

# News and Views

from the Vandercook Lake Public Schools

Golf Avenue

March, 2005 Volume 46-No. 3

Jackson, Michigan



## DAR WINNER SELECTED

**Jared Patrick Burke**

In 1934 the National Society Daughters of the American Revolution established a Good Citizens Contest in high schools. This award is to recognize and encourage outstanding young people in the pursuit of high ideals. The established qualities for good citizens are based upon:

1. Leadership: personality, self control, assumption of responsibility
2. Dependability: truthfulness, loyalty, and punctuality
3. Service: cooperation, courtesy, consideration of others
4. Patriotism: unselfish interest in family, school, community, and nation.

During the month of October, the teachers were asked to nominate a senior student for the DAR award. The top three teacher nominee names were presented to the senior class for their final vote. Jared Burke was chosen to receive a Good Citizen Pin and Certificate from the Sarah Treat Prudden Chapter of the NSDAR for Jackson County on February 5, 2005.

During December Jared began his State competition by completing a questionnaire and submitting a letter of recommendation, complete transcript and graduation picture. He also wrote a 500-word essay on a topic selected by the NSDAR. Congratulations to Jared on being selected runner-up in the County competition.

### In This Issue.....

	<b>Page</b>
Job Shadowing	4,5,6
Community As School	7
Elementary News	12-14
Calendar	16

## Winterfest 2005

During the first week of February our high school students demonstrated their school spirit and their support for our athletic teams by participating in numerous Winterfest activities, which were both enjoyable and entertaining. During the week our spirit committee selected students whose spirit and enthusiasm exemplifies Jay hawk pride. The following were this years Winterfest spirit week winners: 9th: Leann Page & Michael Gorton; 10th: Jennifer Rice & Eric Bingaman; 11th: Katherine Mollitor & Derrick Fairchild; 12th: Shandi Oberlin & Mick Jearanailerttana. The King & Queen of Spirit were Samantha Baldwin & Chase Cady. The juniors and seniors were the winners of the wall decorating contest. Also, the seniors had the highest percentage of their class members participating in the dress up days. After the game on Friday night the SADD organization sponsored this years Winterfest dance. The dance was well attended and the following students were the representatives from their respective classes:

Ninth Grade: Samantha O'Rourke and Greg Brown

Tenth Grade: Courtney Hamblin and Joseph Dougherty

Eleventh Grade: Jonell Schweda and Kyle Vandusen.

The senior candidates for King & Queen of Winterfest 2005 were: Jared Burke and Shiloh Maples; Tim Corts and Brittani Ackerman. This years King and Queen are Tim Corts and Shiloh Maples.

## Congratulations to Stock Market Game Winners

Mrs. Shafer's Senior Finance classes once again participated in a competitive ten-week statewide Stock Market Game. The entire senior class was placed in teams of 3-5 students. Starting with a virtual cash account of \$100,000, students strived to create the best-performing portfolio using a live trading simulation. They worked together in teams, practicing leadership, organization, negotiation, and cooperation as they competed for the top spot. The setup is engaging, and the learning a natural part of the experience. It is the only stock market simulation supported by the New York Stock Exchange and the Nasdaq Stock Market.

Out of 419 state teams in the division, a Vandercook Lake team came in Second Place with a total of \$144,593 (the first place team from Forest Hills had a total of \$162,301). This is quite an accomplishment and is the first time in Vandercook's history that a team has come in second place in this competition. The students will receive certificates from the Michigan Council on Economic Education (MCEE), as well as a complimentary lunch at the Olive Garden. The Second Place team members are Linsay Griffis, Casey Wykoff, and Chris Hinton.

**Their winning philosophy? Buy Low, Sell High!**

## Annual Blood Drive March 24, 2005

The Vandercook Lake Student Council is hosting its Annual Blood Drive on Thursday, March 24, 2005, from 8:00-2:00 p.m. in the high school gymnasium. This is an excellent opportunity for our community to give the gift of life. Please contact Marcia Bigger or Mark Schonhard at 782-8167 for an appointment or stop by during blood drive hours.

### High School MEAP Test:

The administration of this year's high school MEAP test is scheduled for April 25-May 6. All juniors will be tested in the areas of mathematics, science, reading, writing and social studies. Any senior needing to retake any of the tests in order to qualify for the Merit Scholarship should contact Mrs. Koetsier at the high school (782-8167 ext. 208) or Ms. Haney at McDevitt (782-0342).



