NORTH FORK LOCAL SCHOOL DISTRICT

SCOTT HARTLEY, SUPERINTENDENT

TONYA MICKLEY, TREASURER



NEWSLETTER



Volume 4, Issue 4

May, 2017

Important Reminders:

- ♦ May 3-4 Kindergarten Screening Utica Church of Christ
- May 15
 Board of Education
 Meeting 6:00 p.m. UE
- ◆ May 18
 Open House for 5th &
 6th Grade Students
 6:00 p.m. UJH
- May 23-268th Grade Class Trip
- ♦ May 23-26 6th Grade Class Trips
- ♦ May 29 No School - Holiday
- May 30
 6th Grade Graduation
 Newton Elem. 6:00 pm
 Utica Elem. 8:00 pm
- May 31
 Last Day for Students
 End of 4th Grading
 Period
- ◆ June I Staff Work Day
- ◆ June 4
 Senior Class
 Graduation 2:00 pm
 C-TEC

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From the Superintendent...

As we enter the fourth nine weeks of the school year, we want to thank all of those who volunteered or took an active role in helping our students to be successful in their academics. It makes the job of educating all students easier with the help of so many dedicated people.

We are currently in the process of having a new bus garage built. The replacement of that building will provide our transportation department a facility that will be used to work on newer buses. Our district is also involved in a couple of grants to get sidewalks, security items for each building, and hopefully a preschool unit. We are hopeful that these grants will come through for us so that we can enhance the safety, security, and education of all of our students.

The fourth nine weeks brings with it the assessment of students through state testing. Like last year, we will be testing our students electronically. As we continue with this process, it is becoming more common with our students, which will provide a better experience. Staff have been working to provide intervention and testing strategies to enhance the students' chances on the test.

A change that will be coming to our district in the 2017-18 school year will be the sixth grade moving up to the junior high making it a true middle school. By doing this we align the curriculum and state standards with the state recommendations for grade banding. If you have any questions or concerns prior to the start of next school year, please call or email the junior high to get your questions addressed.

We would also like to thank all of the parents and staff who attended the district "Think Tank" meeting. These meetings give us an opportunity to hear from our community and see where all of you would like our district to move toward.

We wish all of you a healthy and safe summer break.

Scott Hartley Superintendent

~MIDDLE SCHOOL OPEN HOUSE~

All fifth and sixth grade students and their parents are invited to an *OPEN HOUSE* on *Thursday, May 18, at 6:00 p.m.* Final stages of the middle school transition and other items will be discussed. Hope to see you there!

Newton Elementary News

After-School Intervention

The Newton Elementary after-school intervention program concentrated on reading and math skills and strategies, test preparation for the AIR test, and computer skills. The students enjoyed the varied activities.

The program was taught by Mrs. Minnis and Mrs. Coad. A total of 33 students participated in the program.



~ May dates to remember ~

- May 1 Third Grade Field Trip
 - 3 Newton Kindergarten Screening (by appointment)
 - 8 Fifth Grade Field Trip
 - 11 Fourth Grade Field Trip
 - 12 PTO Walk-a-thon @ UHS
 - 13 PTO 5k @ UHS
 - 19 Student of the Month Lunch
 - 19 PTO Fun Day
 - 23-26 Sixth Grade Chicago Trip
 - 29 No School
 - 31 Last Day for Students







Summer Reading

Summer reading should be fun! It is important for students to continue to read over the summer months but it is also important for students to relax and enjoy the summertime. Reading Rockets has provided some useful tips on how to make reading enjoyable for your child over the summer. They include tips like reading aloud daily, going to the library, scrapbooking, and listening to books on tape. The detailed tips can be found at www.readingrockets.org/article/summerreading-tips-parents. The public library is also a great resource for families over the summer. Librarians can help you and your children choose books and/or activities that are just right for your reader. Have a wonderful summer while catching up with some new books! ~ Mrs. Julie Baker



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Newton Elementary - Invention League - Mrs. Julie Davis

"Necessity is the mother of invention." ~Plato

This was true for all Newton Elementary sixth grade students who participated in the local Invention League competition on March 16, 2017.

