



The Firelands Express

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From the Superintendent

Firelands Schools #1 in Area for Academic Improvement

The Ohio Dept. of Education recently released the District Report Cards for all Ohio school districts. Based on the "Performance Index", the best overall measure of achievement on the state tests, Firelands ranked #1 in Lorain County and other surrounding districts for academic improvement, increasing its score from 94.3 to 98.4. The average student test score at South Amherst Middle School improved by 17%. Across the district, our scores increased by 6%.

The Firelands District exceeded the Value-Added measure for the first time in the school's history. This means that the average student at Firelands gained more than one year's academic growth over the past school year. The district also met Annual Yearly Progress, the standard established by "No Child Left Behind" that looks at academic progress in reading and math by population sub-groups (ethnic, economic, disabled, etc.). Firelands was one of only 5 of 17 area school districts that exceeded Value-Added and met AYP.

For the 7th consecutive year, the High School earned a designation of "Excellent" from the Ohio Dept. of Education. SAMS improved to "Effective." The elementary and overall district ratings were "Effective" as well, but were extremely close to moving up to an "Excellent" rating. The district goal for next year is to have all buildings and the district move to the "Excellent" designation. I am confident we will earn this goal!

Thanks to the hard work of our teachers, administration and especially our students, we have made great gains this year. **Achievement Is On The Rise in Firelands!!!**

Performance Index-Spring 2010	Score	Value-Added	AYP
1. Avon Lake	107.7	above	yes
2. Avon	105.7	met	yes
3. Amherst	101.8	met	yes
4. Berlin-Milan	101.6	below	yes
5. Columbia	100.6	above	yes
6. Keystone	99.2	above	yes
7. Firelands	98.4	above	yes
8. N. Ridgeville	97.0	above	no
9. Vermilion	97.0	above	yes
10. Western Reserve	97.0	met	no
11. Midview	96.8	met	no
12. Sheffield	96.7	met	no
13. Wellington	96.4	above	no
14. Clearview	93.6	met	yes
15. Oberlin	92.0	above	no
16. Elyria	88.8	below	no
17. Lorain	78.1	met	no

Summer Facility Upgrades

One of our district goals in Vision 2015 last year was to "Address Current Facility Needs." We are committed to taking the very best of care of the facilities our community has entrusted to us. Because of the age of our buildings, several infrastructure improvements have been a priority. Below is a list of the projects that have been completed over the past few months.

- ◆ Over 37,000 square feet of roof resurfacing on elementary
- ◆ New windows installed in both the SAFE Room and multipurpose room at Firelands Elementary
- ◆ Two new commercial grade stainless steel stoves for HS and ES kitchens
- ◆ New high efficiency domestic hot water tank installed in boiler room at ES
- ◆ New asphalt added providing over 50 new parking spaces at the elementary campus
- ◆ New high efficiency boilers at both elementary and high school (HB 264)
- ◆ High efficiency lighting retro-fit at both elementary and high school (HB 264)
- ◆ Tuck pointing, roof repair, new scuppers and downspouts on south wall of high school gym
- ◆ Fresh coat of paint on gym walls at high school
- ◆ Drop ceilings installed in five classrooms and three office areas at high school
- ◆ New roof and exhaust fans at stadium concession stand
- ◆ New exterior insulated doors on HS boiler room
- ◆ New storage pole barn at SAMS
- ◆ New carpeting in two classrooms and new tiling in another at SAMS
- ◆ Office remodeling at SAMS for Guidance and Administration
- ◆ New roof on service garage, concession stand and stadium restrooms at SAMS
- ◆ Old doors at bus garage replaced with three new powder coated insulated doors
- ◆ New pass gate and safety fencing installed at football stadium

We are finalizing a PowerPoint that will be available on the district website where you will be able to see before and after pictures of what we have recently accomplished.

This is an exciting time to be a member of the Firelands Schools community. We have accomplished a great deal, but still have much to do. Thank you for your continued support as we continue to be "Pursuing Excellence".

Go Falcons! Greg Ring

SPECIAL EDITION ANNUAL REVIEW 2009-2010

See the summary reports of school programs, building events, and test scores from the previous school year (pages 2-4).

Thank You Area Businesses

Every summer we spend a lot of time and energy doing repairs, remodeling projects and necessary maintenance on our buildings and equipment. It is truly amazing to see all the things that are accomplished in a short amount of time. We appreciate the quality work done by our cleaners, custodians, and maintenance employees, and we also depend very heavily on area businesses to help us with important projects.

The Firelands Local School District would like to say "THANK YOU" to all the area businesses that assisted us this year with our summer projects:

- Williams Bros. Builders
- Digger's Excavating
- DM Plumbing
- Young Security Services
- BCT Alarm Services
- RP Sales
- Bobel's Office Equipment
- RJ Beck Protective Services
- Callahan Electric
- Refrigeration Specialties
- Riddles Hardware
- Erie TV & Appliance
- Great Lakes Boiler
- Park Valley Lawn Service
- Locke's Garden Center
- Maintenance Systems
- Hart Asphalt
- Gross Plumbing
- Holland Computers
- Prodigal Construction
- Phillrich Masonry
- FrameCo
- Lakeland Glass
- Guy Schieve Excavating
- Hi-Tek Engineering
- Plas Brothers Paving
- Medina Mulch
- Radio Shack, Vermilion
- Elyria Fence
- Dave Swiers Builders
- Marc Born Builders
- West Roofing
- Jamie's Carpet
- Zenith Systems, LLC
- Sliman's Lumber
- Start Builders
- Capitol Aluminum & Glass
- San Bay Co.

Firelands Schools will be updating our "contact list" of area contractors for various future projects. We invite area businesses and contractors to send us your contact information and a brief description of your services by faxing your cover letter to 440-965-5990, attention Mike Englert, Assistant Superintendent. Or you can email your information to menglert@firelandsschools.org.

Please Vote YES for the Firelands Schools Levy on NOVEMBER 2ND!

Dear Resident of the Firelands School District,

As you know, our school board has placed an operating levy on the November 2nd ballot. Passage of this 4-mill levy will assure that funding to maintain the current level of educational support for our students can be sustained.

By passing this issue, we will benefit in two ways. First, the amount needed to sustain our district's educational programs and services can be kept at a minimum if we pass it now rather than waiting. Secondly, passing it now will help us avoid having to make major cuts down the road.

Why do we need a levy?

1. For the past two years, the state has reduced the amount of funding for our school system. What's more, state officials are telling us to expect a reduction as high as 10% in the next biennial budget. Since we rely on the state for 52% of our funding, this could result in a two-year loss of \$1.4 million.
2. The District has not approved a levy for new monies since 1996. Costs for health insurance, employee salaries, utilities, buses, diesel fuel, technology, textbooks, etc. have gone up considerably over the past 15 years. Like any business, at some point you need to increase revenue to meet rising costs. For the schools, the only way to do that is through passing a levy.
3. Our current 5-year financial forecast is predicting a carryover of only \$58,000 by June 30, 2012, and a \$2.5 million deficit by June 30, 2013.

What has been done to reduce expenses?

1. All employees have agreed to a base wage freeze for the next school year.
2. Over the past three years our school board has eliminated 14 teaching positions, an administrator and five classified positions and cut the hours of seven other positions.
3. Building supply budgets were reduced by 15% this year.
4. Our district has joined consortiums to reduce our cost for utilities and health insurance costs.
5. We are exploring alternative energy options to reduce electricity costs.

What will this levy cost me?

The owner of a \$100,000 home will see a property tax increase of about \$123 per year (\$10.43/month). Senior citizens receive a 25% discount (Homestead Exemption Act) on the first \$100,000 value of their property.

How does what Firelands residents pay in taxes for schools compare to other county districts?

Firelands residents have the lowest local tax burden to support education in Lorain County (14th of 14 school districts).

Who do I contact if I have questions?