### Women in Sports

The Michigan High School Athletic Association designated the first week in February as "Women in Sports Week". Schools throughout the state are encouraged to honor former students that experienced the positive influence of high school athletics. Vandercook Lake has had many outstanding women eligible for this award.

This year's award was presented to Michelle "Edwards" Rainsberger. Michelle, a 1996 graduate, participated in cross country, track, and volleyball. She was named to the "All State" Academic cross country team her senior year.

After high school she received a biology degree from Cedarville College and a masters degree in physical therapy from Grand Valley State. Currently Michelle and her family live in the Portland, MI area where she is employed as a physical therapist.

Michelle is most deserving of this award.

### Winter Sports Dessert

Awards for all high school teams this winter season will be given out on Thursday, March 10, 2005. Dessert is scheduled to begin at 6:30 in the high school cafeteria. Awards ceremony will begin immediately following the dessert.



Athletic Director, Les Essex, presents Michelle her award.

### 4th 5th and 6th Grade Boys Basketball Tournament

The weekend of February 10-13, The Vandercook Lake Athletic Boosters hosted games for 40 basketball teams. Games were played at both the Townsend and MS/HS buildings. All proceeds are used to purchase uniforms and to improve facilities for our athletes. This event is successful because of the many volunteers involved. A big thank you is extended to all involved, especially the parents helping with concessions; high school athletes for keeping score and running time clocks; and Randy Straub, Jeff McDaniels, and Dave Negus for organizing the entire weekend.

### Job Shadowing At Vandercook Lake High School

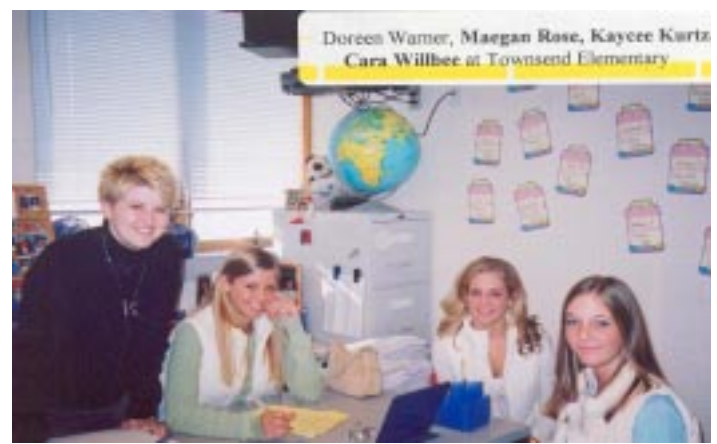
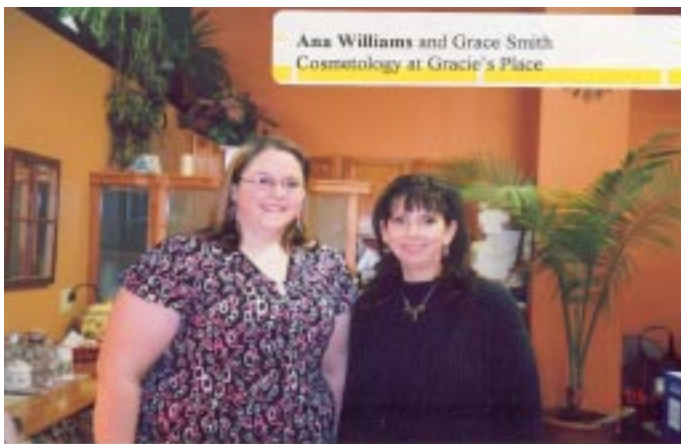
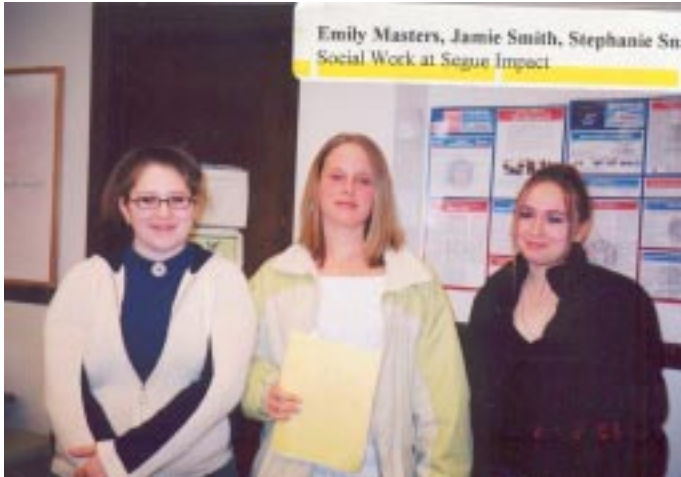
This year thirty-one tenth grade job shadowers were placed in the Jackson area. All of the students reported positive experiences. Job shadowing is a two-to-four hour, one-time visit, with an employer in the student's career interest area. The student shadows at the place of business, is given a tour, learns about requirements for the career, and many times experiences hands-on activities. If you would like to know more about job shadowing, or if you know an employer who would be a good placement for a student to job shadow with in the future, please contact Patti Shafer at 782-8167, Ext. 143.

