



The ZMS Review

December 2008/January 2009



The Monthly Newsletter of the Zionsville Middle School Parent Teacher Organization

View From the Eagle's Nest

Public Schools' Place in the Seating Chart of Life

There are times when it feels like my place in the seating chart of life is somewhere between Anthony Rock and Amanda Hardplace. It's not that there's anything wrong with being situated between A. Rock and A. Hardplace, but it sure would be nice if the teacher would switch things up a bit! Unfortunately, we in the school business just need to get used to this position as we navigate the political waters of public education in America. You might be wondering, "What pray tell is he rambling on about now?" I must admit to feeling a bit odd traveling down this road, but I have experienced such a strange amalgam of interactions recently that I can't resist at least making them public.

You see, a few weeks ago I was minding my own business at my own desk in my own office when a well-intentioned, unannounced patron burst in and exclaimed, "Why in the world would you be running an abstinence-based program when we all know it's not going to work. They are going to have sex before marriage, and I hope my kids do." Not being very quick witted, I think the best response I could muster was, "Good morning!" I guess that's just a more typical greeting for me.

On Veterans Day one of our honored guests made certain to come across the gym to make a point to me. He directed my attention to the paper program from our convocation, and indicated with his index finger toward the text "God Bless America" as he said, "Don't ever let them take that out of school." I'm not a bright man, but I don't think he meant "songs by Irving Berlin" when he said that.

During parent conferences I found myself across the table from a mother suggesting that our Community Conversation meetings are nice and informative, but that we should have those during the school day, and we should have the parents come in to hear anti-drug messages and the like with their children because we're missing parents who need to learn these things.

Most recently occurred an e-mail exchange regarding the school's participation in Change A Child's Christmas. The correspondence was elegantly and tastefully written, and suggested that schools should have a more enlightened and all-inclusive approach, and though the community service portion of this activity is admirable, it is exclusive and reflects our community's lack of diversity and the school's need to educate.

The truth of the matter is that there are a number of people who want schools to have a prescriptive role – to tell people how to dress, believe, and behave. Others prefer a descriptive position, one which allows us to describe possibilities, leaving parents and families to decide for themselves. And others still want the former until they disagree with something professed – and then unwittingly become a sort of selective form of the latter. How can there possibly be many of these scenarios? Consider dress codes (Is it okay to wear tank tops, low-riders, open toed shoes, hats, religious coverings, tattoos?), global warming (Man-made climate changes or man-made much ado about nothing?), evolution (If only I could evolve and figure that one out), obesity (Schools shouldn't make kids obese until my kid brings cupcakes on her birthday, then it's okay!), extra-curricular groups (It's okay for FCA to exist, but they shouldn't advertise), elections (Does an Obama shirt on a teacher show enthusiasm for the electoral process, or unfair use of a captive, impressionable audience?), the internet (Useful educational tool, or home to ruthless predators?). The list is endless.

I must confess that I am perfectly comfortable between my good friends Anthony and Amanda. I am quite confident that we have a good answer for all of the questions posed above. I am equally convinced that a high percentage of our public would consider each of these good answers wrong. I suppose there is some comfort in the knowledge that there will be a split reaction either way the school goes. All that's left is to choose what appears to be right – and then ask Anthony and Amanda to scoot over a bit. It gets a little tight in here sometimes.

December/January

Newsletter

Highlights

- PTO News
- Guidance Information
- Club News
- Sports
- December/January Calendar
- Art Department
- Orchestra News
- School News

Information for the
February Newsletter
should be submitted to
Dee Dee Medaris
(Ddmedaris@zmspto.org)
by January 20, 2009.

Zionsville Middle School

Frequently Used
Phone Extensions
Dial **873-2426**

followed by extension
#:

Principal	13999
Ass't. Principal	13998
Student Services	13997
Receptionist	Press 0
Attendance	Press 2
Guidance	Press 3
Nurse	Press 4
Food Services	Press 5
Homework Hotline	Press 7
Athletic Director	Press 8
Repeat Menu	Press 9
Strings Director	13402
Band Director	13312-3
Choir Director	13310
Transportation	873-1237
Staff Directory	Press #



PTO News



PTO President's Message

Happy Holidays...I would like to take a moment to wish everyone a joyous season! I hope that the holidays bring hope, happiness & camaraderie.