The top three project nominations went to Rileigh Lewis, who presented "Smart Cart;" Laura Brubaker who created the "Chicken No-Perch;" and B.J. Van-Poele with his "Handy Roller."

These top 3 nominations automatically compete in the state competition held July 30th at the Ohio State Fair. These three students also have the opportunity to be nominated by Invention League staff to participate in the national competition in Washington D.C. June 1 - 3, 2017.

Additionally, nine other participants have the opportunity to continue in the competition and, along with the top three nominees, were awarded trophies at the local competition.

Congratulations to the following students:

Logan Scarberry who invented "Hot Hands 2.0"
Tyler Chinn with his "Solar Defroster"
Hayden Smith created the "Click-n-Go Knife"
Bailey Lewis with her novel idea of "Dumpster Glide"
Eli Brewster, inventor of "The Unpickable Lock"
Brayden Ricketts who created "Remote Tracker 2000"
Brianne Priest invented "The Automatic Goat Feeder"
Andrew Valentine with his luxury "Bird, Bed & Bath"
Steven Canterbury, creator of the "Plug -N'-Play Rabbit Hutch"



Students took great pride in their inventions resulting in success for all who participated!

Utica Elementary...Mr. Brett Ballinger, Principal

As we wave goodbye to April and the state assessments that consumed most of the month, we gladly welcome May and the exciting opportunities the month will bring to Utica Elementary. May has unofficially become "field trip month". Many of our grade levels will be providing extended learning experiences, centered around Ohio's State Standards for Science and Social Studies, to our students by getting out of the building and visiting historic destinations. Our sixth grade students will be taking their annual trip to Chicago. Highlights of the trip will be the Dayton Air Force Base, the Museum of Science and Industry, a Blue Man Group performance and my personal favorite, a Cubs game at Wrigley Field. Our fifth graders will be traveling to Glenford, Ohio to study Native American History and Culture at the Flint Ridge Park and Museum. Flint Ridge is a deposit of flint approximately 3 x 9 miles running in an East-West orientation. The layer is 2 - 10 feet thick. More than 10,000 years ago, Native Americans quarried the flint from pits still visible on the quarry trail. They fashioned many different types of stone tools from this material including knives, spear points, and arrowheads. Flint was vital to their survival. The fourth graders will be taking a field trip to Roscoe Village. They will be traveling back in time as they take the village's Living History Tour to see what life was like in a 19th century town nestled along the Ohio and Erie canals. Costumed interpreters in the Living History Buildings will teach our students about some notable people whose lives and deeds of the Canal Era contributed to what Roscoe Village is today. We will watch the Ditches of Destiny Video, a 15-minute movie that tells the story of the rise and fall of Ohio canals. We will explore the main floor of the Visitor Center; view the detailed dioramas, maps and models of the canal, and lock system, aqueduct, and gristmill. Our third graders will be visiting Jungle Jack at the Columbus Zoo. This day of animal encounters and presentations promises to be rewarding to our students that have worked very hard throughout the year. Finally, our first graders will be continuing their education on living vs. nonliving things at Dawes Arboretum at the end of May.

May is also the month of celebrations. Spring concerts headline the list of activities that will promote our student's talents and successes. Our final Redskin Ready Assembly will be on May 12, as we send the students into summer break with a presentation on the true meaning of citizenship. We will also be recognizing another fifty students that displayed last month's theme of work ethic. Last but certainly not least, our amazing PTO will once again be rewarding our students with FIELD DAY on May 30.

On a personal note, I want to thank our Board of Education and Mr. Hartley for this opportunity to serve as Principal of Utica Elementary. Most importantly, I want to thank my staff, students, fellow administrators and the UE community for making this year one of the best in my professional career.

