

Welcome Center Rocks

Officially launched on July 1, 2008, the Welcome Center's staff has greeted, talked to and assigned PIN's to 821 new students, although the District only grew by approximately 217 students. Of those new enrollees, 40 students' previous residences were not only out of state, but out of the country. Those countries include Afghanistan, Belgium, Dominican Republic, Ecuador, Ghana, Germany, India, Vietnam and El Salvador.

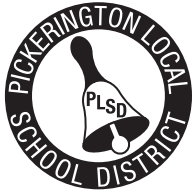


A Thousand Kisses

Thousands of elementary and middle school students got the opportunity to invite someone special to their school during the annual K.I.S.S. (Kids Invite Someone Special) luncheon. These events were held throughout the District.



Serving Pickerington Since 1964



The School Bell

Fall 2008 Issue I

A Pickerington Local School District Publication

This Issue

Superintendent pg. 2

Welcome to the new PLSD School Bell. We have some exciting news to share about what is going on in our schools.



Pickerington Pride pg. 6

District schools explore the "Pillars of Character."

Schools featured:

- PHSC
- PHSN
- PDMS
- PHMS
- PLJHS

Treasurer's Report pg. 8

Treasurer Dan Griscom presents the District's five-year forecast.

Griscom also explains how today's economy is affecting tomorrow's financial picture.

Nurse's Corner pg. 10

Ready for this year's Flu season?

The Health Services Department provides a list of tips, tools and suggestions to beat the flu.



Hard work pays off as Pickerington Local Schools moves into the top ranks of Ohio's school districts by earning the state's highest honor -

"Excellent with Distinction"

Story on pg. 4

HONOR ROLL

School Alignment Plan Unveiled

After working diligently throughout the summer months to develop a comprehensive school alignment plan, the District presented the plan to the Board, and then to the community, during several districtwide meetings at the elementary and middle school buildings.

The plan was created to ensure that District facilities can adequately handle future enrollment growth, and to

Alignment continued on pg. 9

Ridgeview Teacher honored at OSU



Mary Ann Kirkby

By Kaylin W. Kayce B. and Julia F.

The teachers at Pickerington Ridgeview Junior High (PRJHS) are like any other school's teachers. They have college degrees, work hard and care about their students. According to Ridgeview students, one of the greatest teachers in the District is

Kirkby continued on pg. 9

Step Inside the New School Bell

The Pickerington Local School District is proud to launch the newly redesigned School Bell. The basic premise for the redesign was to honor the past by presenting the voices of the future - our students.

While many of these changes are cosmetic, the School Bell is transforming itself editorially as well. The School Bell will feature not only more news from the buildings, it will include more

School Bell continued on pg. 9

Preparing for Tomorrow



Karen Mantia, Ed.D.
Superintendent of PLSD

To say that the times are challenging for public education in Ohio would be a major understatement. But we in Pickerington have a lot to be proud of and an exceptional base to build on for the future. What we do in the coming months will determine whether the District moves ahead. Based on what I'm hearing, I know we will.

Here's why.

Academically, spurred by teachers who know how to get results, we are at the top of the Ohio Report Card, "Excellent with Distinction," demonstrating that we belong in the front ranks of Ohio school districts.

Our teachers and staff are working hard to maximize the individual talents of Pickerington students. We are accomplishing this at a lower cost per pupil than almost any of our sister districts.

Facility-wise, there are many encouraging items on the agenda. The District continues with construction of new facilities to ease overcrowded conditions and growing student populations. Next school year, Toll Gate Elementary School, Toll Gate Middle School, and Sycamore Creek Elementary School will open their doors.

That will not only help relieve overcrowding but enhance the quality of teaching and learning environments.

Additionally, there is likely help available from the Ohio School Facilities Commission (OSFC). We learned recently that OSFC will match already voted local funds and provide \$50 million

Preparing continued on pg. 5



Hooked on Fishing

By Jennifer McComas

Putting a worm on a hook, coordinating your body to cast a line, and reeling in a fish is a special event for many children, and the Special Education staff at Pickerington Local Schools wants to make sure that all students enjoy this experience.

On a brisk Friday morning in September, Pickerington's Special Education students and staff, led by Adaptive Physical Education Teacher Steve Bravard, went on an adventure to build lifelong recreation and leisure skills.

The students with multiple disabilities, emotional disabilities, and orthopedic impairments, as well as students with communication, sensory and social needs, were invited to participate in a day-long learning experience. It gave them the opportunity to learn and practice recreation and

leisure skills as well as participate appropriately in social situations.

