike Haney

Seven years ago when I became the Head Baseball Coach here at my alma mater. I told myself that I had to instill the need for greatness into my players. I knew this was not going to be easy. Aside from a few nice seasons, success had been pretty hard to come by on the baseball field. The first thing we decided was that a good program stands on the shoulders of its giants, or the great teams of the past. We needed to pay tribute to our history while "Becoming Giants" ourselves. This had to start in the off-season. We had to commit to a conditioning program during the winter months that would make us better athletes come springtime. This about the time we nicknamed the weight room "The Basement". The theory is that during the winter months we crawl down to our lowest level and through hard work and dedication we create the foundation for our future successes. Come March, we will climb out of "The Basement" ready to become "Giants"!

This winter the Roosevelt baseball team climbed down into "The Basement" for our annual off-season lifting program. I am a firm believer that Athletes are built in their off-seasons. For the past few winters we have teamed up with Coach Kevin Hockett to develop a system that will aid our athletes in developing strength, speed and agility. I can confidently say that through the commitment and trust of our boys and the dedication and leadership of Coach Hock, we will enter the spring of 2009 in the best team-shape of my tenure as baseball coach. The fitness center creates an opportunity for all of our athletes to continue

to team build while not necessarily having to be in-season. I think that was extremely evident this year, as we consistently had more than twenty athletes present.

Athletes want to compete. I say the more opportunities the better. This was the approach we took as Coach motivated the kids to push each other within assigned groups against other. We even went the distance of putting free burrito's on the line for groups with the best attendance and most strength gains. It's amazing what a high school boy will do for a free burrito four months down the road. The point was to make it more than mindless lifting. They each shared a common goal to not only compete and win, but to "Demand More" of each other along the way. Each session finished with core work and two baseball questions asked by assigned players. It was amazing to see the amount of responsibility the boys put on each other to perform. It was also nice to see them understand the importance of the privilege they had to work in such a well-maintained facility. This can only be attributed to Coach Hockett and the time and energy he and others have tirelessly put into the place. It's nice to see our students take pride in their home.

Nearly twenty years ago, when I too was a young Rough Rider athlete, we did not have the ability to take advantage of such a quality facility and system. I challenge all of our athletes to take advantage of such a great opportunity. Put the time, work and commitment in. Become more than just in-season locker mates with the other kids on your team. Build a bond that will last for many years to come. It's a lot easier to compete along side someone you know firsthand has put the work in.

**R E A C H
Y O U R
F U L L
P O T E N T I A L**

Hock's Helpful Hints

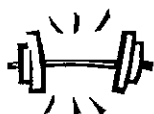
Remember that over 90% of NCAA College Athlete's end up majoring in something other than professional sports.

Even the "Chosen" athletes need to work and improve, need proof just look at the season LeBron James has had this year.

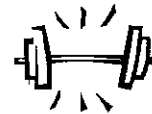
Parents enjoy the moments, maintaining good relationships with your child are far more important than the result on the scoreboard.

Dreams are obtainable with hard work and perseverance need proof watch the movie "Rudy".

Hock's Formula for success in Weight Room



The 3 "B"
Be Present
Be Accountable



Be Responsible and have the Discipline to learn what we are teaching you.

Coach Hock.ism **Favorite Quotes**

Attitude is the mind's paintbrush. Create a masterpiece.

B. Obama

It is not enough to get things done, they must be done right.

B. Obama

Start by doing what's necessary, then what's possible, and suddenly you are doing the impossible.

Improving yourself is the best way to help your team.

It was character that got us out of bed, commitment that moved us into action and discipline that enabled us to follow through.

Zig Zigler

No one was born wise. It comes from making more good choices than bad choices, and learning from each.

Fix the media and you fix the culture and you fix the family. Fix the family and you fix the nation.

Respect your opponent in every game you play.

Weight Room Fitness Bench Mark Testing

The charts on the next two pages are the results of RHS athletes after following Coach Hock's program and recording their progress. The athletes were tested on January 30, 2009 and March 20, 2009. There will be another test on May 28 and 29th in which the athletes will be tested on Bench, Squat, Hang Clean 40 year sprint and Pro Agility. Some athletes were participating in other sports at the time of testing. May's results will be in the next newsletter. Good Luck to the athletes keep pumping the iron.