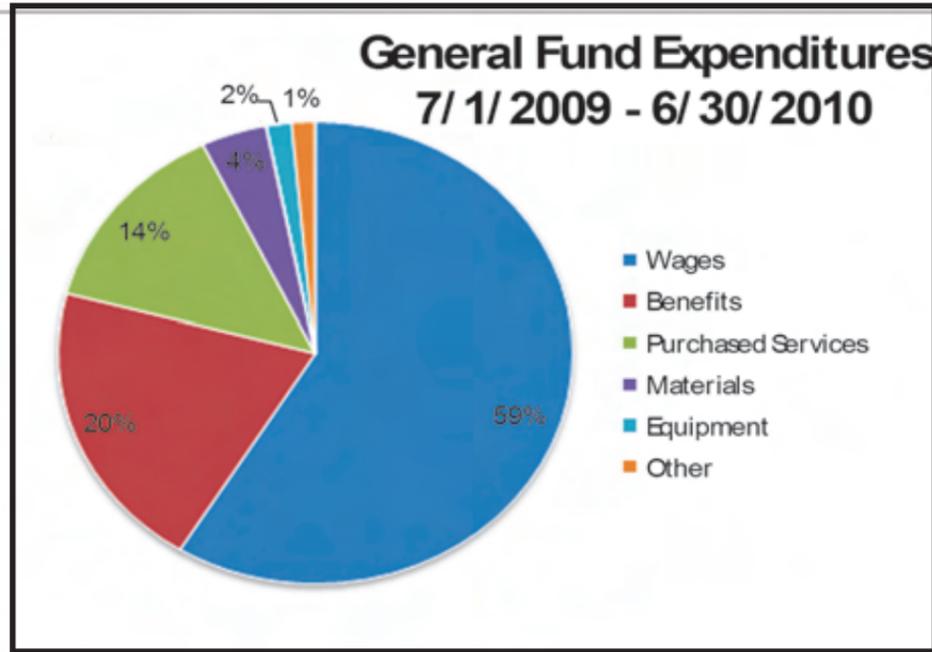
Please contact Superintendent Greg Ring at 965-5821 if you have questions. Much information is provided on the school website: www.firelandsschools.org/community.

Paid for by the Firelands "Yes" Levy Committee, Lois Von Gunten, Treasurer, 2750 North Ridge Road Vermilion, OH 44089

You may view this issue on line at:
www.firelandsschools.org

The Communities we serve: Amherst, Amherst Township, Birmingham, Brownhelm Township, Camden Township, Florence Township, Henrietta Township, Kipton Village, New Russia Township, South Amherst Village, Vermilion and Vermilion Twp.

ANNUAL REVIEW 2009-2010



— ASBESTOS MANAGEMENT —

An asbestos-containing material's management plan has been developed for the school district by the State of Ohio Accredited Asbestos Management Planner. This plan is available for inspection and review at the offices of the Board of Education and at each school building during normal business hours. This plan is to be made available for inspection, within five working days after receiving a request for inspection. Copies of the Management Plan are available, at a reasonable cost, from the district offices upon five days of receiving a written request. Should you have any questions concerning this management plan, or its availability, please contact the school's Asbestos Program Coordinator, Mike Englert at 440/965-5821.

THE MCKINNEY-VENTO HOMELESS CHILDREN & YOUTH PROGRAM

The McKinney-Vento Homeless Children and Youth Program was designed to make sure all homeless children and youth have equal access to the same free and appropriate public education as children and youth who are not homeless. This includes preschool education. State and local educational agencies are required to develop, review and revise policies to remove barriers to the enrollment, attendance and success in school that homeless children and youth may experience. Local educational agencies also must provide homeless children and youth with the opportunity to meet the same challenging state content and state student performance standards to which all students are held. The designated homeless liaison for the Firelands Schools is Kristian Novak, guidance counselor at SAMS 440-986-7021. Contact the school district's local liaison for homeless education, Kristian Novak at 440-986-7021, for help in enrolling your child in a new school or arranging for your child to continue in his or her former school.

2009-2010 STAFF TRAINING BY DEGREE					
Building	B	B+	M	M+	Total
Firelands High	2	11	16	13	42
South Amherst Middle	2	7	10	12	31
Firelands Elementary	0	10	20	17	47
TOTAL					120
Professional Staff Teaching Experience and Gender					
Building	Experience in Years		Males	Females	
Firelands High	592 Years (Avg. 14.09)		19	23	
South Amherst Middle	433 Years (Avg. 13.97)		8	23	
Firelands Elementary	79. Years (Avg. 16.87)		4	43	
Administrators		Males	Females	Support Staff by Gender	
Board of Education	2			Central Office	2 6
Firelands High	2			Bus Drivers/Mechanics	3 22
South Amherst Middle	2			Firelands High	5 15
Firelands Elementary	1	1		South Amherst Middle	3 21
TOTAL		7	1	Firelands Elementary	2 21
Average Years Experience = 20.25 Years				TOTAL	
				15	88
				Average Years Experience = 9.54 Years	

—2009-2010 School Year Report Card—

BUILDING	INDICATORS MET	DESIGNATION	PERFORMANCE INDEX	ADEQUATE YEARLY PROGRESS (AYP)	VALUE ADDED
FES	7 out of 8	Effective	98.4	MET	Below
SAMS	6 out of 8	Effective	97.3	MET	EXCEEDED
FHS	12 out of 12	Excellent	99.7	MET	N/A
District	23 out of 26	Effective	98.4	MET	EXCEEDED

*Exceeded Value Added means that our average student gained more than one years worth of knowledge last year.

—Performance Index Change 2010 vs. 2009—

Ranking	Distirct	Change
1	Firelands	4.1
2	Clearview	3.9
3	Sheffield	2.3
4	N. Ridgeville	1.9
5	Wellington	1.4
6	Vermilion	1.3
7	Avon Lake	1.1
8	Midview	1.0
9	Western Reserve	0.9
10	Amherst	0.8
11	Avon	0.2
12	Keystone	0.2
13	Oberlin	-0.2
14	Elyria	-0.4
15	Lorain	-0.5
16	Berlin-Mil	-0.5
17	Columbia	-0.7

- * Highest Improvement in Performance Index Score
- * One of Only Five of the Seventeen Area Schools to Exceed Value Added & Meet AYP
- * Firelands Exceeded the Local Average of Indicators Met
- * Firelands Exceeded the Local Performance Index Average

—Percent of Students Proficient or Above on the State Assessments—

	Firelands	State Averages
GRADUATION RATE		
1. Reading	98.8	83.0
2. Math	96.0	78.4
4TH GRADE		
1. Reading	85.6	81.0
2. Math	75.2	76.2
5TH GRADE		
1. Reading	77.3	71.8
2. Math	73.9	67.0
3. Science	79.8	69.9
6TH GRADE		
1. Reading	89.0	84.1
2. Math	82.6	77.4
7TH GRADE		
1. Reading	88.4	80.2
2. Math	77.4	71.1
8TH GRADE		
1. Reading	85.4	80.9
2. Math	72.2	69.2
3. Science	72.7	64.8
10TH GRADE		
1. Reading	87.8	83.0
2. Math	88.4	80.4
3. Science	77.7	73.0
4. Social Studies	85.1	79.6
5. Writing	86.8	84.1
ATTENDANCE RATE	95.2	94.3

- * Firelands Exceeded the State Average Score by an Average of 6.9 percentage points
- * Overall 20% of students performed at the Advanced Level, 26% performed at the Accelerated

FIRELANDS MAINTAINS HIGHLY QUALIFIED TEACHERS

All of the teachers working for the Firelands Board of Education are highly qualified. Parents may request information regarding the professional qualifications of the student's classroom teachers such as licensing criteria, degree major, and graduation certification. The following federal guidelines are used to identify if a teacher is highly qualified.

To be deemed highly qualified, teachers must have:

- 1) a bachelor's degree
- 2) full state certification or licensure
- 3) prove that they know each subject they teach.