"The goal is to teach our students the basic adaptive behavior skills in situations similar to what they do during their family time," said Bravard. "This was also an opportunity for students to practice behavioral and social skills that they work on in school in a different setting."

Students worked on fishing skills for several weeks within the school setting and the outing was the culminating activity.

This opportunity is offered to the District through a partnership with Hickory Lakes and Fairfield Fish and Game Club.

Both locations provided poles, bait, a stocked pond and a hayride at no cost. They even provided volunteers to work with students who needed extra help throughout the day. Each site hosted a different group

of students for the day.

The District is committed to meeting the diverse needs of students so, when they graduate, they have learned how to access the community for work, as well as social opportunities. The District makes sure that students and families are assisted with unique and engaging activities that support each individual student.



The School Bell

The School Bell is a community newszine dedicated to providing in-depth coverage of the Pickerington Local School District. Its staff is comprised of District staff and students.

Editor: Lee Cole

Copy Editors: Vicki Baptist, Diana Myers, Linda Samczak

Production/Design Team: Lee Cole, Betty Conley

Photographers: Everyone

Contributing Writers: Kayce B., Edwina Campbell, Lee Cole, Julia F., Dan Griscom, Kathy Kelly-Long, Jennifer McComas, Sandy Meigel, Martha England, Karen Mantia

Contributing Writers:

Linda Samczak, Vince Utterback, Kaylin W.

Publisher: Pickerington Local School District

PLSD Board of Education: Wes Monhollen, president; Lori Sanders, vice president; Lee Gray, Clay Lopez, Lisa Reade

Superintendent: Karen Mantia

Treasurer: Dan Griscom

Foundation Puts Kids First

Pickerington Education Foundation seeks to provide resources to further expand student achievement

By Kathy Kelly-Long

The Pickerington Education Foundation (PEF) has been putting education first in the Pickerington schools since 2004. Founded at the suggestion of a parent, PEF's mission is "to enrich, improve, and support the total education of all students in grades K-12 in the Pickerington Local School District." The foundation accomplishes this by providing grants to teachers and District staff.

Since 2004, grants have been awarded to every school in the District; to programs in all areas of core curriculum; and to programs in music, art, special needs, and physical education.

The foundation's grant program is open to any PLSD staff member and decisions are made by the PEF Grants Committee which is comprised of parents, school board members, and the District teacher of the year. For more information visit www.pefoundation.org.

The foundation also manages designated funds, such as scholarships. This past year, John Carter and his family established the Linda Carter Fund in memory of Linda Carter, a longtime teacher who passed away in a car accident in 2007. This year, the first Linda Carter Scholarship was



Foundation continued on pg. 5

"Pride of the Panthers Walkway"

The Pickerington North Booster Club will begin construction of the "Pride of the Panthers Walkway", spring of 2009. Pavers can be purchased for ALL students, teachers, coaches or a loved one. Three lines of text and clip art can be engraved on each paver.

The walkway will begin at the Victory Bell and finish at the concession stand area near the PHSN football field. The deadline to order a paver to be ready for the spring installation is February 20, 2009. The first pavers ordered will be installed at the entrance to the walkway.

Clip art choices



Individual Sample

Emily A. Phillips
2007
Basketball Softball

Team Sample

LADY PANTHER
2006-2007 BASKETBALL
STATE FINAL FOUR

Order forms can be printed at
www.pickeringtonpanthers.com

Honor Roll

Pickerington Schools receive the highest rating possible -- Excellent with Distinction!

By Edwina Campbell, Ph. D.

The Ohio Department of Education has provided the Pickerington Local School District with validation of what residents have known all along: we are excellent. Furthermore, the District has received the highest rating possible on a state report card – Excellent with Distinction.

Pickerington achieved this designation by meeting 29 of the 30 state indicators, which are based on Ohio Achievement Test results, Ohio Graduation Test results, high attendance rates and a high graduation rate.

The District also met the federal criteria of Adequate Yearly Progress in the areas of math and science, part of No Child Left Behind requirements.

In addition to the other accomplishments, the District obtained a Performance Index score of 100.9, which measures how many students score in each range of the test, which include limited, basic, proficient, accelerated and advanced.

The added component of our rating this year, “Excellent with



Distinction,” is a result of our students’ yearly improvement/growth for two years in a row.

At the conclusion of 2006-2007, the District obtained a “Continuous Improvement” rating. Many believed this rating was not representative of the work of students and staff. The Pickerington Local School District, led by Superintendent Karen Mantia, used that rating as a benchmark and decided to use the information in the state report card as a tool to refocus.