Test Date of January 30

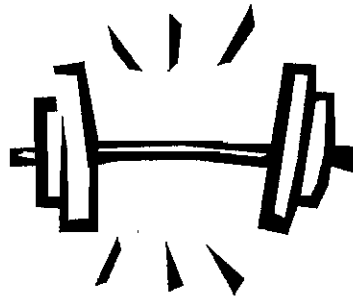
	Days in Weight Rm. as of 1/30	Squat lbs.	Bench lbs.
Bedell, Jordan	4	315	210
Bisnett, Alex	8	155	135
Bisnett, Tanner	8	175	125
Bradley, Joey	9	245	205
Brewster, Justin	10	175	120
Brown, Kenny	4	245	180
Coleman, Marcus	0	115	95
Dowdle, Malcom	9	275	205
Fitzgerald, Darius	5	300	205
Greenwell, Josh	9	225	135
Havel, Shane	1	185	125
Hogan, Travis	2	145	115
Hogan, Willie	0	115	100
Johnson, Andy	4	205	205
Jones, Kris	4	185	180
Leising, Matt	12	325	220
Maley, Dustin	8	255	185
Mason, Morgan	11	255	190
Pucillo, Eric			
Roberts, Jim	1	275	180
Roddie, Jacob	0	135	100
Rogers, Marcus	12	320	210
Shimensky, Evan			
Slone, Kevin	13	275	200
Thomas, Sam	13	305	205
Wegener, Shawn	12	205	130
Wills, Jon	0	185	125
Wilson, Cameron	12	225	165
Wright, Marcus			
Yates, Cordero	7	185	145

Weight Room Fitness Bench Mark Testing

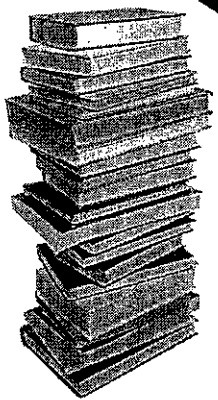
Test Date of March 20, 2009

As you can see most of the athletes have improved their skills. We will keep you updated on their progress after the May testing date. Go Rough Riders !!!

	Squat	Bench	Squat	Bench
	lbs.	lbs.	Difference	Difference
Bedell, Jordan	315	205	0	-5
Bisnett, Alex	175	135	20	0
Bisnett, Tanner	175	135	0	10
Bradley, Joey	265	175	20	-30
Brewster, Justin	185	135	10	15
Brown, Kenny	245	145	0	-35
Coleman, Marcus	115	95	0	0
Dowdle, Malcom	275	190	0	-15
Fitzgerald, Darius	310	225	10	20
Greenwell, Josh	280	175	55	40
Havel, Shane	265	150	80	25
Hogan, Travis	135	115	-10	0
Hogan, Willie	115	100	0	0
Johnson, Andy	245	215	40	10
Jones, Kris	235	195	50	15
Leising, Matt	350	210	25	-10
Maley, Dustin	265	185	10	0
Mason, Morgan	270	185	15	-5
Pucillo, Eric	300	245	0	0
Roberts, Jim	275	180	0	0
Roddie, Jacob	135	Injured	0	0
Rogers, Marcus	350	235	30	25
Shimensky, Evan	315	190	0	0
Slone, Kevin	275	205	0	5
Thomas, Sam	340	220	35	15
Wegener, Shawn	215	145	10	15
Wills, Jon	215	135	30	10
Wilson, Cameron	230	175	5	10
Wright, Marcus	350	195	0	0
Yates, Cordero	185	145	0	0