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Otica Elementary Second Grade



Counselor's Corner Mrs. Kimpel & Ms. Ritzer

13 Reasons Why is now streaming on Netflix

Many of our students are buzzing about the new Netflix series based on the young adult novel 79 Reasons Why. This series has some controversy surrounding it among adults, especially mental health professionals, due to the fear or perception that the series is glamorizing suicide. Nationwide Children's Hospital recently released this article that we found very helpful to share with parents.

13 Reasons Why: Should Parents Be Concerned About This Netflix Series? John Ackerman, PhD

700childrens.nationwidechildrens.org/13-reasons-parents-concerned-netflix-series/

The mini-series 13 Reasons Why (13RW), adapted from a young adult novel, was released on Netflix this past week. 13RW relays the fictional story of a high schooler, Hannah Baker, who has died by suicide before the story even begins. Hannah chooses to leave behind cassette recordings for the 13 people who she feels are responsible for her death.

Through these cassettes the audience learns that nearly everyone in Hannah's life is complicit in her suicide. The reasons range from bullying, starting rumors, sharing compromising social media images, shaming, failing to stand up for her, sexual assault, and not noticing the warning signs of impending suicide.

The show's release has led to much conversation and social media buzz about teen suicide, especially among middle and high-schoolers. On the surface, this appears positive. Suicide is the second leading cause of death among 15-34 year-olds. Although it can be uncomfortable, having direct, genuine conversations with our kids about suicide is healthy and potentially life-saving.

The myth that these discussions cause someone to become suicidal has been debunked. We know that silence and stigma prevents those at risk from reaching out for much needed support. Suicide is a major public health issue that deserves a thoughtful national dialogue.

Unfortunately, 13RW misses the mark in critical ways to better understand and address the devastating impact of teen suicide. Despite being touted by some as a "life-saving" work, 13RW could do more harm than good by disregarding best practices in media portrayals of suicide. Many individuals who have personal experience with suicide, as well as suicide prevention advocates, have serious concerns about the way suicide is portrayed in 13RW.

Isn't media attention on the topic of youth suicide a good thing?

Not necessarily. Mainstream media portrayals of suicide and mental health issues are often inaccurate and can reinforce stereotypes that lead to increased stigma and discrimination toward those with mental health struggles.

Research suggests that youth are more susceptible than any other age-group to a phenomenon called "suicide contagion." Suicide contagion exists when there is an increase in suicides after being exposed to the suicidal behavior of others. Exposure to graphic, sensationalized, highly detailed, or simplified portrayals of suicide can result in copycat suicide attempts and deaths by suicide, particularly in teens and young adults.

In the last episode of the season, 13RW violates a central principle in media's responsibility to the public regarding the prevention of suicide contagion by showing Hannah ending her life in shockingly graphic detail. This is a show marketed toward young people. The vast majority of adolescents won't experience contagion, but what about those who are overwhelmed, feeling vulnerable, or struggle with thoughts of suicide?

(continued)

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Counselor's Corner (continued)

How each individual will respond is hard to predict, but we know that ignoring media guidelines on suicide can contribute to more suicides. It is worth noting that Hannah's method of suicide was not included in the book, and it is a potentially dangerous decision by writers and producers to depict it in such a drawn out, and detailed, fashion.

As a parent, it is important to consider whether your teen is ready for a series as intense as 13RW. If your teen is going to watch the series, we encourage you to discuss with them their reactions to the show. Better yet, watch it with them.

What else is concerning about this series?

The Netflix adaptation of 13RW is receiving mostly positive critical reviews. It has been heavily promoted and possesses an engaging storyline. It connects with young viewers and, for better or worse, Hannah's suicide serves as a plot device that draws the audience in like a murder-mystery.

Just because something is entertaining does not make it accurate. Hannah's experiences of being bullied, assaulted, and shamed are all too common and certainly intensely painful. However, the progression of her suicidal behavior is simply not plausible. It is unrealistic for someone, especially a teenager in the midst of an emotional crisis, to construct an elaborate series of tapes all the while maintaining a sarcastic, witty, and glib tone towards people she blames for her decision to end her life.