Teachers (in middle and high school) must prove that they know the subject they teach with:

- 1) a major in the subject they teach
- 2) credits equivalent to a major in the subject
- 3) passage of a state-developed test
- 4) an advanced certification from the state.
- 5) a graduate degree in that subject area.

Be fully licensed in the area they teach and achieve 100 points on the *Ohio HQT Rubric* or *Ohio HQT Expanded Rubric*. Proof may consist of a combination of teaching experience, professional development, and knowledge in the subject garnered over time in the profession.



ELEMENTARY SCHOOL ANNUAL REVIEW 2009-2010

PROGRESS BOOK

2009-10 was the second year that Firelands Elementary School used Progress Book as our grade book. We also opened the grade book portion for the parents of students in grades 3 – 5. It is a nice feature that allows parents to see how their children are doing in class. Teachers and parents are also able to communicate via Progress Book. Report cards are also done through Progress Book and while there have been some problems as the year wore on we were able to fix most of those.

During 2010-11, access to Progress Book grade book will also be given to parents in grade 2.

5th GRADE IS WELCOMED TO FES

Over the summer of 2009, our custodial crew physically moved the 5th grade into the Firelands Elementary School building. This was done to place these children in a learning environment that was better suited for children their age. The transition went very smoothly and after a month or so, it was like the 5th grade had always been in the building.

ACUITY PREDICTIVE AND DIAGNOSTIC ASSESSMENTS

In order to provide more data on our students' academic progress and to help determine the needs of our students, we began using a program called Acuity. Tests which mimic the questioning on the Ohio Achievement Assessments can be created using this program. Periodically, our students take these tests. Our Data Teams (grade level teachers and administrators) look over the results of these tests and try to determine what areas each child may need help with. It is also a good way to see what areas our teachers are strong at teaching and which areas may need to be improved upon. Teachers will sit and discuss what is being done well and try to mimic that in what appears to be weaker areas. We also take the students who show the greatest need and place them in intervention groups to provide additional assistance in their areas of weakness.

GIMME 5! – SCHOOLWIDE POSITIVE BEHAVIOR PLAN

This year many of our teachers put an emphasis on strengthening the Gimme 5! Program. We want to continue to recognize good, appropriate behavior in our students and then reward it. New incentives were created, but more importantly, a stronger emphasis was placed on keeping good character traits in the minds of our students. This core group of teachers planned and performed an assembly every month for our students and staff. Each month emphasized a character trait that the entire school district was focusing upon. In May, the students worked on service projects. One project raised money for juvenile cancer. The students exceeded their goals thus resulting in a fancy new multi hair color for Mr. Killen.

PTG – FOR OUR STUDENTS

The FES PTG is our parent support group. Over the years, they have provided the money for purchasing our playground equipment, our first computer lab, sending our students on field trips, classroom supplies, technological equipment for teachers and so much more! They have a fund raiser in the fall

and a walk-a-thon fundraiser in May. The money they raise in these fundraisers continue to pay for our field trips, tech equipment, and so much more.

In 2009-10, they tried to provide an activity for families at the elementary. There was a movie night in December (after being cancelled in December due to a power outage). There was a book exchange. The Me and My Guy – father/daughter dance was a big hit. This group works tirelessly to provide enrichment for each of the students at FES.

SMARTBOARDS, CLUB INVENTION, AND OTHER WORTH-WHILE ACTIVITIES

Eight of the teachers at FES received Smartboards to enhance their teaching. These interactive boards provide hands on opportunities for students, instant access to the internet for the teacher to use with students, and a whole lot more. We will continue to add Smartboards to more classrooms. Due to the cost, it will need to be done over a period of time.

Club Invention which is very much like Camp Invention held at SAMS each summer was offered to our students again in 2009-10. We had the opportunity to offer this to more often and include more of our students for no cost. The 4th grade put on a fabulous Veteran's Day program to honor our military veterans and active service members. Veteran relatives of our 4th graders were invited to this program. There was a very nice turnout. After the students did their presentation that recognized and honored every branch of the military service, they proceeded to recognize and honor each of the veterans in attendance as well as those whose names were given to us but were not able to attend. It was a wonderful program.

The Not Forgotten Box has become a tradition at FES. Our students and staff bring toys for children who would not have anything for Christmas if not for the efforts of our FES family and others like them around the county. Once again, our community stepped forward and provided a nice Christmas for many needy children.

Mr. Baumhauer organized and ran the Jump for Your Heart fundraiser for the American Heart Association. The students jump rope and collect monetary pledges to donate to the AHA. Our gifted students did a special project called Alex's Lemonade Stand to raise money for childhood cancer. Thanks to their efforts and the students at FHS and FES who purchased the lemonade, it was a big success.

Right to Read Week. In March, we held Right to Read week in conjunction with an incentive program run by the Lake Erie Crushers. Students who met their reading goals earned tickets to a Crushers game.

We continue to offer Puppet Club through the voluntary efforts of a couple of staff members, Mr. Howard Park and Mrs. Keely Krumwiede. This is a wonderful, creative experience for some of our youngsters. Students write and perform puppet plays.

As you can probably tell, there are many fun, wonderful, and educational activities occurring at Firelands Elementary School throughout the school year. The above article lists some of the things that have happened this past year. Keep your eyes and ears open for this year's activities.

Richard Killen, Principal

MIDDLE SCHOOL ANNUAL REVIEW 2009-2010

Mr. Carlock & Chuck Latto Win Scholarship Grants!

John Carlock, SAMS Math Teacher, and Chuck Latto, SAMS Science Teacher, went above and beyond this summer. They have earned a scholarship grant to attend a 4 Day Summer Mathematics & Science Workshop from the Martha Holden Jennings Foundation. The objective of the workshop is to deepen their understanding and ability to teach mathematics & science in grades 6-8. Only 36 educators in Ohio were rewarded this scholarship grant. Mr. Carlock is also certified to teach History and Social Studies. He attended a 3 day workshop on the American Civil War sponsored by the Civil War Preservation Trust. The seminar delivered information on teaching history with

technology and first person sources. This year it was held in Hagerstown, Maryland and the focus was on the battle of Gettysburg. Mr. Carlock also has earned his way to this workshop; without costing Firelands any funds. Congratulations to Mr. Carlock & Mr. Latto for receiving these great honors and for dedicating themselves to continued professional growth for their students' benefit!

FINE ARTS

The South Amherst Middle School Band held three concerts to standing room only crowds. Congratulations to Mr. Brawley, Mr. Brunger, and the students for magnificent performances. The choir also put on two great concerts and one spectacular musical. Last Spring the 7th and 8th grade choirs performed the musical, *Snow White and the Seven Dwarfs*.

The musical was a huge success with over 1000 students, parents, and community members watching and enjoying the display of all 4 fine arts standards: Dance, Drama/Theatre, Music, and Visual Arts. The students are the ones to be congratulated as all of them contributed whether performing as a character on the stage, working behind the scenes on a crew, or singing in the chorus. There were Student Directors, Dance Captains, Dialogue Coaches, Stage Crew, Lights/Sound Crew, Make-up/Costume Crew, Publicity Crew, and Scenery Crew Members. All the students had a job to do, over 123 students in both the 7th and 8th grade choir, and they all executed their jobs beautifully! The Fine Arts Festival was a great display of our students amazing creative abilities. The festival showcased various forms of the Arts - physical, 2-D, 3-D, musical, and more. Congratulations to all involved, including the students, their parents, and Mrs. Chippi.