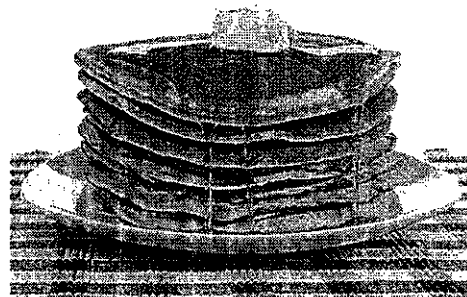
Spanish Club Book Sale



9am to 12pm

Key Club Pancake Breakfast

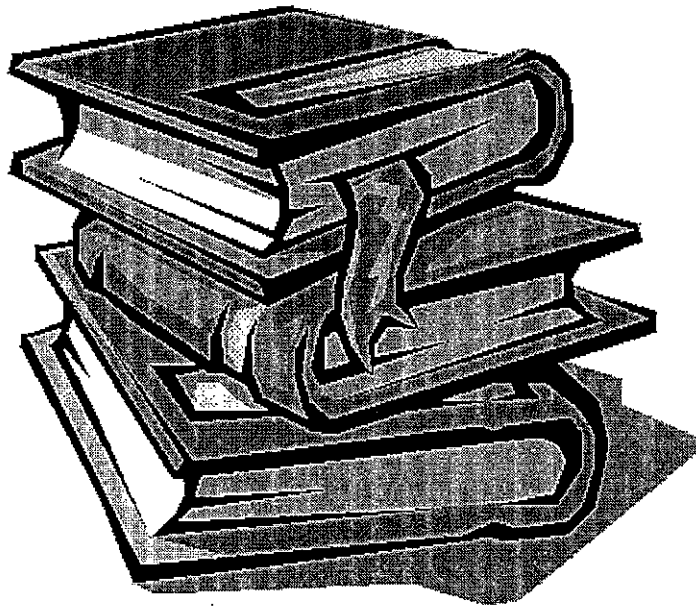
8am to 12pm



Theodore Roosevelt
High School Cafeteria
Saturday May 16, 2009

Spring Clean your Bookshelves and Recycle

**Donate your unwanted
books, magazines, and paperbacks to
the SPANISH CLUB**



**Drop off your unwanted reading materials
to the Roosevelt library by May 15.**

Muchas Gracias!