“We conducted a complete analysis of the testing data,” said Mantia. “Our staff was extremely focused on the needs of the

individual student. The state-mandated data allowed us to tailor classroom instruction to better serve our children.”

District principals collaborated with teachers and administrators in the development of curriculum models, retooling of assignments and creating peer models. This proved instrumental in improving student achievement.

“We engaged our students and staff with a top-down, bottom-up approach to instruction. The entire District worked together to create lifelong learners, and this included the staff,” said Mantia.

Ridgeview Rocks!

We’ve got an EXCELLENT Staff, GREAT Students, and WONDERFUL Parents!

The PTO invites you to join; our membership drive contest ends November 30. The winning team’s teachers will each receive an extra 50% in their spending accounts, for the year, to spend in their classrooms. Help your student’s team by sending in a membership form and donation today! More information is available on Ridgeview’s website or at the school office.

Spirit Wear Sale starts soon! Once again, we’re offering great designs on short & long sleeved t-shirts and hooded sweatshirts. New this year: flannel-lined, embroidered pullover wind jackets; stadium blankets; and drawstring backpacks. More information will be coming home with your students and will be posted on Ridgeview’s website!

We’re always looking for volunteers to help with Teen Nights and staff appreciation events. If you’d like to hang out with your kids for a few hours on a Friday night, or provide food for staff lunches, please contact us!

PTO meetings are held the 2nd Tuesday of each month, at 9:00 a.m. All are welcome to attend. If you can’t make it, meeting minutes are posted on the PTO page of the school website.

Identifying Our Gifted

State of Ohio has mandated process for identifying gifted students

By Sandy Meigel

My child is gifted. Millions of teachers across the nation hear this statement annually. While every child in the Pickerington Local School District is considered special, the State of Ohio has mandated that school districts identify academically-gifted students using a standardized set of criteria.

Ohio House Bill 282 defines what is considered “gifted” in Ohio. The term “gifted” is assigned to a student who performs or shows potential for performing at remarkably high levels of accomplishment when compared to others of his or her age, experience, or environment.

There are four areas of identification: Superior Cognitive, Specific Academic, Creative Thinking, and Visual and/or Performing Arts. Although the state mandates identification, it does not provide additional funding for such targeted programs.

The Pickerington Local School District offers a variety of programs for students with high academic abilities.

Superior Cognitive Ability

A student is identified as exhibiting “superior cognitive ability” if the student did either of the following within the preceding 24 months:

- Scored two standard deviations above the mean, minus the standard error of measurement, on an approved individual or group intelligence test.
- Performed at or above the 95th percentile on an



individual or group standardized basic or composite battery on a nationally-normed achievement test.

- Attained an approved score on one or more above grade-level standardized, nationally-normed approved tests.

Specific Academic Ability

A student is identified as exhibiting “specific academic ability” superior to children of similar age in a specific academic ability field if within the preceding 24 months:

- The student performs at or above the 95th percentile at the national level on an approved individual or group standardized achievement test.

Creative Thinking Ability

A student is identified as exhibiting “creative thinking ability” superior to children of similar age if within the previous 24 months:

- The student scored one standard deviation above the

mean, minus the standard error of measurement, on an individual or group intelligence test and also did either of the following:

- Attained a sufficient score, as established by the Department of Education, on an approved individual or group test of creative ability; or
- Exhibited sufficient performance, as established by the Department of Education, on an approved checklist.

Visual and Performing Arts

A student is identified as exhibiting “visual or performing arts ability” superior to that of children of similar age if the student has done both of the following:

- Demonstrated through a display of work, an audition, or other performances or exhibitions, superior ability in a visual or performing arts area; and
- Exhibited sufficient performance on an approved checklist of behaviors related to a specific arts area.

PREPARING from pg. 2

for continued renovation and facility improvements. There will have to be voter action – extending the presently existing Classroom Facilities Maintenance Levy from its current 13 years to 23 years. The “no new tax” facilities issue would guarantee the additional state funding for renovations at Fairfield, Pickerington and Violet elementary schools, Ridgeview Junior High, and Pickerington High School Central.

Finally, I am so proud of the progress the District has made in economizing on every front. It falls to each of us to tighten the belt while focusing on placing every

possible dollar into classroom instruction. I am reminded daily that our District’s financial team cares intensely about providing a quality education, even as it monitors spending at every level.