Always during the holidays, but especially in the current economic times, there will be numerous activities/events to share our time, energy and resources. PTO sponsors several programs, which exemplify the mood of the season, as well as reinforce community service and good will. Please take a moment to review and reflect on each of these opportunities...

Change A Child's Christmas will be looking for ALL your loose change during the week of 12/1 - 12/5. The ZMS elves (students) will be emptying piggy banks, doing extra chores and extorting funds from Mom and Dad to participate in the friendly competition between classes and teams. All of the donations are utilized to fill the needs of those within our own community. Help make a child's holiday brighter and happier...Make a change by sending in your change!

Holidays at Amazon.com is a volunteer gift-wrap program. For every gift wrapped Amazon.com will donate \$.75 to ZMS. ZMS PTO has secured 4 shifts: 12/2, 12/3 and 12/4 from 9am-1pm as well as 12/9 from 6pm-10pm. There is still an opportunity to sign up and help ZMS raise funds for the school, teachers and students. For more information contact vpokrifcak@yahoo.com

Box Tops for Education Marketplace allows ZMS Families to save time and energy by shopping online as well as earn cash for our school. Start every online shopping trip at www.btfec.com ...ZMS will receive a donation of up to 8% on every qualified purchase—at no additional cost to you! So...Shop, Shop, Shop... it's for a good cause!!!

Also, don't forget to keep clipping Box Tops and Soup

Labels...they really do add up!

Home for the Holidays will be collecting food for students in the community that normally would eat lunch with the help of meal assistance programs. Providing good, nutritious food is the goal—item such as granola bars, oatmeal, peanut butter, apple-sauce and single serving soups and pastas. For \$20, one can provide 24 pack of oatmeal, 2 jars of peanut butter, 24 fruit cups and 24 pack of cheese crackers. Donations will be collected from 12/8 – 12/12. Boxes will be located in the hallway of each grade for food collection; checks can be dropped off at the front office—let's get creative and provide for those in need!

ZMS PTO is eagerly planning events for the coming year...Watch for information on 5/6th grade Fun Night as well as 7/8th grade Upper-class Night! The Teacher Cookie Walk will be hosted in February by Staff Appreciation...Bakers be on alert!

If you would like to become involved in PTO, support the school or help facilitate certain events...there are opportunities available. PTO always is looking for fresh ideas, new leadership and guidance for the numerous programs it undertakes each year. Please express your interest to Jami Farrell at jamifarrell@gmail.com. Lastly, the December PTO Meeting will be hosted at the Drees Model Home in Brook Haven Subdivision on 12/9 at 9:15am. Please join us for coffee, a dan-ish and warm holiday cheer!

Have a safe, relaxing Holiday and a Happy New Year!

Frances Pokrifcak, ZMS PTO President

\$\$\$ CHANGE \$\$\$

A CHILD'S CHRISTMAS DECEMBER 1 – DECEMBER 5

Santa's elves will be visiting all lunch periods the week of December 1 – December 5 collecting spare change. ALL monies go towards making Christmas brighter for those in need right here in our community.

Soooooooo.....

Hit up Mom and Dad to pay you for those odd jobs; raid your piggy banks; pass on your blessings and

CHANGE A CHILD'S CHRISTMAS!!!!



PTO News (Continued)



Ice Cream Sundae Sales

The November Ice Cream Sundae Sale went very well! With the help of the following volunteers, we scooped 367 sundaes: Angela Carr, Ellen Coval, Dawn Helterbran, Debbi Kuller, Shannon Ross and Amy Weller-Wagner. Many thanks go out to all of the student body for their support! Karla Thimjon, Jen Kennedy, and Laura Dunshee

I Scream, You Scream,

We all Scream for Ice Cream!

Students bring your dollars on the following dates:
December 12; January 23; February 20;
March 20; April 24 and May 21 (Thursday)
and purchase an ice cream sundae during lunch.
The proceeds from these sales benefit the 8th grade party.