Theodore Roosevelt High School - May 2009

Sun	Mon	Tue	Wed	Thur	Fri	Sat
					1 INTERIM GRADES CLOSE FOR UNDERCLASSMEN Spring Choir Trip to Hershey PA 8:30AM AP Test Pre-Registration Meeting 4:30PM B V TN Field High School 4:30PM B JV TN Field High School	2 SAT Test (Not at RHS) Spring Choir Trip to Hershey PA 9:00AM Wrestling Car Wash 9:00AM B V TN @ PTC Tournament @ Crestwood 10:00AM B V BA @ Cuyahoga Falls HS 12:30PM B V BA @ Wadsworth HS 12:30PM B JV BA @ Cuyahoga Falls HS 3:00PM B JV BA @ Wadsworth HS 5:00PM B JV LAX North Canton Hoover HS 7:15PM B V LAX North Canton Hoover HS
3 Spring Choir Trip to Hershey PA	4 AP Exams 7:30PM Spring String Concert and Reception 4:15PM B V BA Crestwood HS 4:15PM B JV BA @ Crestwood HS 4:15PM G V SB Crestwood HS 4:15PM G JV SB @ Crestwood HS 4:30PM B V TN @ Copley High School 4:30PM B JV TN @ Copley High School 5:00PM G JV LAX @ Hawken School 6:15PM G V LAX @ Hawken School	5 AP Exams Registration Deadline 5/6 SAT 4:15PM B V BA @ Crestwood HS 4:15PM B JV BA Crestwood HS 4:15PM G V SB @ Crestwood HS 4:15PM G JV SB Crestwood HS 4:30PM B V TN Glenoak High School 4:30PM B JV TN Glenoak High School 4:30PM B V TR Crestwood/Norton 4:30PM G V TR Crestwood/Norton 5:00PM B JV LAX Solon HS 5:00PM Postponed to 5/4/2009*G JV LAX @ Hawken School 6:00PM B JV VB Walsh Jesuit High School 6:15PM Postponed to 5/4/2009*G V LAX @ Hawken School 7:00PM B V LAX Solon HS 7:30PM B V VB Walsh Jesuit High School	6 AP Exams 7:30AM All Day Prom Works 7:30PM Spring Band Concert 6:00PM B JV VB @ Stow-Munroe Falls 7:30PM B V VB @ Stow-Munroe Falls	7 AP Exams Interim Grade Reports Distributed To Underclassmen 7:30AM All Day Prom Works 7:00PM Franklin Spring Program at RHS 4:30PM B V TN Nordonla HS 4:30PM B JV TN Nordonla HS 4:30PM B V TR @ Tallmadge High School 4:30PM G V TR @ Tallmadge High School 6:00PM G JV LAX Jackson High School-Massillon 6:00PM B JV VB @ St. Vincent-St. Mary H.S. 7:15PM G V LAX Jackson High School-Massillon 7:30PM B V VB @ St. Vincent-St. Mary H.S.	8 AP Exams Registration Deadline 6/13 ACT 7:30AM All Day Prom Works 6:00PM Prom Works 5:30PM B JV LAX Hudson HS 7:30PM B V LAX Hudson HS	9 9:00AM Sophomore Class Car Wash 8:00PM Junior Senior Prom
10 12:30PM Vintage Venture Senior Citizens Prom at RHS 4:15PM Sophomore Class Prom Clean-Up	11 AP Exams Spring Fine Arts Show Set-up 3:00PM Cheerleader Try-Out Clinic 7:00PM Tech Prep Academy Recognition Program at Stow High School TBA B V TN @ OHSAA Sectionals Begin 4:15PM B V BA @ Norton High School 4:15PM B JV BA Norton High School 4:15PM G V SB @ Norton High School 4:15PM G JV SB Norton High School 7:00PM B V VB @ Andrews	12 AP Exams 7:35AM Final Senior Class Guidance Assembly #4/Kent Women's Club Reception 3:00PM Cheerleader Try-Out Clinic 7:00PM Athletic Health Care Recognition Program 7:00PM BOE Mtg. at Longcoy 4:15PM B V BA Norton High School 4:15PM B JV BA @ Norton High School 4:15PM G V SB Norton High School 4:15PM G JV SB @ Norton High School 5:00PM B V LAX Walsh Jesuit High School 5:00PM G JV LAX @ Hathaway Brown 6:00PM Cancelled B JV VB @ Villa Angela-St. Joseph High Sch 6:15PM G V LAX @ Hathaway Brown 6:30PM B V VB @ Villa Angela-St. Joseph High Sch 7:00PM B JV LAX Walsh Jesuit High School	13 AP Exams 3:00PM Cheerleader Try-Out Clinic 4:30PM B V BA @ OHSAA Sectionals 4:30PM B V TN Tallmadge High School 4:30PM B JV TN Tallmadge High School	14 AP Exams 3:00PM Cheerleader Try-Out Clinic 5:00PM MH Dinner Dance at Kent VFW 7:00PM Career Technical "Welcome to the Program Night" 4:00PM B V TR @ PTC Metro Meet @ Crestwood 4:00PM G V TR @ PTC Metro Meet @ Crestwood 5:00PM B JV LAX @ Hawken School 7:00PM B V LAX @ Hawken School	15 AP Exams 8:00AM Career Ed Olympics 2:45PM OMUN Car Wash at RHS 3:00PM Cheerleader Try-Out Clinic 6:00PM Spring Fine Arts Show Reception 7:00PM POPs Concert 4:15PM B JV BA Woodridge HS	16 7:00AM Band/Orchestra Trip to Cedar Point 8:00AM Key Club Pancake Breakfast at RHS 8:30AM Sports Physicals 9:00AM Spanish Club Spring Book Sale TBA B V VB @ District Tournament at TBA 10:00AM B V TR @ PTC Metro Meet @ Ravenna 4:00PM G V TR @ PTC Metro Meet @ Ravenna