When a suicide attempt occurs it is almost always in the midst of an intense emotional crisis. The time that it took to make 13 separate narratives and weave them together in an elaborate and devious fashion would likely have defused the crisis. If we want to have an honest dialogue about suicide, it should start with something that resembles reality rather than an extreme outlier.

It should also concern parents that *13RW* hooks into a common adolescent fantasy: "You'll be sorry when I am gone!" By portraying grief-stricken friends and family who wished they had treated Hannah differently, *13RW* suggests Hannah's suicide served its intended purpose. It promotes the idea that something permanent and shocking is the only way to make others understand the depth of one's pain and what others have done to cause it. We should instead be helping our kids recognize that suicidal thoughts are typically a sign of intense emotional pain requiring active self-care, counseling, and the support of others, rather than the means to obtaining empathy or exacting revenge.

Depicting suicide as a natural consequence of trauma or stressors is inaccurate. Popular media often suggest a cause-and-effect relationship between negative events such as bullying, sexual assault, or family conflict and suicide. This is misinformation. Suicide is complex and <u>not</u> a typical response to the types of adversity described in *13RW*. With awareness and community support, suicide is a largely preventable form of death. Portraying suicide as the inevitable outcome of Hannah's victimization was, at best, a missed opportunity and, at worst, dangerous to those vulnerable to suicide.

In *13RW* adults such as teachers and counselors are seen as out of touch and unhelpful. Hannah seeks help only superficially and ignores efforts of friends and family to support her. These events perpetuate the dangerous notion that no one, not even loved ones, can understand or help those struggling with thoughts of suicide. We know that meaningful social connections reduce suicide risk. There are effective treatments for those dealing with depression and suicide and ways to help those at risk such as using a suicide prevention hotline or textline.

Finally, *13RW* does nothing to counter the misconception that suicide is a selfish act. Hannah's decision to expose and blackmail 13 individuals who are the "reasons" for her death makes her appear manipulative and vengeful. People who take their own lives commonly feel like a burden to others or experience intense emotional pain that overwhelms their capacity to continue with life. Making others feel guilty is the furthest thing from their mind. *13RW* could do a much better job of helping viewers recognize connections between suicidal behavior and mental health issues, especially depression.

(continued)

Counselor's Corner (continued)

The benefits of increased attention to youth suicide do not outweigh the increased risk stemming from sensationalistic features and misconceptions about suicide perpetuated by *I3RW*. Perhaps some viewers will be motivated to dig deeper to understand what can be done to reduce suicide. Some good places to start are the <u>Suicide Prevention Resource</u> <u>Center</u> and the <u>American Association of Suicidology</u>. In the meantime, parents should be aware that this series is not appropriate for young children, and there are themes and graphic scenes that may not be appropriate for all teens. We recommend that all parents of teens speak openly and directly to them about suicide. But a sensationalized and unrealistic portrayal of suicide is not necessary to have this critical conversation.

If you're feeling suicidal, please talk to somebody. You can reach the National Suicide Prevention Lifeline at 1-800-273-8255; the Trans Lifeline at 877-565-8860; or the Trevor Project at 866-488-7386. Text "START" to Crisis Text Line at 741-741, or in Ohio, text "4HOPE". If you don't like the phone, consider using the Lifeline Crisis Chat at www.crisischat.org.

Also included is a link that provides talking points to help ease the conversations with your child. https://www.jedfoundation.org/13-reasons-why-talking-points. At the very least, please have a conversation with your student about the series if they have watched it. Suicide is the second leading cause of death among 15-34 year olds, and the idea that talking about suicide can cause someone to become suicidal is a myth.

UTICA MIDDLE SCHOOL FIFTH & SIXTH GRADE OPEN HOUSE

We cordially invite *all* fifth and sixth grade **students** and **parents** to an **OPEN HOUSE** on **Thursday, May 18**, at **6:00 p.m.** We will discuss final stages of the middle school transition and other open items.