Young Authors Conference Wonders of Nature! That was the theme for the Young Authors Conference held at Lorain County Community College, Stocker Center on May 11, 2010. Lilly Romond, was our South Amherst Middle School, Best of Show winner, with her very timely book about the disaster in Haiti. Our wondrous nature can also be disastrous, but

her book has a wondrous hero. The sixth grade students were treated to both an author and a storyteller. Author Brad Herzog, who has written a wide variety of books, was the first speaker and spoke of his experiences in becoming a writer. An appearance on "Who Wants to Be a Millionaire," vaulted one of his books to the bestseller list by its mere mention. Storyteller, Michael Kasony-O'Malley told several stories including an Irish folk-tale in brogue (which is also in book form), and a story about teaching his dog to sneeze on command.

Character Education & Community Service Albert Einstein once said, "Most people say that it is the intellect which makes a great scientist. They are wrong: it is CHARACTER." I would replace scientist with person and fully agree with his statement. Within the Character Education program service to others is a vital component. Therefore, each grade level took on a different community service project during the month of May.

The 6th grade students gave back by adding service time into their daily schedule while attending their sixth grade outdoor adventure. The sixth grade students performed various tasks to help clean-up and prepare the camp grounds for the 2010

season. Some of the items completed were cleaning the beaches, clearing brush from a walking path, cleaning up trash that blew into the woods during the winter, cleaning up the wetland trails, and various other tasks asked of us by the camp administration. The Students gave up their "game room" session to use this time as service time.

The 7th grade students chose the Friendship APL of Lorain County as their public service project. During May the students engaged in many activities to learn about and support this organization. A representative from the APL visited SAMS and gave a presentation to the 7th grade class. Work and Family classes made "dog biscuits" that dogs at the shelter loved. Computer classes created labels for the animal treats, and art classes designed posters in support of the APL. Many students and parents became volunteers at the APL. Walking dogs, cleaning cages, and visiting the cats are just a few of the jobs they did to help.

The 8th grade students gave their time and resources to the Lorain County Harvest for Hunger Food Bank. They conducted a food drive and learned about the food needs of Lorain County. The 8th graders collected nearly 900 pounds worth of food!

PRINCIPAL'S NOTES

Congratulations to ALL of the students at SAMS on an outstanding year! SAMS made tremendous growth in all areas of measure - State Assessment Scores (17% average increase and about a 10 point increase in our Performance Index Score), Average GPA's, Terra Nova Scores, & in Character Trait. 2009-10 was a year of many successes and growth; 2010-11 promises to be one of even greater growth and higher achievement!

Dave Brand, Principal

NOTIFICATION OF SERVICES FOR STUDENTS WITH SPECIAL NEEDS

The Firelands Local School District is actively participating in an effort to identify, locate and evaluate all children with special needs. Firelands provides special services for both "gifted" students and those students with "disabilities".

GIFTED SERVICES—In compliance with ORC Section 33245.07 the Firelands Local School District has developed a appropriate program for "Gifted" students enrolled in the district. This plan includes the following: a differentiated curriculum, cluster grouping, mentorships, accelerated course work, post-secondary course options, advanced placement, and pull-out programs. Students are identified in three steps: (1) pre-assessment, where student's academic performance is reviewed, (2) screening, which is usually group testing, and (3) assessment/identification, which can be either group or individual testing. Parents should receive test results within 30 days. Parents will be notified if a student qualifies for 'gifted services'.

DISABILITY SERVICES—In accordance with ORC Sections 3323.05 and 3323.08 the Firelands Local School District has developed an appropriate program for servicing students with disabilities. The Firelands School District further assures disabled students and their parents procedural safeguards with respect to the identification, evaluation, educational placement, or educational program of a disabled child.

For children birth-age two, a disability means that a child has a delay in or more of the following areas: adaptive behavior, cognition, communication, physical development, and/or social or emotional development. For children ages three-five, a disability means that a child has a documented deficit in one or more of the following areas: communication skills, hearing abilities, motor functions, social-emotional behavior functioning, or vision abilities. School age children can be referred for assessment by teachers, administrators, professional school personnel, and through cooperative efforts with parents.

Following proper identification and assessment, parents will be contacted to meet collectively with school personnel to review the test results. If the student qualifies for services, parents will be contacted to meet collectively with school personnel to review the test results. If the student qualifies for services, parents will be directly involved in all stages of developing the student's individualized education program (IEP). The needs of the student are met through various services while attempting to keep the student in the general education curriculum to the extent possible.

If you have any further questions about these services, contact the administrative office at your child's school.



HIGH SCHOOL ANNUAL REVIEW 2009-2010

FLOAT CONTEST AND TAILGATE PICNIC

Homecoming week, September 28 to October 3, was a great success. Students had a different spirit dress-up each day of the week. The students in Family, Career, Consumer Leaders of America and Teen Leaders sold Spirit Links to raise money for the Make A Wish Foundation. Seniors purchased the most links with a total of \$325 raised by all four classes. Students decorated the halls with crepe paper, lights and signs, and constructed floats for the Homecoming attendants to ride before the football game. Students selected the members of the court and voted April McCoy Queen and Matt Poyle King. The freshman won the Best Float award and the seniors won Best Decorated Hall award. Teachers voted for the most spirited student and Taylor Schultz is Ms. Firelands and Ryan Zaleha is Mr. Firelands. A Tail Gate party was sponsored by the Student Council on Thursday. Parents and students cooked out in the parking lot and watched the marching band lead the float parade. The evening finished with an auction of the football player's jerseys. The athletic boosters conducted the auction and raised \$ 1,600 for the athletic programs. The week concluded with the Homecoming Dance at the high school. More than 480 students attended with their dates. I would like to thank the faculty and staff at the high school for their support of the students to make all of the Homecoming events possible.

FHS HONOR BANQUET

On May 4th the honors banquet was held at German's Villa with 390 students, parents and guests attending. 160 students receive plaques for their honor roll status the first three quarters of the school year. Also students in National Art Honor Society and Scholastic Challenge team received awards. Ten students were recognized for having all A's during their high school career.

FIRELANDS COMMUNITY SCHOLARSHIP RECIPIENTS

The Firelands Schools Endowment Fund graciously sponsored scholarships this year by offering applications to our seniors. The scholarship money is supplied through interest earned from the Endowment Fund's scholarship capital holdings. 40 students received scholarships from the endowment fund, Lorain County Community College, Firelands FFA, the athletic boosters, Lions Club, Amherst Rotary and many other organizations and colleges. A list of the award winners is in the June Express.

GRADUATION 2010

On Saturday, June 5, 2010 the class of 2010 took part in graduation exercises at the high school. Due to rainy

weather the ceremony took place in the gym. Speeches were given by Valedictorian Noah Forgas, Salutatorian Preston Rathge, Emily Loosli, and Senior Class President Matthew Poyle. One hundred and seventy members of the class graduated with over forty members of the class receiving scholarships from colleges, universities, or organizations. Seventy percent of those seniors will be continuing their education at four-year, two-year, or technical schools. Two percent of the class will be entering the military and continuing their careers in the service. Twenty three percent will be securing jobs and continuing their careers in the work force.

STUDENTS

FFA week was held February 22 through 25. Tractor day on Monday had 20 participate and was featured on the Morning Journal website with a video and interviews with students. On March 30th the FFA chapter held their annual banquet. Approximately 300 people attended to watch the students receive awards and induct officers.

Student council officers participated in a West Shore Conference leadership day at Rocky River High School on April 23rd. Our students worked with students from our conference schools on leadership skills. Mr. Miller is the advisor The Select Choir, directed by Mrs. Johnson, went to New York City on March 26th. They sang at various venues including the Zoo, the Naval Pier, and Millennium Park. The students were complimented on their professional performances. On April 23rd the band took a trip to Williamsburg to perform and visit historic sites.

Prom was held at Deluca's Place in the Park on May 1st. Approximately 280 students joined in on the fun. The prom committee decorated the hall and pictures were taken by Life-touch Studios. Mrs. Foster is their advisor.

Mr. Muth took a group of 37 seniors to Washington D.C. March 17th through the 19th. Mr. Kirsch and Mrs. Callahan, Mr. Gulish and Mr. Reighley chaperoned this year. They toured many historical sites, government buildings and museums along with many other sites. The trip was a great success.