<p>17</p>	<p>18</p> <p>12:55PM Scholarship Awards Program Rehearsal(7th Period) 2:45PM Graduation Speech Try-Outs 3:00PM RHS Colorguard Clinic 6:30PM Thesplan Induction 7:00PM Instrumental Music Boosters TBA B V TN @ OHSAA Districts Begin 4:15PM B V BA @ Field High School 4:15PM B JV BA Field High School 4:15PM G V SB @ Field High School 4:15PM G JV SB Field High School</p>	<p>19</p> <p>3:00PM RHS Colorguard Clinic 7:00PM Scholarship Awards Program/Reception 4:15PM B V BA Field High School 4:15PM B JV BA @ Field High School 4:15PM G V SB Field High School 4:15PM G JV SB @ Field High School</p>	<p>20</p> <p>10:10AM Cap and Gown Distribution 3:00PM RHS Colorguard Clinic 7:00PM PE Dance Recital 7:00PM Open Mic Night 7:00PM Publications Banquet TBA B V VB @ Regional Semifinals at Hoban 4:30PM B V BA @ OHSAA Districts at Hudson</p>	<p>21</p> <p>9:30AM Career Technical Passport Program/Reception 3:00PM RHS Colorguard Tryouts</p>	<p>22</p> <p>Last Day for Seniors 8:10AM Senior Honors Assembly/Senior Slide Show 12:00PM Senior Leaders Luncheon at Twin Lakes CC</p>	<p>23</p> <p>TBA B V VB @ Regional Finals at Hoban</p>
<p>24</p>	<p>25</p> <p>Memorial Day-No School</p>	<p>26</p> <p>8:00AM Bridges End of Year Celebration 6:00PM Choir Banquet</p>	<p>27</p> <p>3:00PM OGAN/PCAN Meeting 7:00PM Underclassman Awards Program and Dessert</p>	<p>28</p> <p>7:00PM Cancelled Athletic Varsity Awards Program 7:00PM Band/Orchestra Home Savings Concert</p>	<p>29</p> <p>8:30AM Graduation Practice at KSU MAC Center 11:30AM Senior Class Picnic/Celebration 5:00PM Cheerleading Tryouts TBA B V TN @ OHSAA State Tournament Begins</p>	<p>30</p>
<p>31</p> <p>1:00PM Baccalaureate at KSU MAC Center 2:30PM Commencement at KSU MAC Center</p>						

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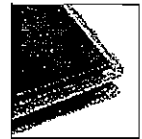


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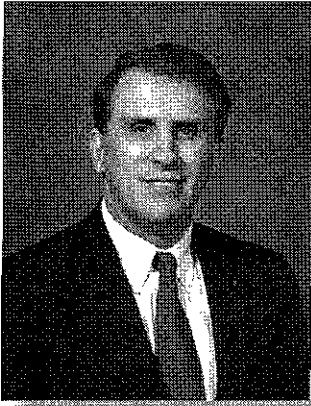
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May, 2009



KENT CITY SCHOOLS

UPDATE

News for Kent parents from Superintendent Joe Giancola

Dear Kent Community Members,

At this time of year, we think of the rite of spring as a rebirth, a reawakening. We reclaim from Old Man Winter what's ours in our yards, our flowers and our trees. Spring is a new beginning in nature's cycle.

Ironically, in schools, the rite of spring is a completion, a wrapping-up. Our students are concluding their school year with a battery of tests, including the Ohio Achievement Test (OAT) in elementary and middle schools and the Ohio Graduation Test (OGT) in high school. Each year, we anticipate increases in our test results. We know that the Kent Board of Education and our community expect that growth.

The Ohio Department of Education (ODE) will be notifying us of our OGT results by May 28 and our OAT results by June 30. The ODE reports these results to the local newspapers at the same time. Please call me if you have questions after you read about our results in early July.

One of schooling's most definitive acts of completion is graduation. Students graduating from kindergarten, 5th, 8th, and 12th grades are parents' greatest sources of pride. The following dates are important for community members who wish to participate in the various activities for Roosevelt seniors.

May 19, 7 p.m., Roosevelt Scholarship Awards Program/Reception
May 22, 8:10 a.m., Roosevelt Senior Honors Assembly/Senior Slide Show
May 31, 2:30 p.m., Roosevelt Commencement at KSU MAC Center

I congratulate our Roosevelt seniors, members of the Class of 2009! I also thank you the parents for all of the support that you gave these graduates. Without the help of our parents, we could not be as successful as we are.

In closing, we approach the end of another school year with confidence. Nevertheless, I warn all families that we stress academic rigor to the very end of the year. For students in grades kindergarten through 11, the rigor continues through June 5. As it is said, "It's not over until it's over!"

Sincerely,

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

Dr. Joe Giancola
Superintendent