We appreciate the time these business people give to our future working force! Special thanks to Deb Bildner and Eric Baldwin, ISD Education Coordinators, and the Junior Achievement staff for their fine work in placing the students at outstanding businesses.

<b>Student:</b>	<b>Career Area:</b>	<b>Location:</b>	<b>Contact:</b>
Bloom, Lee	Chef	Old Country Buffet	Denny Altic
Corts, Amanda	Dental	Drs. Mathein and Slete	Sharon Gregurich
Enbody, Kari	Law Enforcement	Jackson Co. Sheriff Dept.	Dep. Travis Williams
Furlong, Chris	Mechanic	Michigan Int'l Speedway	Rod Arnett
Garbry, Kali	Occupational Ther.	Jackson Med. Care Facility	Sue Bilaski
Grzesikowski, Valerie	Air Traffic Control	Airport Control Tower	Dave Flynn
Herr, Ashley	Nurse Assistant	Jackson Med. Care Facility	Sue Bilaski
Horton, Lindsey	Elementary Teacher	Townsend Elementary	Doreen Warner
Kelso, Tabatha	Day Care	ABC Academy	Mariann Gladstone
Kurtz, Kaycee	Elementary Teacher	Townsend Elementary	Doreen Warner
Lindquist, Audrey	Mechanic	Michigan Int'l Speedway	Rod Arnett
Marriott, Elizabeth	Doctor	Jackson Med. Care Facility	Sue Bilaski
Mascho, Brandon	Chef	Old Country Buffet	Denny Altic
Masters, Emily	Social Worker	Segue Impact	Diane Reynolds
Miller, William	Astronomer	Hurst Planetarium	Mark Reed
Monroe, Emily	Nurse	Baker College	Paula Hayes
Moore, Beth	Nurse	Baker College	Paula Hayes
O'Rourke, Brittany	Doctor	Baker College	Paula Hayes
Perdew, Dan	Film Producer	JTV-Channel 17	Karen Hawley
Rose, Maegan	Elementary Teacher	Townsend Elementary	Doreen Warner
Russell, Chris	Photography	Ritz Camera-Westwood Mall	Kyle Hockley
Smith, Jamie	Social Worker	Segue Impact	Diane Reynolds
Snay, Stephanie	Social Worker	Segue Impact	Diane Reynolds
Snedeker, Robin	Nurse	Baker College	Paula Hayes
Solomon, Ashleigh	Vet Assistant	Animal Hospital of VCL	Dr. Pam Fouty
Tennyson, Debra	Chef	Old Country Buffet	Denny Altic
Vandeventer, Carla	Ultrasound	Foot Imaging Services	Amy Helton
Way, Gabrielle	Nurse	Jackson Med. Care Facility	Sue Bilaski
Whitford, Dustin	Photography	Ritz Camera-Westwood Mall	Kyle Hockley
Willbee, Cara	Elementary Teacher	Townsend Elementary	Doreen Warner
Williams, Ana	Cosmetology	Gracie's Place	Grace Smith

If you know any of the above Job Shadow Contacts, please thank them for supporting Vandercook Lake High School by sponsoring a sophomore for a day. They provide excellent career exploration opportunities for our students!

## Job Shadowing at Vandercook Lake High School



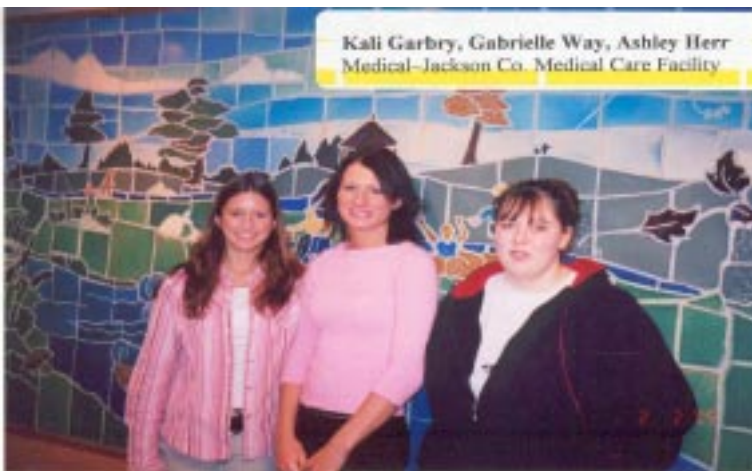
## Job Shadowing at Vandercook Lake High School