Providing superior service at an affordable cost is the foundation of public education in Pickerington, where our focus is on education, efficiency and accountability.

As always, I am so grateful to you, the supportive residents of our community, whose sacrifice for and investment in quality education is paying such great dividends. The

“Excellent with Distinction” rating is not just deserved for our teachers, parents, and young learners, it’s an affirmation that our entire community – including those who do not have children presently in the schools – values education.

Without your support, we would never have the resources to excel. A day does not go by without being reminded that District residents care intensely about their schools and the future of our children.

My best wishes to you and your family for a safe and meaningful holiday season.

FOUNDATION from pg. 3

awarded to Megan Moriarty. Three additional scholarships will be given each of the next three years.

The Pickerington Education Foundation remains committed to all the students of the Pickerington Local School District. Funding for the PEF comes from a variety of sources. Nearly 50 percent of the PEF’s donations are received from individuals, staff, alumni, parents, and other community members. Approximately 30 percent has come from businesses and organizations in our community.

The foundation continues to grow

and make strides in supporting excellence in education, with plans to award more than \$2,200 to programs in our schools this fiscal year. The foundation gratefully accepts contributions to its annual fund and endowment.

Bequests and memorial gifts are also welcome and donors have the option of establishing a special fund within the Foundation. All gifts are tax-deductible. For more information on how to volunteer, or to make a charitable contribution, visit www.pefoundation.org or contact Kathy Kelly-Long, 614-833-2603, wlong1@insight.rr.com.



“I am not advocating jumping out of airplanes. I want to show our students that they should not place limits on what they can achieve.”

Cindi Goldhaber, principal PHSN

No Boundaries

Throughout the District, students focus on building character through a program called the “Six Pillars of Character.” The six pillars are trustworthiness, respect, responsibility, fairness, caring and citizenship. The program explores the fundamentals of good stewardship as the District strives toward its ultimate goal of creating lifelong learners who are socially responsible citizens.



PHS Central

Pickerington High School Central (PHSC) along with the entire Pickerington community will proudly dedicate a large classroom sized gazebo at PHSC on Veterans Day.

This structure honors all the men and women who have served or are serving in the U.S. military, said Principal Scott Reeves. “This (gazebo) represents our commitment to respect and citizenship. Not only are these the tenants of the pillars of character but it is the foundation of the educational process,” he continued.

The gazebo was designed and built by students and staff members of the technology department at PHS Central.

“We want to honor the Veterans of our Military and celebrate the men and women that are in our armed forces today,” stated John Long, PHSC choir director and event organizer. “Many of these brave Americans paid the ultimate sacrifice for all us. We want to salute them and celebrate their love of country and patriotism.”

This project would not have been made possible without the support of many members of our community. Our thanks to the Fairfield County Foundation, the Pickerington Education Foundation, the American Legion, Violet Township, City of Pickerington, PHSC PTO,

Greater Columbus Construction and the PHSC DECA program who have provided funding for this project along with individual community members, PHSC staff and students.

PHS North

Pickerington High School North Principal Cindi Goldhaber leads by example as she took “Pickerington Pride” to the extreme. “I am not advocating jumping out of airplanes,” said Goldhaber. “I want to show our students that they should not place limits on what they can achieve.”

The Pickerington High School North’s Key Club doesn’t place limits on their abilities either. The students raised a total of \$1,295.00 to support breast cancer research during the American Cancer Association’s 9th Annual Making Strides Against Breast Cancer 5K Walk on October 5, in Downtown Columbus.

The Key Club has rallied around the mantra that “EVERYONE is Welcome.” The 5K walk only served to stress this inclusiveness, by bringing together students from different grade levels and social groups, and allowing students to interact with Ohioans from different cultures and backgrounds.

Lakeview JHS

The eighth grade students on Lakeview’s Team

Franklin are embarking on an extraordinary writing project with fellow junior high students who attend a prestigious junior high school in Beijing in China through an exchange project to learn about culture difference and discover the things that unite.

The Team Franklin penpal exchange project is providing students with an opportunity for authentic use of writing. Additionally, students are tying in the history, the culture, and even the mathematics (metric system) of China when corresponding with their penpals. Best of all, Team Franklin students are enjoying the experience of developing a new friendship with someone living, not only in a different country, but also in a very different culture.

Diley MS

In an effort to aide the Ronald McDonald House (next to Children’s Hospital) students at Diley Middle School are collecting the tabs from drink cans to defray some operating expenses. The Ronald McDonald House is a non-profit organization and relies strictly on donations of all kinds to continue their good work. Recycling these tabs brings in funds to help maintain the house.