~BUILDING TOUR FOR STUDENTS~

Fifth and sixth grade students will have an opportunity to tour the junior high during the school day on Friday, May 12, and ask questions from our experts -- current junior high students!

Newton Elementary students will have a morning tour and Utica Elementary students will have an afternoon tour.

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Utica Junior High News





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"April Madness"

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In honor of April being poetry month, students in

Mrs. M. Williams' 7th grade reading class participated in "April Madness." Students were divided into brackets and had "poetry battles" throughout the month to see which poems would win. It was a fun way of hearing a variety of poems to celebrate the month.



Jesse Fink -UJH Spelling Bee Champion & Scripps Regional Participant



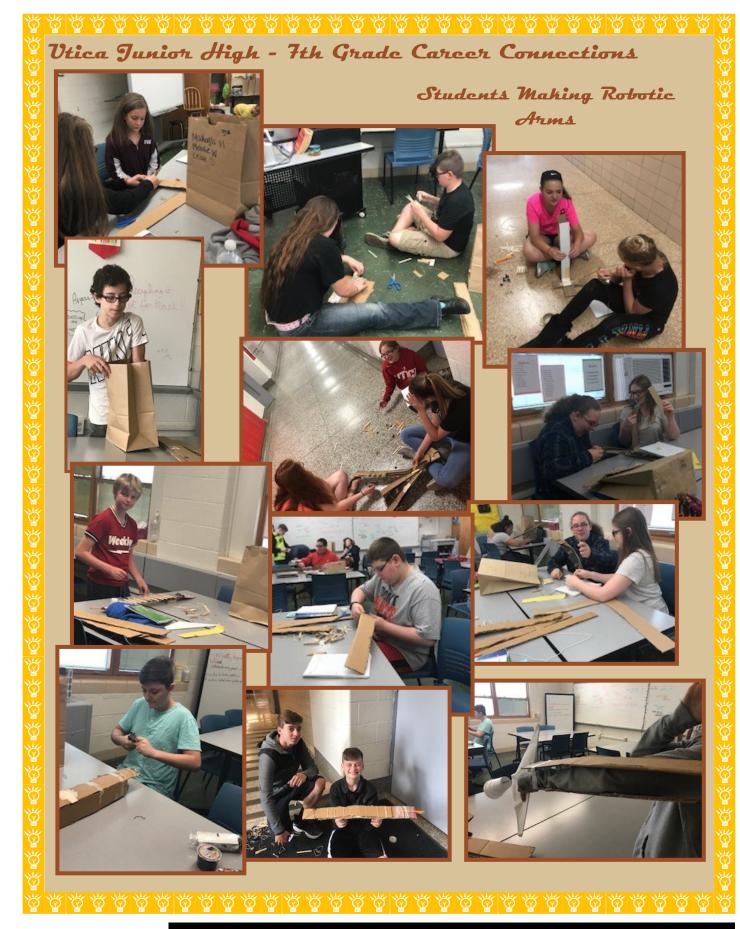
★ Jesse Fink, UJH Spelling Bee Champion, participated in the Scripps Regional Spelling Bee plac-★ ing fifth. The word she missed was "battement" which means...

noun, plural battements

★ [bat-muh nts; French batuh-mahn] (Show IPA). Ballet.

a movement in which the dancer lifts one leg to the front, side, or back, and returns it to the supporting leg.

We are VERY proud of her fifth place showing!



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C-TEC National Technical Honor Society Inductees

(1 to r) Austin DeNune, Yvonne Overley, Austin Melvin

TECH DEPARTMENT Information... Mrs. Kimberley Watson

- ⇒ The district has completed the email conversions for all staff. Please watch for notifications of those email address changes as we have moved from @uhs.laca.org to @northfork.k12.oh.us.
- ⇒ The tech department received two new donations of computers. As a result, we are in the process of replacing older model teacher and student computers.
- ⇒ The third nine weeks' online report cards were posted on Friday, April 7th. The report cards are accessible through the ParentAccess portion of ProgressBook. Paper copies are available by request only. If you have not created your ParentAccess account, you will need to obtain directions and a registration key by contacting Mrs. Watson at klwatson@northfork.k12.oh.us.