PTO Wellness Corner



December's Healthy Habit:

The holiday season is filled with delicious obstacles just waiting to sabotage our best efforts. Many factors contribute to our detour from good health during the holidays. Family and work obligations, change in weather, and Christmas cookies are just a few examples of what can make our commitment to better health that much harder. I have included fitness, nutritional and health tips that will hopefully help you weather the storm of holiday temptations.

Fitness:

Want to prevent the holiday weight gain try this surprising move this season. Make an appointment with your doctor now and again in February. According to Texas A&M University researchers, adults who had a checkup before and after the holidays didn't gain weight – despite upping their calorie intake by up to a third. Knowing that they had to step back on the scale may have motivated subjects to counteract holiday goodies by moving more all season.

Nutrition:

Stay Slim and still be merry! I have listed the newest ways to prevent pound creep during this annual month long food and drink fest: 1) Pace yourself- Eating slowly doesn't just decrease the amount of food you consume; it also fills you up faster. To get into a slower rhythm, take smaller bites, chew thoroughly, and put your fork down between bites. 2) Stay away from super size beverages- Restaurant drinks run as much as 43% larger than what is considered a standard drink serving, according to Public Health Institute. So beware of liquid calories and remember no one needs 42 ounces of soda or a jumbo sized slurpy. Moderation is important.

Health:

Take advantage of cranberries this holiday season to better your health. The crimson cranberry is the epitome of a superfood. The fruit's health benefits come in large part from the proanthocyanidin antioxidants each berry is loaded with. Unfortunately, canned cranberries are filled with added sugar and calories and turn the power fruit into a nutritional flop. Try these fresh ideas instead. 1) Cranberry relish – In a food processor, pulse fresh cranberries, orange zest, orange juice and unsweetened cranberry juice. Sweeten with maple syrup. 2) Tart baked apples – Core apples and place in baking dish. Fill cavities with a mix of chopped fresh cranberries, walnuts, brown sugar, and cinnamon. Pour orange juice over apples. Bake at 375 until tender (15 – 20 minutes).

Remember the New Year is a great time to set new goals. It is never too late to get in shape and start making healthier choices. Please feel free to email me with any questions or concerns. I can add them to future newsletters. Wilson1427@earthlink.net

To your better health, The Wellness Committee



PTO News (Continued)



Save the date!!!

7th/8th Grade Fun Night, ZMS Gym and Eagle Hall
Friday, March 20th, 6:00-8:00 p.m.

**(ONLY 7th/8th graders enrolled
at ZMS will be allowed to attend!!)**

Fun...games...inflatable's...DJ...Guitar Hero/Rock Band
Concessions & pizza available for sale. Raffle prizes
Donations of canned goods will be accepted

PARENTS: If you would like to donate a case of water and/
or gift card or other raffle prize to give away, please contact

Kay Stebbins, kaystebbins@yahoo.com or
Candace Reid, creid@mibor.net.

We will soon be contacting volunteers who previously signed
up...let us know if you did not sign up but want to help out as
we will need many volunteers to enable us to host this event.

Attn: Parents...Mark your calendars
Fun Night for 5th/6th Graders!!!

ZMS Gymnasium , Friday, February 20th, 3-5 p.m.
(ONLY 5th/6th graders enrolled at ZMS will be allowed to attend!!)

The kids will stay after school and need to be picked up
at 5:00. There will be a D.J. and other fun activities for
the kids to do. Concessions and pizza will be available
for purchase. More details to follow!!

We will be contacting volunteers soon...if you did not
sign up and wish to volunteer or wish to make a dona-
tion, please contact us!!