Additionally, the students are assisting the Susan G. Komen Foundation by recycling used cell phones. The money goes to breast cancer research.

Harmon MS

The students at Harmon Middle School took an all-out assault on Diabetes education. The students conducted a Dodge Ball for Diabetes Fundraiser.

To participate in their Physical Education classes, each student was asked to contribute \$1.00 toward helping find the cause and cure of juvenile diabetes, which affects more than 2 million children in the United States. All proceeds were given to The Juvenile Diabetes Research Foundation.

In October, Harmon joined in a community effort to support the “Road to Recovery” Benefit for Harrison Lucas, a former student, who was seriously injured in an automobile accident last summer. Harmon sponsored a hat day for Harrison with students and staff contributing \$600.

Every month Harmon contributes and donates to important causes that affect our families and community. Upcoming events in November include our the 6th Grade Student Service Leaders organizing and conducting a Food Drive, to be held during Ohio State/ Michigan Week, that will provide food for our local food pantry. The Service Leaders will also participate and be major players in the operation of our first American Red Cross Blood Drive to be held November 11th.



Preparing for the 21st Century



Dan Griscom
Treasurer of PLSD

During these challenging economic times, it is more important than ever that you have confidence in the financial management of your school district. One of my goals as Treasurer is to be transparent with the District's finances. You deserve nothing less.

Throughout this issue, you will see some of the measures we have and are taking to reduce costs and stretch your tax dollars as much as possible, without sacrificing the resources we need to maintain excellence.

We want you to see and understand our financial picture. One of the many ways we do that is by issuing a comprehensive annual financial report (also known as a CAFR).

I am pleased to report that the Government Finance Officers Association (GFOA) has awarded the Certificate of Achievement to the Pickerington Local School District for Excellence in Financial Reporting. The award is the District's CAFR for the fiscal year ending June 30, 2007.

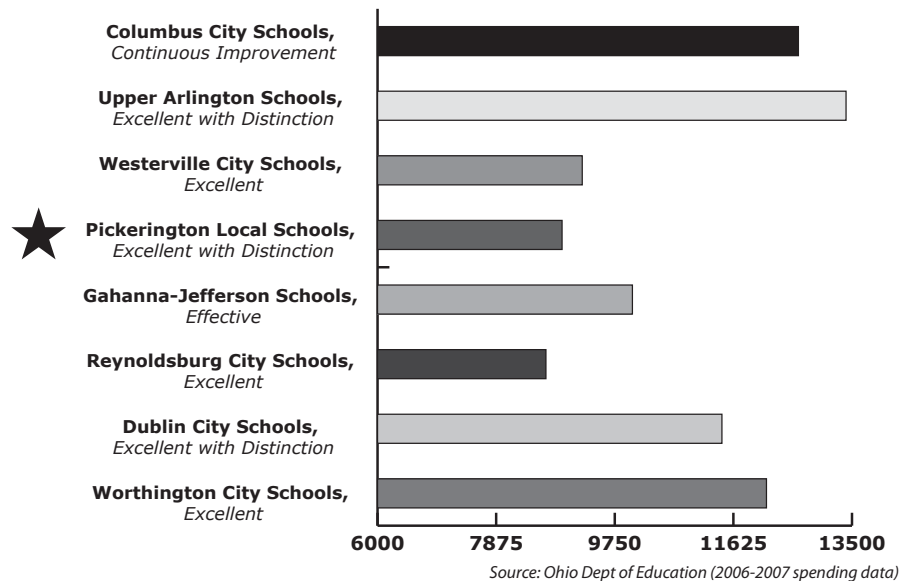
What is a CAFR? The CAFR communicates financial and statistical information about the District. The report is scrutinized then approved by auditors and is prepared in accordance with accounting principles generally accepted in the United States.

The GFOA Certificate of Excellence is the highest form of recognition in the area of governmental accounting and financial reporting, and its attainment represents a significant accomplishment by

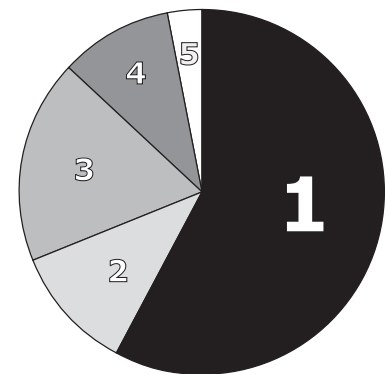
Education & the Economy

The turmoil in the U.S. economy has created a "perfect storm" of budget challenges for individuals, companies, and organizations. Revenues are down while expenses such as utilities and insurance costs continue to rise. Many Ohio school districts have felt the pain from the current economic downturn, and Pickerington Local Schools are no exception.