For the seventh consecutive year the high school has been rated "Excellent" by the state. Our rating is determined from our Ohio Graduation Test score, graduation rate, our daily attendance and annual yearly progress as measured by the Ohio Department of Education. You can view our state report card at <http://ode.state.oh.us/> Point the cursor at the accountability tab and click on state/local report. Next click on state and local reports and search for Firelands High School.

Richard Reighley, Principal

GUIDANCE CORNER

The colleges listed below come to meet with interested students to pass out information and answer questions about their college. You just have to sign up on the sheets in Mr. Kirsch's room. The meeting usually lasts around 30 minutes.

COLLEGE VISITS AT F.H.S. FOR THE MONTH OF OCTOBER

Cleveland State University	Tuesday, October 5th at 1:30 p.m.
Ashland University	Friday, October 8th at 8:00 a.m.
Northeastern Ohio College of Medicine	Tuesday, October 12th at 9:30 am
Walsh University	Wednesday, October 20th at 1:00 p.m.
John Carroll University	Monday, October 25th at 1:00 p.m.

IMPORTANT DATES IN OCTOBER!

Lorain County College Fair at Lorain County Community College Tuesday, October 12th from 6:00 p.m. – 8:00 p.m, Ewing Activities Center, 1005 North Abbe Rd., Elyria. More than 130 Colleges, Universities, and Military Academies will be there to answer your questions.

PSAT Test October 13th 7:30a.m. – 10:11 a.m. Room 224
Sophomores and Juniors can take the test

Cost is \$13.00 - Please make checks payable to: Firelands High School
Sign-ups will begin October 4th in the Guidance Office (limited to 35 students)

Parent/Teacher Evening Conferences – October 14th and November 16th

ACT and SAT registration information and test dates are on their websites: www.actstudent.org and www.collegeboard.com. We do have some registration packets in the guidance office if you would like to mail it out.

College Visit Forms: Seniors are allowed 3 college visits to view colleges of their choice and ask questions of the college admission staff. A form is available in the guidance office and must be filled out by teachers, student, and signed by parents and the guidance office. This form must be given to the main office before the student can visit the college. It counts as a day of attendance, but missed school work must be made up. Juniors are allowed 2 college visits.

Cleveland Scholarship Representative, Kelly Korinko will be at Firelands High School every Friday for the 2010 – 2011 school year to meet with college bound students. Kelly, who is replacing Steven Merrill, will be hosting the Financial Aid night.

The fall administration of the OGT will be October 25th to October 29th. Only the juniors and seniors who have NOT passed all five portions of the Ohio Graduation Tests will need to participate. The students who will be participating have already been contacted by the guidance office.

Visit our website frequently for any updates.

—Village of South Amherst— —IMPORTANT DATES & EVENTS—

■ **DUMPSTER DAYS** ■ Will be held on Friday, October 1st 8:00 a.m. to 6:00 p.m. and Saturday, October 2nd 8:00 a.m. to 5:00 p.m. both days at the Village Maintenance Building. Please bring water bill to show residency.

■ **ANNUAL HALLOWEEN PARADE** ■ The South Amherst Annual Halloween Parade will be Sunday, October 31st. Line up at the South Amherst Middle School at 2:30 p.m. parade starts at 3:00 p.m. Trick or Treat will follow from 5:00—6:30 p.m. If you have any questions please contact John Crawford, South Amherst Fireland's Association at jcrawford205@peoplepc.com or 440/986-3043.

BROWNHelm HISTORICAL ASSOCIATION MEETING!

The Brownhelm Historical Association will meet at 7:00 p.m. on Wednesday, October 6, at the Carriage Barn at Mill Hollow. Following the business meeting the program will be a power point presentation about the life of Lester A. Pelton and his family ties to the Brownhelm area. Tom Beach from Vermilion will share this man's family history and the story behind his invention of the Penton water wheel. Refreshments will follow the program and the public is welcome to attend.

SAMS Teen Talk on the Road!

Congratulations to Krisitan Novak for being invited to be a featured speaker at the All Ohio Counselors' Conference in November. She will be presenting on "Teen Talk," a program developed by SAMS counselor, Kristian Novak. Teen Talk is a program that addresses sensitive topics for teens in an informative, entertaining and practical manner. The students learn about the subject matter and then apply it to their lives through an activity that becomes a "wow" moment for them. Some of the topics covered are cooperation and team building, tobacco and drug use, cyber bullying, conflict resolution and sexual health issues.

This school year, Teen Talk will be presented to 6-8 grade students during their FIRE period. IF you would like more information on Teen Talk, please contact Mrs. Novak at South Amherst Middle School.

COUNTRY HARVEST OF ANTIQUES & CRAFTS

Saturday, October 3rd 9:30 a.m.—4:30 p.m.

Sunday, October 4th 11:00 a.m.—4:30 p.m.

CRAFTS

Pot Pourri & Herbs

Dried Flower Creations

Quilts & Linens

Stained Glass

ATTRACTIONS

Wagon Rides

Wool Spinning

Petting Farm

Blacksmith

ANTIQUES

Primitives ▪ China

Country Furniture

Clocks ▪ Paintings

Wood Carving

Community Center Benefit

Birmingham Methodist Church

South Street, Birmingham (Route 113 & 60)

Plenty of Free Parking! Adults \$4.00 Children under 10 free!



Firelands Athletic Boosters

Coming Soon!!
FALL 2010
Get Your Tickets NOW!

Legacy Lottery II

First Four (4) Home Football Games.....
Every Quarter We Draw A \$500 Winner
Seller Wins \$25

Drawing Dates: ~~September 3rd vs New London~~
~~September 10th vs Keystone~~
~~September 24th vs Rocky River~~
October 15th vs North Ridgeville

Same Ticket Will Also Give You A Chance to Win

\$5,000 At The Last Home Football Game

1st Quarter.....\$500/Seller Wins \$25
2nd Quarter.....\$1,000/Seller Wins \$50
3rd Quarter.....\$1,500/Seller Wins \$75
4th Quarter.....\$2,000/Seller Wins \$100
(October 22nd vs Midview)

Winning Tickets Will Be Placed Back Into The Hopper With
The Chance Of WINNING.....AGAIN and AGAIN
and AGAIN!!

ONE TICKET..20 DRAWINGS
TOTAL GIVEAWAY.....
****\$13,650.00****

TICKET DONATION:
\$100.00

Here's How it Works...

Disclaimer: Ticket Sales based on a Minimum of 137 tickets sold.

See a Firelands Athletic Booster Officer for Details:
President...Mike O'Keefe Vice-President...Bob Danicki Secretary...Jill Simonovich
Team Firelands...Judy Baumann or call Mike at 440-670-6469 or email:
michael091@centurytel.net Winner will be contacted if not present at the game.

**The Firelands Schools
Endowment Fund
presents**

A Taste of Firelands
Saturday, September 25th
7:00 p.m. to 9:00 p.m.
Matus Winery
15674 Gore Orphanage Road

The Firelands Schools Endowment Fund will host their second annual wine tasting at Matus Winery. Tickets are \$25 for 8 samples and extra tickets will be available. There will also be a silent auction. Light refreshments will be served.

Since 1991, the Endowment Fund has provided 131 Scholarships totaling \$101,500 and issued 243 grants for classroom support totaling \$164,832. Circulated over 200 editions of the Firelands Express to keep you informed.

Contributions to the Endowment Fund are permanently invested, and only a portion of the value of the total investment is available for disbursement each year. This spending policy results in an ever growing endowment as contributions continue to accumulate year after year.

We are holding this event on Homecoming weekend and hope to make it a yearly tradition. So come join your fellow Falcons for a fun evening and help raise some money for a good cause in the process. Tickets are available from any of the Endowment Fund trustees, at the Board office or at the door.