Amanda Cortis at Drs. Mathein and Slete  
Dental Assistant



Dan Perdue at JTV-Channel 17  
Film Producing



Kali Garbry, Gabrielle Way, Ashley Herr  
Medical-Jackson Co. Medical Care Facility



Elizabeth Marriott Medical Profession  
Jackson Co. Medical Care Facility



Robin Snedeker, Beth Moore,  
Brittany O'Rourke, Emily Monroe  
Medical Profession-Baker College



Debra Tennyson, Denny Altic,  
Brandon Mascho, Lee Bloom  
Chef at Old Country Buffet



Tabatha Kelso  
Day Care at ABC Academy

### 2005 Community-As-School Senior Internship Program

This semester 6 seniors are participating as interns in the Community-As-School Program.

<b>Intern:</b>	<b>Career Area:</b>	<b>Location(s):</b>
Chiles, Geoffrey	Radio Announcer	K105.3
Fushi, Heather	Nurse Teacher	Foote Maternity Services Townsend Elementary
Hunt, Jamie	Nurse	Foote Diabetes Center Foote Maternity Services
Oberlin, Shandi	Business, Marketing	General Products Corp. Prudential Real Estate
Richardson, Nicole	Teacher Nurse	Townsend Elementary Foote Diabetes Center
Rose, Whitney	Public Relations	Junior Achievement

Community-As-School gives seniors who qualify an opportunity to explore a career on an in-depth level. Through working with professionals in their chosen career area, they discover if this is the career they want to pursue in the future. Finding out if the career is or isn't for them before attending college is an extremely valuable experience. If you would like to know more about the program, please contact Patti Shafer, Program Coordinator, at 782-8167, Ext. 143.....Patti Shafer, CAS Resource Coordinator



**Pictured are the participating CAS intern seniors:**  
**Front row: Nicole Richardson, Shandi Oberlin, Whitney Rose**  
**Back row: Heather Fushi, Jamie Hunt, Geoffrey Chiles**

## Community-As-School Participants



### **Vandercook Lake Middle/High School Schools - Increasing Assets**

On Monday, January 31 our second "Building Jayhawk Asset Workshop" was held. What a day it was! Approximately seventy students gathered at the ISD to find out more information about how to increase the number of assets in their lives. A variety of presenters and panelists representing various sectors of the community including education, law enforcement, business, religion, and services were on hand sharing their insight to the students of Vandercook Lake Schools.

Assets are the positive building blocks that young people need to grow up to be healthy, principled, and caring adults. The more assets young people have, the more likely they are to engage in positive behaviors such as volunteering or doing well in school. Hence, they are less likely to be engaged in at-risk behavior. Asset building is a true community effort. ...Thanks to Steve Sukta from the ISD who was the coordinator and the Exxon Corporation for their financial assistance.

### **Attention Former Students and Parents:**

Former Students - you may be receiving a survey in the mail or a phone call from Vandercook Lake staff members concerning our North Central accreditation and school improvement. Your cooperation will be greatly appreciated and highly valued. We are gathering this information to help us address the future needs of our students.

### **Parenting Expert coming to Jackson - Ann Pleshette Murphy**

**March 7, 2005 - 7:00 p.m. - Potter Center**

**Topic: "How to say No to your child"**

"But EVERYBODY at school has a cell phone - why can't I? I n-e-e-e-e-e-d one! Pah-l-e-e-e-e-e-es-e-e-???"