Local School Districts Spending Per Pupil



Where Does the Money Go?



1. \$5,161 Instruction
2. 953 Administration
3. 1,629 Building Operations
4. 895 Pupil Support
5. 279 Staff Support

★ **\$8,917 PLSD Spends Per Pupil**

However, the Pickerington Board of Education and the administration are being proactive in reducing expenditures to address our District's budget challenges.

In presenting the five-year forecast to the Board, Treasurer Dan Griscom explained that all the District's major revenue categories have been affected by the weakened economy. The slump in the housing market has affected property tax collections and has slowed new construction in the District.

Likewise, student enrollment, which affects the District's state revenue formula, is growing at a much slower rate due to fewer people buying homes in the District. The District's income tax collections have also decreased from the same quarter a year ago. Investment income is down due to extremely low interest rates.

Decisions made in the Ohio Statehouse have also adversely affected the tax revenues for the District. The elimination of the tangible personal property tax, which generated as much as one million dollars this year, is being phased out. The state budget is also facing major cuts, which will present a greater strain on certain state-funded programs in our district.

On the expenditure side, Griscom described the budgetary pressures caused by fuel prices, insurance premium increases, student transportation costs, maintenance costs, and other inflationary pressures.

Griscom says that the District has been vigilant in controlling expenditures. The District instituted a budget freeze in the 2007-08 school year, reducing expenditures by over \$500,000. Also, the Board and the teachers' association agreed to revisions in our employees' health care plan, which has saved the district approximately \$650,000 in

the current budget year. The District also saved approximately \$350,000 due to not filling staff vacancies at the end of the 2007-08 school year.

"In addition to these measures, we are going through our current budget line by line, to tighten the budget wherever we can," Griscom said. "It is an extremely high priority for the Board and administration to make our cash balance last as long as possible." At this time, it appears the District will need to place an operating levy on the ballot in calendar year 2010. However, Griscom said that any operating levy will be minimized as much as possible due to the proactive steps being taken now.

"We know that our parents, students and business community have come to expect an excellent school district, at a reasonable cost. We will work hard to continue to deliver that top level of quality while keeping a close eye on all expenditures," Griscom said.

Managing Growth



Next fall, more than 2,000 eager minds will fill the halls of the newly constructed Toll Gate Middle, Sycamore Creek Elementary and Toll Gate Elementary schools.

In 2007, voters approved a bond issue that afforded the District the opportunity to construct three new facilities to accommodate the District's growing student population and lessen the need for portable classrooms.

"The construction of these buildings represent the hard work of the District taxpayers," said Vince Utterback, business manager. "We are currently within budget and are expected to open doors for students at the start of next school year."

Sycamore Creek Elementary School is in the final phase of construction. Work is continuing on the interior of the building.

Although Toll Gate Middle School and Toll Gate Elementary School are on the same property, they are two separate facilities.

"The two schools are joined by a common breezeway that connects the two buildings. This type of architectural design allowed the District to maximize its land resources, which ultimately results in

a cost savings to the taxpayer," said Utterback.

Both of these schools are in the final phase of construction as well.

The District is also expected to receive an estimated \$50 million for future renovations from the Ohio School Facilities Commission. This money is contingent upon voter approval of extending the current Classroom Facilities Maintenance Levy, and will be received as part of a matching or segmented program based on the construction of Toll Gate Middle, Sycamore Creek Elementary and Toll Gate Elementary schools.



Sycamore Creek ES

KIRBY from pg. 1

Mary Ann Kirkby.

Mrs. Kirkby is a social studies teacher. She has been an educator in the District for a number of years, and she has even taught many of the staff here at PRJHS. This shows a tremendous amount of dedication to the teaching profession.

Mrs. Kirkby is an inspiration to everyone. She has been diagnosed with cancer but hasn't let her illness hold her back. She comes to school wearing wigs and caps after losing her hair during chemotherapy treatments. Chemotherapy is one of the ways in which doctors try to remove cancer from the body.

Regardless of how she feels, she comes to school every day with a smile on her face to be with her students! Mrs. Kirby helps all of her students achieve their goals and we mean all of them. She is an inspiration to so many teachers and so many students.