TRUSTEES: Ann Buchs 965-5090; Jerry Born 965-7871; Denise Brooks 965-7333; JoLynn Marsh 965-4414; Scott Northeim 988-8548; Dan Pycraft 774-2310; Kathy Whitmore 988-2256; Lois VonGunten 988-3183, Firelands Board of Education 965-5821.

FIRELANDS ATHLETIC BOOSTER CLUB UPDATE!

It's that time of year again! It's hard to believe, but we've already begun the Fall season of sports, and are filling the stands, and cheering on our Fireland's Athletes. Please consider becoming a part of the Booster Club, as we prepare for a fun filled and exciting new year. We already have many events planned, but can only succeed with YOUR hands helping lighten the load. Our athletes give of their time and talents, why not show support by giving some of yours, back to them. You can join us on the 3rd Monday of each month, at 7PM, in the FHS Library. New faces and ideas are always welcome! Let's work together to make this the best year ever!

The first meeting of the FABC was held on Monday, September 20th. Additional Meetings are scheduled for October 18th, November 15th and December 20th. The Boosters would like to thank everyone who has already purchased their tickets for this years Legacy Lottery. Tickets are still available. See any Booster officer, or stop by the Apparel or Concession stand at any home Football game.

FLU SHOTS AT FHS ON OCTOBER 5TH

Lorain County General Health District Health Commissioner Kenneth G. Pearce has announced a school-based community seasonal flu shot clinic to be held at Firelands Elementary School, 10779 Vermillion Rd. Oberlin, OH 44074, on October 5, 2010 from 4:00 to 8:00 p.m. This clinic is for seasonal flu vaccine and for H1N1 all one shot. The fee is \$15.00 per shot; Medicare and Medicaid will be accepted and no one is refused due to an inability to pay. Pearce reminds residents that a flu shot is the best protection against the flu.

The Centers for Disease Control and Prevention recommend that anyone who wants to reduce their chances of getting the flu can and should get vaccinated every year. This is especially important for the following people at high risk of having serious flu-related complications:

- Children 6 months through 18 years of age
- Pregnant women
- People 50 years of age and older
- People of any age with certain chronic medical conditions
- People who live in nursing homes and other long-term care facilities
- Health-care personnel who provide direct patient care
- Caregivers of children less than 6 months of age and persons in high-risk groups

For availability of flu vaccine for children 6 months to 36 months, call the flu hotline (440) 329-7926, or visit www.loraincountyhealth.com.

The Lorain County General Health District serves all of Lorain County except the cities of Lorain, Elyria, Avon Lake, and Vermilion.

MFMB

Parents!
Please make time to attend out monthly booster meetings. As our band grows, our need for parent involvement does also.

Please mark your calendars and attend the 4th annual Parade of Bands on October 9th at 7 pm at our Firelands High School stadium. This years' bands include: Fairview, Padua, Brookside, and the MIGHTY FALCON MARCHING BAND!

The bands website can now be accessed through the schools website. Please visit it for all pertinent information such as calendar of events and booster updates. Our website address is www.mfmb.org

Musical Moments

Calendar of Events

September:
24th-Homecoming
October 9th-Parade of Bands/7 pm-
Firelands Stadium
26th-Wooly Bear Parade

October:
18th-Booster Meeting
7 pm band room
28th-One More Time Concert-7 pm
Firelands Stadium-free admission

FOURTH ANNUAL Firelands Parade of Bands

~Firelands High School Stadium ~ Saturday, October 9, 2010
Time: 7:00pm **Tickets:** Adults: \$7.00 each
Students & Seniors: \$5.00 each (available at the door)

Featuring the musical talents of:
Firelands Mighty Falcon Marching Band
Plus several other local bands.

RAFFLES

FOOD

FUN

Cow Pie Bingo!!

The band will be having a cow pie bingo after the Halloween Parade in South Amherst on October 31st. Tickets are \$10 and can be purchased from a band member or by calling Michele Jeffers at 440/986-5150.

www.mfmb.org for other pertinent information regarding the band and upcoming events.

FIRELANDS ATHLETICS SPORTS UPDATE

MORNING JOURNAL RECOGNIZES TWO FIRELANDS ATHLETES!



DAVID ZURCHER
David helped the boys soccer team to 2-1 week with 5 goals and 2 assist.



NICK DIECHLER
Nick scored three touchdowns and ran for 217 yards and caught one pass for 27-yard pass. In the game against New London.

—CROSS COUNTRY—

Brady Jeffers placed 38th at The Brecksville race. Seth Jeffers placed 10th at the Keystone Ice Breaker. Logan Rathge, Tome Battig, Charlie Miller, Ben Roberts, Ethan Poore, and Cody Lahetta continue to improve in lowering their race times.

Meghan Butler placed 10th and Abby Skolnick placed 22nd at the Keystone Ice Breaker. Emma Nothiem, Hannah Branz, and Anna Hagstrom continue to improve their race times each week.

Jessica Beran placed 1st at the West Shore conference race and placed 2nd at the Keystone Ice Breaker. Michaela Jeffers won a medal for her 7th place finish at the Keystone Ice Breaker.

Cullen Grude won a medal for placing 3rd at the Keystone Ice Breaker and a T-Shirt for placing 13th at the West Shore Conference race. Brennan Crawford medaled for placing 15th at the Keystone Ice Breaker.

—VOLLEYBALL—

Top hitters

Morgan Mastellone hitting 230 attempts 67 kills, 36 errors
Maison Mastellone hitting 224 attempts, 60 kills, 35 errors
Alyssa Turton hitting 68 attempts, 28 kills, 15 errors

Blocking

Stephanie Griffith blocking 79 total blocks
Paige O'Connell hitting 105 attempts, 34 kills 15 errors
Blocking 58 total blocks

Key Stats

Morgan Mastellone 120 serves, 15 aces, 6 errors
Rachel Bansek 453 attempts, 119 assists, 11 errors
Casey Morrissette setting stats 187 attempts, 50 assists 9 errors
Emily Woody 84 digs (top defense)

Our record is 7-5 overall 2-4 in the conference.

We had our first two conference wins this week against North Ridgeville, and a huge win against Avon!! They girls are really starting to click as a team.

—BOYS SOCCER—

Record: 5-2-1

The boys have scored 19 goals in 8 games, and average of over 2 goals per game. We have allowed 13 goals, and average of about 1.5 per game. Our record is already over 100% better than the entire 2009 season.

Key players have been Dave Zurcher, our leading scorer; Dave Quarick, who is our primary ball-winner and distributor; and Garrett Kelling, our goal keeper, arguably our most valuable player.

Key victories so far this season were against Keystone; Midview; and Edison

—7TH GRADE FOOTBALL—

The 7th grade Firelands football team is off to a great start this season. The team is currently undefeated with wins over North Ridgeville, Rocky River, Eastern Middle School, and Avon. The team has shut-out two opponents this season with a stellar defense. The team has out-scored all opponents 126pts – 20pts so far this season. The team has rushed for over 200 yards in three of the four games. The team will finish out the regular season with road trips to Vermilion, Bay Village, and then Midview.

LUNCH ASSISTANCE APPLICATION'S AVAILABLE

If you have filled out a lunch assistance application for this school year, you should have received a letter stating your child's lunch status. All applications have already been processed. If at this time you do not know if your child has been approved for the lunch program, please contact Judy Baumann, Food service director at 440-965-5821 ext. 11 or email jbaumann@firelandsschools.org. Each of our school cafeterias uses a very confidential point of sale computer system. At no point is a student getting free or reduced lunch differentiated from a student that pays full price for a lunch. Our goal is to make sure that all students are eating a lunch and utilizing this program.