Friendly reminders:

Parents can access their student(s) grades and report cards online through Progress-Book. If you do not have an account already created or if you are having trouble accessing your created account, please contact klwatson@northfork.k12.oh.us for further assistance.

Utica FFA Successful at Evaluations

Every year members of the Utica FFA Chapter have the opportunity to apply for awards that are evaluated above the chapter, on both the district and the state level. This year, 10 of our members took on this opportunity with the following results:

Officer Books - Gold Rated Secretary-Shaeley Warner; Gold Rated Reporter- Aramaik Wright Gold is the highest accolade that can be received on officer books and both ladies will get to walk across the stage at our State FFA Convention in May.

State FFA Degree - Josh Dickson, Adriana Harper, Courtney Smith, Emily Wesley

The State FFA degree is the highest degree you can receive in Ohio FFA. Members who earn these have been active members of the chapter, involved in community service events, invested time and money to the equivalent of \$2000 or more dollars. These members will receive their degrees at our State FFA Convention in May.

American FFA Degree - Emily Dickson, Taylor Orr

This is the highest degree an FFA member can earn and only ½ of 1% of all FFA members earn this. Members have gone above the State Degree requirements and invested time and money to the equivalent of \$7,500 or more dollars. These members must also be high school graduates. We are still waiting on National approval, but once it is received, these ladies will be able to receive their degrees in October at the National FFA Convention.

Proficiency Awards -

Members who earn proficiency awards fill out an extensive application based on their SAEs. (Supervised Agricultural Experiences). These students have also maintained records by recording money and time in the Agricultural Experience Tracker (AET). These applications are then entered in to various categories based on the agricultural nature of the SAE and if it is an entrepreneurship or placement project. Our students were able to receive the following:

Goat Placement: Seth Blake, 3rd in the district, bronze state rating;

Beef Production-Entrepreneurship: Josh Dickson, 1st in the district, silver state rating; Shaeley Warner, 2nd in the district, bronze state rating

Dairy Production Placement: Josh Dickson, 1st in the district, silver state rating

Dairy Placement-Entrepreneurship: Emily Wesley, 2nd in the district, honorable mention state rating

Diversified Livestock Production: Trina Orr, 2nd in the district, bronze state rating Equine Science- Placement: Shaeley Warner-1st in the district, bronze state rating

Honorary State Degree

John Wright, Utica FFA Alumni Treasurer

The Ohio FFA Association bestows these awards for adults each year at state convention. These awards are given to exceptional teachers, individuals and companies who have demonstrated continued success and support of the FFA and/or agricultural education.

Congratulations to all who participated! We plan to use this as a learning experience and improve for next year in some of the areas.



Emily Wesley



Seth Blake



Shaeley Warner



Trina Orr

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TALK EARLY AND OFTEN ABOUT ALCOHOL, TOBACCO, AND OTHER DRUGS, EVEN WHEN IT GETS TOUGH.

Parent Tips from Know!

The following is an excerpt ...

Communication is key to prevention and essential in building and sustaining a positive relationship with our children, students, youth group members, athletes, etc. While it is vital to have ongoing conversations on the topic of alcohol and other drugs with them, it is equally important to talk about the everyday things happening in their lives. They need to know that we genuinely care about them, respect their feelings and opinions, and that we are looking out for their best interest. That way, when it comes time to talk about the heavier stuff, the foundation of trust is already there. When sharing information with your child (student, athlete, etc.) on underage drinking, it is important to be clear on where you stand on the issue. Make sure they are aware of your expectations for them not to drink before turning the legal age of 21, and be sure they know the consequences of making the wrong choice.

It is also valuable to help your child find his/her motivation to say NO to alcohol – be it school, sports, spiritual reasons or simply to comply with house rules. And then help them practice saying NO. It may feel a little silly, but it will better prepare them for a real-life scenario.