On Saturday, November 1, there was a Living With Lung Cancer Foundation balloon launch in Mrs. Kirkby's honor. Hundreds of balloons filled the air like a kaleidoscope.

What an incredible woman! She's fighting this disease every day and still only thinking of others. Mrs. Kirkby is an inspiration to all who know her.

SCHOOL ALIGNMENT from pg. 1

minimize or eliminate the use of modular classrooms from District facilities at the K-6 level.

"The underlying goal is to provide a safe, nurturing and welcoming educational environment for our students," said Jim Sotlar, assistant superintendent.

The plan assigns school attendance areas based on street address and subdivisions. The proposed plan can be viewed on the District's web site at www.pickerington.k12.oh.us. The members of the school alignment committee presented the plan to the Pickerington Board of Education during its October 7 Board of Education meeting.

"The purpose of the plan is to outline the new boundary lines and future school assignments for the elementary and middle schools," said Sotlar.

The plan needs to be finalized

by December in order to begin establishing busing and walking boundaries.

During the informational meetings, the District gathered some valuable information through feedback. These comments, and the presentations made by concerned parents to the Board, allowed the committee to review the plan and review potential adjustments.

"We have been reviewing and discussing the needs and concerns of our parents," said Sotlar.

"Developing a plan such as this is a major undertaking. We must create a plan that will sustain future growth," he continued.

There are some residential areas in the District that have low student population, but the District has systems in place such as open enrollment to accommodate those families.

SCHOOL BELL from pg.1

in-depth coverage of the District, its operations and support organizations. The School Bell is not just a community newsletter but a news magazine, or "newszine."

This redesign also represents a significant cost savings to the District. Although we have expanded the format and content, the changes in design, printing and distribution resources will generate a cost savings of 40 percent from the previous year.

Did You Know?

See if you can identify the true statements from the myths.

True or False

(Answers at bottom of the page)

1. More than 200,000 people each year have complications from the flu that require hospitalization.
2. People with asthma should not get the flu vaccine.
3. It is not safe to return to work or school after resting for a day or two from the onset of the flu since you are still contagious.
4. You have to get a new shot every year, because different viruses cause the flu each year.
5. Over-the-counter medications can help relieve some of the symptoms of the flu.
6. The flu can cause diarrhea and vomiting rather than cold-like symptoms.
7. A cough can last for weeks to months after other flu symptoms disappear.
8. When sick with the flu, you need to drink a lot of liquids and get plenty of rest.

One last note: If you or a loved one exhibit flu symptoms, go to your doctor right away. If caught in the first day or two, the doctor may give you anti-viral medication that will decrease the symptoms and length of your illness.

Answers to quiz above
1-T, 2-F, 3-T, 4-T, 5-T, 6-F,
7-T, 8-T

Food Service Delivers the Goods

Hungry kids, whole grains and fresh fruit – oh my! The PLSD Food Service Department has been serving quality nutritional foods while providing excellent service to District students. On a daily basis, whole grains, fresh fruits and vegetables are served in all buildings.

Food Service promotes healthy food choices because it gives students energy to live, learn and be active. In addition to these healthy alternatives, we have incorporated the following creative and innovative programs to enhance the quality of service.

In an effort to assist school nurses and parents in identifying foods that may contain ingredients that could cause an allergic reaction, the Food Service Department created 14 binders of food labels, ingredient, allergen, and nutrient information for the 5-week cycle menu covering the elementary and middle schools.

All 14 binders were distributed to elementary and middle school head cooks and building nurses. This was done to help the nurses evaluate carbohydrate counts and locate ingredients when a question of food allergy was brought to their attention by a parent.

In addition, we have created a calorie and carbohydrate list for the junior high and high schools for menu items offered. We are also in the process of creating a label and ingredient binder for those buildings.

Breakfast-To-Go in the Classroom (pilot program)

Students at Diley Middle School enjoy eating breakfast with their peers and jump starting their day with a nutritious breakfast. Studies reveal that students who eat breakfast perform better on tests, report less absenteeism and disruptive behavior, and are more attentive in the classroom.

Food Safety Training

All employees, including substitute employees, have received training on the fundamentals of basic food safety and sanitation. This instruction was conducted by a certified health professional.

Safety and Sanitation Education

In November, the three main satellite kitchens' head cooks will take a ServSafe Course in Food Safety and Sanitation. The goal is to have all of the head cooks complete the ServSafe course by next fall.