In today's affluent society, where wearing name-brand items dictate a child's social circles and cell phones their behavior, parents are constantly faced with questions of just how much they should be giving their children, and when they should just say "No!" Noted parenting expert Ann Pleshette Murphy will address that issue and many others when she comes to Jackson to talk to parents on Monday, March 7, at 7 p.m. at the Potter Center on the campus of Jackson Community College. Admission is free. Murphy is the parenting contributor to ABC's "Good Morning America" show and author of the book, "The Seven Stages of Motherhood". The former editor of Parents Magazine also writes a bi-monthly column for Family Circle and has appeared on TV shows such as "Oprah", "Kathy and Regis", "The Today Show", "The Montel Williams Show", and others. "All too often, we see children in Jackson who have problems not because they don't have enough, but because they have too much," said Dena Dardzinski, assistant superintendent at Columbia Central Schools, who helped organize the event along with the Jackson County Intermediate School District. "It's difficult for parents to know when it's time to say, "No" and what to do when their children keep asking over and over again. It's not just a problem here in Jackson - it's all over the country." Dardzinski first got the idea for a parents' workshop after reading the article "The Power of No!" in the September 13, 2004, issue of Newsweek. The idea grew into inviting a nationally-known speaker to Jackson as a kick-off event for the Parents Network, which organizers hope will grow into a support group for parents. "We're hoping friends and neighbors, PTAs and PTOs as well as individual parents come to hear Annie speak, ask any questions they may have and see what problems other parents face as well," Dardzinski said. The event has already gathered plenty of local support. Sponsors include LifeWays, Foote Hospital, CP Federal Credit Union, the Jackson County School Board Association, the Jackson County Intermediate School district, as well as the Columbia, Concord, East Jackson, Grass Lake, Hanover-Horton, Jackson, Michigan Center, Napoleon, Northwest, Springport, Vandercook Lake, Western and da Vinci school districts. The Parents' Network follow-up event will be a panel discussion featuring local experts to be held Tuesday, April 19, at the Michigan Theater. For more information contact Sue Haney, Curriculum Director, VCL at 782-0342 or Tommy Cameron, Communications Coordinator, JCISD at 768-5216.

## Staff Changes - Make note of new telephone extensions

As mentioned in the Middle/High School newsletter, which was mailed home with the first semester report card, several staffing changes have occurred since the beginning of the school year. The following is a list of those changes and the new extension numbers, which you should use if you want to contact one of these individuals.

Anthony Hollow	Assistant Superintendent	Extension 238
Mark Schonhard	Principal	Extension 205
Les Essex	Assistant Principal/Athletic Director	Extension 203
Renee Rudloff	Assistant Principal/Middle School Coordinator	Extension 204
Phil Jordan	6th Grade Social Studies Teacher	Extension 162

## Middle School News

The seventh and eighth grade middle school students recently finished their MEAP testing. Testing began the week of January 24th and concluded on February 11, 2005. The students were served a complimentary breakfast and were encouraged by the entire middle school staff to do their best on the test. The seventh graders were tested in the areas of reading and writing. The eighth graders were tested in the areas of science, social studies and math.

### Upcoming Events:

STAND, students taking a new direction, will host a Karaoke night on March 8th. Students in grades 6-8 are invited for a fun filled night of Karaoke and other great activities.

March is reading month! Please encourage your student by reading the newspaper, talking about books, taking them to the local library, and setting time aside from busy schedules for reading.

Spelling Bee will be March 8th at the Western High School auditorium. The event will begin at 6:00 p.m. Ms. Beaman has been coaching our middle school students who are participating in the event. Come out and encourage them!

February 17, 2005 is the kick-off for the middle school magazine fundraiser. Grades 6-8 will participate in the event. Detailed information will be sent home.

Boater Safety for 6th grade students starts the week of March 14th through the 18th. Students learn rules for boating and passenger safety.

Breakout, a drug preventative program, is scheduled for May 2-May 5. The sixth grade students attend two-hour sessions learning about the effects of drugs and how to say NO.

Middle school orientation for incoming Fall sixth grade students is scheduled for Tuesday, May 10th, at 6:15 p.m. in the middle school library. This is a brief overview of school policies, procedures, and expectations along with an opportunity to meet your student's teachers.

## TRANSPORTATION/BUSING REMINDER!

Students attempting to ride on any school bus, that they are not registered for, must present parental/guardian permission, approved by the administrator, to the driver before they will be able to board the bus.

## VCL SADD News

Congratulations to Meghan Gallagher and Stephen Eagle! Student Leadership Services, Inc.(SLS) appointed them as two of the twelve student leaders chosen from across the State to be on the 2004-05 State SADD Student Advisory Board (SAB). The SAB members represent the largest and strongest youth-led prevention collaboration in the country with 595 chapters, clubs, and organizations with over 25,000 student leaders. They represent Michigan teens at events across the State and country. These students take a stand against alcohol and other drug use among young people by choosing to be positive role models and by helping their peers develop and strengthen their leadership skills.