► CAFETERIA NEWS ◀

The breakfast program is off to a great start at the elementary school. Breakfast is available to all elementary a.m. students allowing those that qualify for a free lunch to qualify for a free breakfast, reduced students will pay .30 cents and full pay is \$1.35. We ask that you not send in cash for breakfast as this will help to keep the breakfast line moving quickly. Your child has 1 account that is used for lunch as well as breakfast. Money can still be deposited during your child's lunch period or you can use our online payment system at payforit.net. Your child will use their same pin number for breakfast as well as lunch. Students that are buying breakfast will go directly to the cafeteria from their bus, pick up a grab and go breakfast and go to their first period class. Please help your child to remember their pin number. This number can be found on the progress reports for students 2-5th grade. You can call Judy Baumann, Food service director at 965-5821 with any questions.

COMMUNITY CALENDAR

—SEPTEMBER—

- 27 Girls' Varsity Soccer (Home) vs. Open Door, 7 p.m.
- 27 Boys' Varsity Golf - Edison Invitat @ Sawmill Creek, 1:30 p.m.
- 28 Girls' Varsity Volleyball @ Midview, 6 p.m.
- 30 Boys' Varsity Soccer (Home) vs. Columbia, 10 a.m.
- 30 Girls' Varsity Volleyball (Home) vs. Bay, 6 p.m.
- 30 Boys' Varsity Soccer @ North Ridgeville, 7 p.m.
- 30 Girls' Varsity Soccer (Home) vs. North Ridgeville, 7 p.m.

—OCTOBER—

- 1 Waiver Day - NO SCHOOL FOR STUDENTS
 - 1 Boys' Varsity Football @ Fairview, 7 p.m.
 - 2 LCAAA Golf Tournament @ Bob-O-Link, 7:30 a.m.
 - 2 Co-ed Varsity Cross Country - Vermilion Invitational, 8:30 a.m.
 - 2 Boys' Varsity Soccer (Home) vs. Benedictine, 11 a.m.
 - 4 Interim Reports
 - 5 Girls' Varsity Volleyball (Home) vs. Fairview, 6 p.m.
 - 5 Firelands Elementary PTG Meeting, Teachers Lunchroom, 7 pm
 - 6 Evening Parent/Teacher Conferences (Grades K-8)
 - 6 Girls' Varsity Soccer @ Avon, 7 p.m.
 - 6 Boys' Varsity Soccer (Home) vs. Avon, 7 p.m.
 - 7 Girls' Varsity Volleyball @ North Ridgeville, 6 p.m.
 - 8 Boys' Varsity Football @ Avon, 7 p.m.
 - 9 Girls' Varsity Soccer @ Margaretta, 10 a.m.
 - 9 Co-ed Var Cross Country-Jack Wilhelm Classic @ LCCC, 10am
 - 9 Girls' Varsity Volleyball @ Lake Ridge Academy, 11:30 a.m.
 - 9 Boys' Varsity Soccer @ Margaretta, 12 noon
 - 9 Firelands High School - Parade of Bands, 7 p.m.
 - 11 Board of Education Meeting @ BOE Offices, 7 p.m.
 - 12 Girls' Varsity Volleyball (Home) vs. Avon, 6 p.m.
 - 13 S.A. Middle School PTG Meeting, 7 p.m.
 - 13 Boys' Varsity Soccer @ Vermilion, 7 p.m.
 - 13 Girls' Varsity Soccer (Home) vs. Vermilion, 7 p.m.
 - 14 Evening Parent/Teacher Conferences (Grades K-12)
 - 14 Girls' Varsity Volleyball (Home) vs. Vermilion, 6 p.m.
 - 15 NEOEA Day - No School
 - 15 Boys' Varsity Football (Home) vs. North Ridgeville, 7 p.m.
 - 16 Co-ed Varsity Cross Country @ Bay Village Cahoon Park (WSC Championship), 9 a.m.
 - 16 Boys' Varsity Soccer @ Sandusky, 11 a.m.
 - 16 Girls' Varsity Soccer @ Columbia, 1 p.m.
 - 18 Band Boosters Meeting @ FHS, 7 p.m.
 - 18-22 Red Ribbon Week
 - 19 Ripcho Picture Grade Level Retakes @ SAMS, 7:40 a.m.
 - 19 Ripcho Picture Retakes @ FHS, 8 a.m.
 - 22 Ripcho Picture Retakes @ FES
 - 22 Boys' Varsity Football (Home) vs. Midview, 7 p.m.
 - 23 Co-Ed Varsity Cross Country (Districts) @ LCCC, TBA
- **More information regarding athletic calendars is available on Firelands Local Schools' website.