Even with all this, there may be times where a simple NO may not feel like enough, or the pressure is too overwhelming. For circumstances like this, whether it be about alcohol or other drugs, or any other uncomfortable situation a child may find him or herself in, there is the X-Plan. Developed by Bert Fulks (dad/teacher/youth minister, who works with teens in addiction recovery), the X-Plan is an excellent exit strategy that helps a teen save face in front of peers, but gets them out of a sticky situation quickly and safely.

Here's an example of how it works:

Taylor, a high school freshman, goes to a gathering at a friend's house. Once there, he sees his underage peers drinking and smoking. He is feeling tremendously uncomfortable and is getting extreme pressure from his buddies to join them. He discretely sends a text to his brother that simply includes the letter, "x," nothing more.

But actually, it is more. And it sets in motion a plan that is designed to get Taylor out of situations just like this... Mom, dad and brother know what to do if they receive this text from Taylor. They promptly call him and the conversation goes something like this:

"Hello"

"Taylor, something has come up and I need to get you right now."

"What happened?"

"I'll tell you about it when I get there. Be ready to leave in five minutes. I'm on my way."

Here's the tricky part of the deal...when Taylor gets in the car, there is a "no questions asked policy." It is up to him how much or how little he chooses to share. And in order for this plan to work, this piece must be made known to the child and respected by the parents. This is not to say that a conversation cannot take place later, but if you force your child to spill the beans, you should know that you're likely going to ruin the chance of your son or daughter reaching out to you again in a similar scenario.

The bottom line is this; we cannot be physically present with our child at all times, but our influence can. Our voices can be heard by them even when we are not there.

Spring Art Show

Congratulations to all the Spring Art Show Winners:

Best of Show: Taylor Osborn

1st Place: Rebekah Gill 3D Category--

2nd Place: Josh Dickson



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Free Sports Physicals

When: May 16, 2017

Location: Utica High School

Tíme: Gírls - 5:00 p.m. - 6:30 p.m.

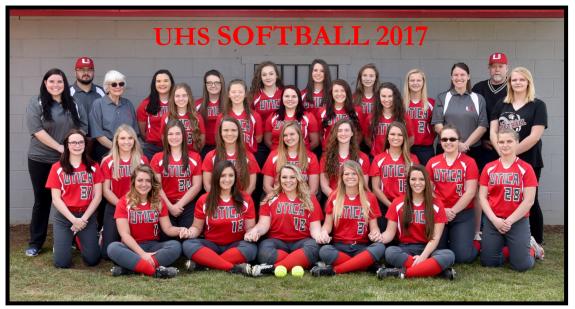
Boys - 6:30 p.m. - 8:00 p.m.

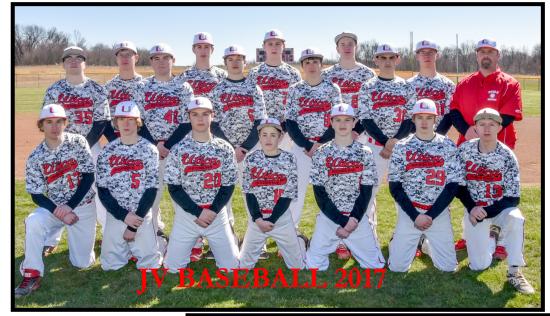
Any questions, please call <mark>Utica High School</mark> at 740-892-2855



Available to Utica High School and Junior High Students

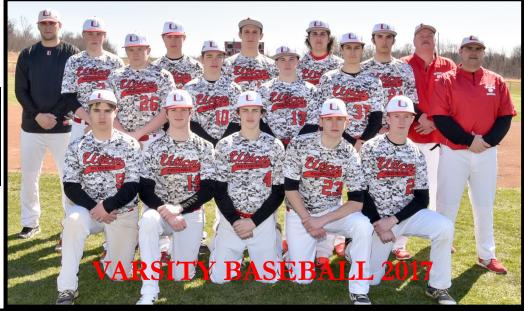












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