Recently the SAB planned and presented the 6th Annual Statewide Middle School STAND Conference as well as the 19th Annual Statewide High School Conference. These conferences include student-led workshops, student key-note speakers, national/international speakers, and entertainment groups. In addition to these annual conferences, the SAB members represent SLS at regional workshops, traffic safety and legislative projects. They conduct regional leadership seminars, enabling them to reach out to their peers throughout the State promoting self-esteem and an alcohol and drug-free lifestyle.

Meghan Gallagher and Stephen Eagle also head the VCL SADD Chapter as President and Vice President. Other members include: Athena Spitler, vice-president; Jonell Schweda, treasurer; Sara Wahl, activity coordinator; Kristin Matthews, secretary; Samantha Partin, public relations; Jenny Rice and Casey Vaughn, STAND reps and committee chair Amanda Cortis. This active chapter has already met several of their year's goals, some of those being:

- Volunteer at Townsend Market Day/Fall Festival.
- Hosted County-wide Halloween Hayride/Haunted Woods.
- Awarded funding from VCL Lions and Jackson County MADD to take 14 members to State Conference.
- Distributed 3,500 MADD red ribbons in Jackson Christmas Parade.
- Awarded free MADD school-wide assembly for March (750 savings).
- Chosen as one of 8 chapters in the State taking part in a national survey.
- Hosted Winterfest Dance.
- Fundraising through Christmas Wreath and Valentines Carnation sale to supply future drug-free info.
- Activity participated in Assets training at the JCISD with Student Council and NHS.

Future plans include:

- Working at Lions Pancake Dinners.
- MADD Impact Panel.
- Peer Resistance Training (another team of 8-10 graders).
- Peer Resistance Presentations to 5th and 6th graders.
- April Awareness Month with another assembly and giveaways K-12.
- Attend a seminar training with middle school STAND chapter.
- Safe Prom and Graduation Project.
- Annual school-wide trip to Cedar Point.

### **Attention Past SADD Members**

Past SADD members and officers, we are planning a reunion this summer. The Vandercook Lake SADD Chapter is 18 years old! If interested in helping/attending, please call Mrs. McVey at 782-8167 - Extension 125 or email Mrs. McVey at [Theemac@sbcglobal.net](mailto:Theemac@sbcglobal.net). Thanks to the Vandercook Lake parents and community for all your support!

---

## 1st Grade News

First Grade teachers had their music program/exhibition Tuesday, February 15. In Mrs. Rininger and Mrs. Allen's room. The children learned about Creepy Crawlies. Mrs. Bailey's children studied Presidents. In Mrs. Leighton's room, the children learned African-American History; and in Mrs. Fish's room, the children learned about African Culture/African-American History. The Reading Recovery teachers showed a power-point presentation of the First Graders in their classrooms.

## 2nd Grade News

Second Grade is starting out the new semester with some excitement. We are on our way to learning how to write in cursive. The kids are excited to try out this new form of writing.

We were able to attend a wonderful production at the Potter Center before Christmas. The play, A Christmas Carol, brought to life the story of Ebenezer Scrooge.

We finished the units in Reading on Friends and are now working on Families. Many activities are focused on phonics, writing and whole language. Children are reading at their levels, and we hope that they are showing you their progress at home.

In Math, most of us had been working on Time, Money and are now focusing on Shapes and Fractions.

It's hard to believe that over half of the year is gone. We hope that you see the gains that we have made this year from all our hard work.

## Parenting Awareness

Good parenting includes.....

1. Showing children love, concern, and respect at all times.
2. Giving children a safe place to live and play.
3. Helping children express all their feelings appropriately and listening to what they say.
4. Giving children appropriate choices whenever possible.
5. Having reasonable rules that are understood by all.
6. Being responsible and teaching children to be responsible.
7. Spending time with children.
8. Setting an example by what we say and do.
9. Working with our schools and communities to make them better for children.
10. Asking for help when we need it.

## Kindergarten News

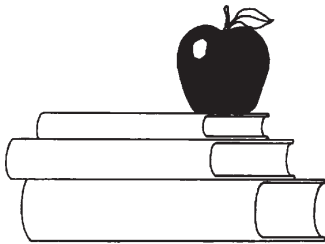
The Kindergarten classes have been busy learning so many new things! We enjoy watching the children grow and develop new skills what seems to be daily. Our Kindergarten classes have been focusing on reading and writing this year; and it has been so exciting to watch the children begin phonetic spelling and the writing process. Each week, the students are writing about interesting topics in journals or special projects related to their letter of the week or a holiday. The children enjoy reading what they have written and are given a special sense of pride!