LUNCH MENUS

FIRELANDS ELEMENTARY SCHOOL	SOUTH AMHERST MIDDLE SCHOOL	FIRELANDS HIGH SCHOOL
Regular Lunch \$2.00 (Milk included with all meals) Milk only .50¢	Regular Lunch \$2.25 (Milk included with all meals) Milk only .50¢	Regular Lunch \$2.40 (Milk included with all meals) Milk only .50¢
<p>SEPTEMBER 27TH—OCTOBER 1ST MONDAY: Chicken Quesadilla, Broccoli w/cheese, Pears TUESDAY: Vendor Pizza or School Pizza, Vegetable, Fruit Icy WEDNESDAY: Taco Salad w/meat, Lettuce & Cheese, Peaches, Tortilla Chips THURSDAY: Sausage, French Toast, Hashbrowns, Orange Juice FRIDAY: "NO SCHOOL" Waiver Day Professional Development</p> <p>OCTOBER 4TH—OCTOBER 8TH MONDAY: Popcorn chicken, Smiley fries, Pears, Whole grain roll TUESDAY: Domino's pizza Or school pepperoni, Vegetable, Fruit, Animal crackers WEDNESDAY: Egg & cheese omelet, biscuit sandwich, Hashbrown potato, Mandarin oranges THURSDAY: Taco salad w/meat, Lettuce & cheese, Peaches, Breadstick, Tortilla chips FRIDAY: Chicken fries, Tator tots, Applesauce cup, Whole grain roll</p> <p>OCTOBER 11TH—OCTOBER 15TH MONDAY: Grilled chicken breast w/bun, Steamed carrots, Diced pears TUESDAY: Domino's pizza Or school pepperoni Pizza, Vegetable, Fruit, Fruit icy WEDNESDAY: Mini corn dogs, Baked beans, Apple THURSDAY: Sloppy joe w/bun, California blend veggie, Peaches FRIDAY: "NO SCHOOL" NEOEA DAY</p> <p>OCTOBER 18TH—OCTOBER 22ND MONDAY: Hamburger w/bun, Baked french fries, Peaches TUESDAY: Domino's pizza Or School Pepperoni Pizza, Vegetable, Fruit, Animal crackers WEDNESDAY: Hot dog w/bun, Tator tots, Banana THURSDAY: Cheese quesadilla, Garden salad w/carrots, Fruit FRIDAY: Chicken patty w/bun, Baby carrots w/dip, Pears</p>	<p>SEPTEMBER 27TH—OCTOBER 1ST MONDAY: BBQ Shredded Pork w/bun or Whole Grain Corn Dog, Baked Fries, Fruit TUESDAY: Vendor Pizza or Stuffed Crust Pizza, Vegetable, Fruit, Cake WEDNESDAY: Beefy Nachos & Cheese or Taco Fries w/Cheese, Garden Salad w/carrots, Banana/pudding, Whole Grain Roll THURSDAY: Chicken Strips w/Roll or Southwest Pizza, Italian Blend Vegetables, Applesauce FRIDAY: "NO SCHOOL" WAIVER DAY PROFESSIONAL DEVELOPEMENT</p> <p>OCTOBER 4TH—OCTOBER 8TH MONDAY: Chicken Alfredo, Grilled Chicken, Alfredo sauce & Pasta Or Grilled Chicken Breast w/bun, Veggie, Applesauce TUESDAY: Domino's pizza Or stuffed crust Pizza, Vegetable, Fruit, Cookie WEDNESDAY: Mashed potato bowl...potatoes, corn, chicken, gravy, cheese, Apple, Whole grain roll THURSDAY: Taco salad Or soft taco, Lettuce & cheese, Pineapple, Tortilla chips, Whole grain roll FRIDAY: Falcon burger w/shredded lettuce & ranch dressing, Baked french fries, Pears</p> <p>OCTOBER 11TH—OCTOBER 15TH MONDAY: Beef Ravioli w/roll or Cheese Stuffed Breadstick, Mixed Vegetables, Diced Peaches, Goldfish grahams TUESDAY: Domino's pizza Or stuffed crust pizza, Vegetable, Fruit, Dessert WEDNESDAY: Chicken parmesan Or Chicken patty w/bun, Spaghetti w/sauce, Tossed salad w/carrots, Grapes THURSDAY: Italian Grilled Cheese, Tomato Soup w/Crackers, Peas, Peach Cup FRIDAY: "NO SCHOOL" NEOEA DAY</p> <p>OCTOBER 18TH—OCTOBER 22ND MONDAY: Hot dog w/bun Or kielbasa w/bun, Baked beans, Pears, Fritos TUESDAY: Domino's pizza Or stuffed crust pizza, Vegetable, Fruit, Cookie WEDNESDAY: Macaroni & Cheese Or Cook's choice, California blend vegetable, Applesauce, Garlic toast THURSDAY: Egg & Cheese bagel or biscuit sandwich, Cheesy potatoes, Orange juice cup FRIDAY: Breaded chicken wrap W/lettuce & cheese Or chicken strips w/roll, Green beans, Fresh orange</p>	<p>SEPTEMBER 27TH—OCTOBER 1ST MONDAY: Build a hot dog..chilli sauce, onion, relish, cheese or Southwest Pizza, Baked Beans, Pineapple TUESDAY: Vendor Pizza or Stuffed Crust Pizza, Vegetable, Fruit, Fruit Icy WEDNESDAY: Salisbury Steak or Breaded Pork Chop, Whipped Potatoes, Green Beans w/Carrots, Pears & Whole Grain Roll THURSDAY: Roasted Turkey w/Bun, Chicken Patty w/Bun, Broccoli & Cheese, Peaches, Cinnamon Grahams FRIDAY: "NO SCHOOL" WAIVER DAY PROFESSIONAL DEVELOPEMENT</p> <p>OCTOBER 4TH—OCTOBER 8TH MONDAY: Hot dog w/chili sauce Or kielbasa w/bun, Baked beans, Peaches TUESDAY: Domino's pizza Or stuffed crust pizza, Vegetable, Fruit, Cookie WEDNESDAY: Chicken parmesan W/whole grain roll, or Chicken patty w/bun, Spaghetti w/sauce, Green beans, Grapes THURSDAY: Pasta bar w/ meatballs & whole grain roll or meatball sub/cheese, Tossed salad w/carrots, Mandarin oranges FRIDAY: Falcon double burger w/lettuce & ranch or cheeseburger w/bun, Green beans w/carrots, Pears</p> <p>OCTOBER 11TH—OCTOBER 15TH MONDAY: Ham, egg & cheese bagel or biscuit sandwich, Cheesy potatoes, Mandarin oranges TUESDAY: Domino's pizza Or stuffed crust pizza, Vegetable, Fruit, Cherry fruit crisp WEDNESDAY: Taco salad Or soft taco, Lettuce & cheese, Seasoned peas, Banana, Tortilla chips THURSDAY: Mashed potato bowl, popcorn chicken, potatoes, corn, gravy & cheese, Peaches, Whole grain roll FRIDAY: "NO SCHOOL" NEOEA DAY</p> <p>OCTOBER 18TH—OCTOBER 22ND MONDAY: Italian grilled cheese Or rib a que w/bun, Italian blend vegetable, Pineapple TUESDAY: Domino's pizza Or stuffed crust pizza, Vegetable, Fruit, Cookie WEDNESDAY: Oriental chicken salad...lettuce..Mandarin oranges...chow mein noodles..chicken strips, Apple, Breadstick THURSDAY: Turkey gravy Or Chicken nuggets Mashed potatoes w/gravy, Corn, Applesauce Whole grain roll FRIDAY: Macaroni & Cheese w/Breadstick or steak-um hoagie, Mixed Vegetable, Pears</p>

OPEN TO THE PUBLIC – Blood tests available at Firelands Schools Health Fair on Wednesday, October 27, 2010 in the High School gymnasium

In conjunction with Mercy (formerly known as Community Health Partners) Occupational Health Center, we are offering screening blood tests at very reasonable rates to Adults age 19 and over who live in the Firelands Local School district. See the box below for the list of available tests and prices.

1. Complete the form below and return it to School Nurse at Firelands High School, 10643 Vermilion Rd., Oberlin 44074; Fax 965-5296, or email lmatus@firelandsschools.org (please write Health Fair Blood Test in subject line). Linda Matus, RN will either email or call you back to confirm.
2. Come to the health fair between 3:00 and 5:45 pm, sign in at the school nurses' table, pay for your tests and have your blood drawn. You will need to pay the total cost of all the test(s) you want by cash or by money order made out to Mercy Occupational Health Center. Sorry, no personal checks, credit or debit cards will be accepted. You will get a receipt Within 7 to 10 days, your results will arrive in your mail along with some educational materials. Your results are completely confidential – only Mercy Occupational Health employees ever see them.

—Laboratory Tests and Prices—

Chemistry Profile \$29 (includes these 22 tests: anion gap, chloride, potassium, sodium, total CO₂, albumin, alkaline phosphatase, ALT, AST, total bilirubin, BUN, calcium, creatinine, globulin, glucose, total protein, total cholesterol, HDL, LDL, LDL/HDL ratio, cholesterol/HDL ratio, triglycerides)

Complete Blood Count (CBC) \$29 **C-reactive protein (CRP, high sensitivity)** \$41 **Prostate-specific antigen (PSA)** \$30

Thyroid-stimulating hormone (TSH) \$33 **Vitamin D level** \$40

*descriptions of tests will be posted on Firelands Schools web site: www.firelandsschools.org

FIRELANDS SCHOOLS HEALTH FAIR 2010 BLOOD TESTS

Name: _____ Date of birth: _____

Street address: _____ Apt. no: _____

City, State and Zip: _____

Phone: (_____) _____ - _____ Phone 2: (_____) _____ - _____

Email address: _____

Approx. time (from 3:00 to 5:45 pm) you'll be at the health fair: _____

Test(s) you would like: _____

Return to School Nurse at Firelands High School, 10643 Vermilion Rd. Oberlin OH 44074; Fax 965-5296; or email lmatus@firelandsschools.org

Kayla Young Wins Track Championship!



Kayla Young who is a senior at Firelands High School and Taylor Young who is in 8th grade have been racing junior dragsters since they were 10 and 8 years old. Kayla has recently won the track championship in the Junior Fuel class at Dragway 42 in West Salem Ohio. If you are interested in the sport of drag racing please contact David Young at 440/864-2874.

SAFETY TOWN 2010

We had 55 children attend this year's safety town. I would like to thank all the wonderful young adults and adults that helped the children Thank you to Parmer Screen Printing for donating all the t-shirts. Thank you to the Florence Township Fire Department, 9-1-1 Agency, Allen Community Hospital, Lorain County Metro Parks, Trooper Deshuk and Mr. Saylor with Buster the Bus and Mr. Saylor's drivers. Thank you to the Lorain County Sheriff's department for allowing us to use their safety town equipment. Without everyone's help Safety Town would not be possible. Thank you all for everything you did!



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Sunday School: 9:45a.m.

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Daycare 6:15 a.m. - 5:30 p.m.
Monday thru Friday

The Communities we serve: Amherst, Amherst Township, Birmingham, Brownhelm Township, Camden Township, Florence Township, Henrietta Township, Kipton Village, New Russia Township, South Amherst Village,

You may view this issue on line at:
www.firelandsschools.org