Certification is a nationally-recognized and accredited program and is a 15-hour course. All the candidates will receive their certification under the Ohio Revised Code for Food Safety and Sanitation Guidelines as required by the County Health Department.

Flu Season is Right Around the Corner



Are you prepared for influenza season? It is one of the most dreaded three-letter words in the world today – the flu. Like many illnesses, the influenza virus is spread from the respiratory tract. If the mouth or nose is exposed to virus particles in the air, or on a surface that has been contaminated with the virus, the person is likely to contract influenza.

A person is contagious from one day before symptoms start until five days after becoming ill. You can help prevent illnesses by using good personal hygiene. A person with a cold or flu needs to cover his mouth when sneezing

or coughing, then immediately wash his hands because any article he touches after sneezing may carry a virus. It is very important to wash hands frequently, especially before eating.

The best way to prevent getting infected by the virus is getting a flu vaccine every year. The earlier in the season that you get the shot, the stronger your immunity will be to fight the virus. The flu vaccine is safe and recommended for most of the population.

People who should not get the vaccine are children under six months of age, those with a severe egg allergy, those having a history of developing Guillain-Barre' syndrome after a previous vaccine, and people who have moderate or severe illness accompanied by a fever (wait until the fever is gone before getting the vaccine).

The vaccine is recommended for those at high risk, which include children from 6 months to 19 years, pregnant women, people over 50, those with a chronic medical condition, and those living with or caring for those who are at high risk of getting the flu. The flu vaccine contains killed virus, which the body will build defenses against. Since there is no live virus in the vaccine, you cannot become ill from the flu shot.

Which of these symptoms describe influenza?

1. Stomach pain, vomiting and diarrhea
2. Runny nose, sneezing and normal temperature
3. High fever, headache and cough

If you picked #3, you are right! Vomiting and diarrhea aren't the flu at all, but you hear people say they have "the flu" with these symptoms. Actually, they may have an infection in their stomach or intestinal system called gastroenteritis.

A cold is described in #2. Headaches and fever do not commonly occur with a cold, but cold symptoms are present with influenza. You may also have body aches, feel tired, and have chills, a cough, and a sore throat with the flu.



Pickerington Elementary Creates Recycled Art

Art is taking the external environment and injecting it with the souls of the artists. At Pickerington Elementary, students in Mrs. Rosen's art room are using the District's trash and injecting a whole lot of high-spirited elementary school spirit.

Recycling in the art room is not an innovative idea; it is just something art teachers do. This year, students in Mrs. Rosen's art room are becoming more involved in the recycling process and its importance.

"Recycling is important because it helps us save trees," said Isabella Trott.

The students are becoming more environmentally conscious by learning that recycling is not just throwing empty cans or paper in a bin, but reusing materials over and over instead of throwing them in the trash.

"We would be living in a big dump now if we did not recycle," said Paul Augenstein.

Rosen has been dedicated to art and the environment for years and took the opportunity to educate students

about the environment, art, and social responsibility through a program called the Elmer's Glue Crew Recycling Program.™

The Elmer's Glue Crew Recycling Program™ takes a hands-on approach to teaching students about recycling. Not only are the students and teachers at Pickerington Elementary School involved in the recycling program, the District is also involved.

Shredded documents from the District Office are dumped into a recycling box in the art room. Twelve to fourteen large garbage bags of shredded paper were used to stuff and fill the students' three-dimensional artwork.

Students are learning what it means to recycle and be good stewards of their environment.

We are very proud of the contributions and generosity of District students as they are learning the important life lesson of the value and importance of helping others.

GRISCOM from pg. 8

the district and its financial management.

We are extremely proud of our team in the Treasurer's office. Earning this recognition is a testament to our staff members who work diligently every day. I also wish to congratulate Vince Utterback, former treasurer, for his hard work to achieve this award for several years

in a row. I will do my best to continue this tradition of excellence.

I am always open to your questions and feedback. Feel free to contact me at 614-833-2112 or e-mail dan_griscom@fc.pickerington.k12.oh.us. Best wishes for a fulfilling holiday season.

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That's how the committee can get the word out - we'll

ADVERTISE

Attention District schools, non-profit or support organizations. Would you like to advertise in the School Bell? Contact the Communications Department at (614) 833-2110 for pricing and to see your ad in the next issue.

Hitting the Target

Pickerington Local School District is rated "Excellent with Distinction"

Thank you



PLSD staff

for all the time and effort spent with our students and helping them

bounce back

and once again achieve success with a **“Excellent”**

with **Distinction** rating from

The Ohio Department of Education on the state report card.