In math, the Kindergarteners are practicing counting to 75, as well as counting by 2's and 5's to 30. As part of our CGI program, the Kindergarteners are learning creative problem solving through solving story problems with manipulatives. Some students are working with larger numbers now and we all benefit from learning from others as we watch how the problems are solved.

The Kindergarteners are looking forward to February 7 when they will be celebrating the 100th day of school. Mrs. Elzinga's class will be making pancakes shaped like the number 100! Mrs. Stapley's class will try to spy the number 100 while wearing their 100's day glasses. Mrs. Marsh's class will build creative shapes using 100 mini marshmallows. What fun!.....Many of the concepts taught in the Kindergarten classes continue to be reinforced through playful songs. The students have been enjoying the "Letter Sounds Rap", "The Opposites Song", and many others as we shake and boogie for learning!

March is Reading Month and the Kindergarteners will begin their take home reading program. Many prizes can be won for reading books at home. Look for more information from your child's teacher to come home soon!

We hope you keep warm and stay healthy over the next few weeks of winter. We thank you so much for your continued support and for giving us the privilege of working with your special child!



## 3rd Grade News

As the second semester gets under way, we find the Third Grade reading all about disasters. Learning about sinking ships, erupting volcanoes, earthquakes, and even a flood of molasses has kept the classes busy....Coming up for the Third Grade in March is Reading Month. We will be doing some special activities to encourage more reading.

Our next field trip will be at the end of March where we will be going to the Fair Grounds for Project Rural Education Day sponsored by the Farm Bureau where Third Graders will be learning about sheep shearing, field crops, goats, horses and will be able to get up close and personal with the animals.

## 4th Grade

Mrs. Cripe's and Glee's class is studying the underground railroad and Civil War and how Michigan contributed to the abolishment of slavery. We have also been learning about Michigan animals including the coyote and beaver. Did you know beavers grow to 4 feet long and weigh up to 70 lbs? Their lodges never dip below freezing and can be as large as a classroom!

**March  
is  
Reading  
Month**

## Physical Education from Townsend

News from the gymnasium at Townsend finds our Fifth Graders involved in another after-school intramural activity. At least 60 Fifth Grade boys and girls signed up to play co-ed volleyball. Five teams were organized and are competing against one another via a schedule that carries through the months of February and March. As in the past, the Intramural volleyball schedule will culminate with playoffs at the end of March (our own version of March Madness) with the championship match taking place the last Friday before spring break.

Students in Grades K-2 continue to practice/work on a number of gross motor movement skills: skipping, hopping, galloping, leaping, jumping, balancing, bear crawl, crab walk, running, jogging. Manipulative or object control skills I have stressed lately include the overhand throw, underhand throw, underhand striking, catching, jump rope, as well as hand-eye coordination with bean bags, paddles and balls, scoops and balls. Of course, I always work in FITNESS related activities.

Boys and girls in Grades 3-5 begin every lesson with some type of agility activities. Just about every time they come into the gymnasium, students will be asked to execute a warm-up that requires them to run/jog, skip, gallop (including a few reverse pivots), hop, carioca, jumping jacks, knee claps and sky jumps. Stretching, push-ups and curl-ups are a part of nearly all lessons. January and February find us working on a volleyball unit where skills are taught and practiced. Students are taught and expected to facilitate the rules of volleyball as well as demonstrate sportsmanship and the management skills that are part of conducting an actual volleyball game. Jump rope, upper body strength activities (rope climb, pull ups), and cardiovascular exercise will be emphasized in March leading up to spring break.

All students in Grades 1-5 will be involved in fitness testing after spring break (April, early May). Upper body strength will be measured via a push-up test and abdominal (stomach) muscle strength and endurance will be measured through a 60-second curl-up test. Cardiovascular (heart/lung) fitness will be measured via an endurance run/walk test. Students in Grades 3-5 will be required to complete a one-mile run/walk, while students in Grades 1 and 2 will be tested on a pair of 600-yard run/walks. The Fitness For Youth Program (University of Michigan) serves as the main reference for testing procedures as well as for realistic/meaningful standards of fitness for comparing results.

Don't forget our ACES walk on the first Wednesday in May (ACES - All Children Exercising Simultaneously). Keep encouraging and modeling fitness with/for your children - regular exercise, appropriate eating/nutrition, and adequate rest. Remember - Fitness Is For Everybody! You only get one body...take care of it! (Pass it on - tell your kids the same.)

### Easter Egg Hunt

The seventh annual Easter egg hunt has been scheduled for Saturday, March 26 from 10:00-12:00 a.m. The high school Student Council sponsors this event and anticipates that hundreds of Townsend elementary students and their parents will once again participate. Please mark your calendar; the event will begin in the gymnasium at Townsend at 10:00 a.m. If you have any questions related to this event please contact Mark Schonhard at the high school.



## New Legislation

The Michigan Department of Education has established new sex education legislation (2004PA 165 and 166) which mandates that school districts hold two public hearings to review changes or proposed revisions. In keeping with this requirement, we have scheduled the following two dates to review the new provision of this law:

Thursday, March 10 6:00 p.m.

Friday, March 18 10:00 a.m.

The meeting will be held in the high school community room. Please contact Mark Schonhard at 72-8167, extension 205 if you plan to attend.

## Annual Election

The annual election will be held this spring, and there are several changes made that you need to know about. The changes are the results of the new law known as the Election Consolidation Act. This is the first year the law is in effect and several changes impact our annual election. The date has been changed to the first Tuesday in May. This year that date is May 3, 2005. The place for the election will still be at the High School but will be in the Middle School Gym instead of the High School Library. The Gym is located in the same building and is well marked. In the past several years, the general governmental elections have been held in the Middle School Gym.

The election process is now the responsibility of Summit Township and not the school district. The township handles all steps of the election process and the actual voting. All petitions for election and ballot issues are the responsibility of the township.

This year there is one seat open for election to a four-year term to the Vandercook Lake School Board. Current Board member Joe Sheets has filed for re-election for this position.

Joe has been a member of the board since 1997. He and his wife Judy have four children. Two have graduated from Vandercook and two are currently enrolled in the district. Joe is also a graduate of Vandercook Lake Schools.

## Update on Shigellosis Outbreak

The Jackson County Health Department has notified us that local school districts should stress to its employees, students, and parents the importance of good personal hygiene including proper and frequent hand washing. The Health Department advises that special care should be taken to clean and sanitize restroom facilities properly. This would include cleaning and sanitizing door knobs, faucet handles, etc., or anything that may have been contaminated with contact.

This notification was based on a recent outbreak of Shigellosis affecting three county students (none from Vandercook Lake Schools). The Shigella organism is highly infectious and virulent. Transmission of this bacterium is through fecal-oral contact or more specifically through direct or indirect ingestion of feces. Person-to-person or person-to-contaminated surface is required. It cannot be passed through the air.

Should you have any questions regarding this issue, feel free to contact School Nurse, Mrs. Terri Slater at 784-6133 - extension 506.

**2004-2005 Year-End Calendar**

March	2	Parent Teacher Conferences 6-8:00 p.m.
	3	Parent Teacher Conference 1-4; 6-8 p.m. 1/2 Day students dismissal 11:00 a.m.
	4	1/2 day students dismissal 11:00 a.m.
	18,19,20	7th and 8th grade boys basketball
	24	Blood Drive
	25	Good Friday - 1/2 Day School
	29	Make a Difference Dessert 6:30 p.m.
April	4-8	Spring Break
	14,15,16	Musical
May	7	Prom
	9	5th Grade Orientation 8-9:30 am
	10	5th Grade Parent Orientation 6:15 p.m.
	12	5th/6th Grade Band/Choir
	24	7th/8th Grade Band/Choir
	25	High School Band/Choir
	27	1/2 Day School Dismissal 11:00 a.m.
	30	Memorial Day - No School
	31	6th, 7th, 8th Grade Awards
June	5	Baccalaureate
	6	Graduation
	8	1/2 Day School - Dismissal 11:30 am

**Four-year old  
Pre-school Registration**

Registration for next year will begin following spring break on April 11, 2005. We will have a morning session and an afternoon session again next year. If you have a child who will be 4 on or before December 1, 2005 but not 5 before December 1, 2005, please contact the McDevitt school office at 782-0342 or stop in the McDevitt office for registration information. Packets will be available in the McDevitt School office.

**Music News from Townsend**

Here are some Townsend music program dates to mark on your calendar!

Tuesday, March 15 - 5th Grade Musical: "Once On This Island"

Thursday, April 21 - 4th Grade

Tuesday, May 3 - 2nd Grade

Thursday, May 5 - Kindergarten

\*\*\*ECRWSS  
POSTAL CUSTOMER

**NON-PROFIT  
U.S. POSTAGE  
JACKSON, MICHIGAN  
PERMIT NO. 62**