Sharon Vlasak, svlasak@indy.rr.com or
Chantelle Dodson, jcdodquad2000@yahoo.com

**canned good donations will be accepted for delivery to
a local food pantry or directly to Boone County families
in need**



Guidance News



21st Century Scholars Program

Eligible 7th and 8th grade students who enroll in the Twenty-First Century Scholars Program and fulfill a pledge of good citizenship to the state are guaranteed the cost of four years of college tuition at any participating public college or university in Indiana. If the student attends a private institution, the state will award an amount comparable to that of a public institution. If the student attends a participating proprietary school, the state will award a tuition scholarship equal to that of Ivy Tech State College. Twenty-first Century Scholars sends applications to schools with 7th and 8th grade students enrolled. There are strict income guidelines for eligibility, so not every student and family will qualify. Parents and / or guardians need to apply for consideration. Students and parents have access to 16 regional support sites providing services and guidance for college preparation. If you have any questions about the Twenty-First Century Scholars Program, visit the Twenty-First Century Scholars Web site at www.in.gov/ssaci/2345.htm contact your local Scholars Support site or call the Learn More Helpline at 1-800-992-2076.

7 Habits of Highly Effective Teens

This program is being implemented with our 7th grade students. Each student has received the book, 7 Habits of Highly Effective Teens, by Sean Covey, and a supplementary workbook. Students are working with this material during SOAR class and the 7th grade counselor, Mrs. Weaver, has been doing specific activities related to the material. This program will extend through the month of May.

Study Table Reminder

Study Tables are well underway. Study Tables are staff assisted study halls for students who wish to receive help with homework completion, study skills, and organization. They are available on Tuesdays, Wednesdays, and/or Thursdays from 3-4pm for students in grades 5-8. Please see your grade level counselor for a permission form.

Operation ICU

The counselors are always receiving great news from teachers about the actions of our students around ZMS. Students have been seen including others, being responsible in actions towards teachers and other students, having good sportsmanship, being polite, and setting a great example in the midst of some peers who are making poor choices. Students awarded on October 31st: 5th Grade: Kit Hill and Tommy Endejan, 6th Grade: Max Gavette and Ross Hill, and 7th Grade: Kristen Parks and Alyssa Unger. Students awarded on November 14th: 5th Grade: Morgan Cornacchini and Megan Sloan, 6th Grade: Julia Kowala, 7th Grade: Annie Weidner and 8th Grade: Megan Huibregtse and Adam Pease.



Guidance News (Continued)



UPCOMING 8th GRADE PARENT SCHEDULING MEETING FOR 2009-2010

It's hard to believe but it's already time to start thinking about next year! Parents of current 8th grade students are invited to a meeting at the high school in early January to learn about scheduling options and requirements for the freshman year. This meeting will be run by the high school guidance department. The date for this meeting is Wednesday, January 7 at 7:00pm and will be held in the Performing Arts Center.

Important Upcoming Test Dates

The ICP (integrated chemistry and physics) testing date has been set for Thursday, December 11th from 8:30-9:35am (2nd period) in Eagle Hall. This test is only open to 8th graders who meet the following requirements: currently enrolled in Algebra or higher level math and have at least a B- average or above in their science class at the end of the 1st 9 weeks and by the sign up date. Please see your science teacher to sign up. The sign-up deadline is December 4, 2008.

The first round of testing for Honors English for the freshman year is scheduled for Thursday, January 15th at 8:30am in Eagle Hall. Students who want to be considered for placement into high school Honors English, but are not currently scheduled in Language Arts HA, are invited to take the placement test for this course if they are interested. Also, students who are in Language Art HA who have a B- or below will be required to test for placement into Honors English. Students who perform well on the first round of testing will be invited back to the second round of testing which will take place on Thursday, January 22nd at 8:30am in Eagle Hall. Students should sign up with their Language Arts teacher by January 8, 2009.

Red Ribbon Recap

ZMS students in grades 5-8 raised money during Red Ribbon Week by voting for their favorite mini-float! These floats were designed and constructed by our 8th grade SOAR classes and displayed in the cafeteria throughout the week. This money raised was used to fund a pizza party for the winning SOAR class. A special thank you to all our 5th graders for making outstanding red ribbon bookmarks that were shared with the entire student body, faculty, and staff; the 6th grade students for creating posters and displaying them throughout the building and our 7th graders for creating and producing Public Service Announcements which are still being aired on our afternoon video announcements. Fun and learning was had by all! Thank you for making this a successful Red Ribbon event as our students encouraged each other to stay drug free.

FINALS SCHEDULE

Tuesday, Dec. 16	Math and Science Finals
Wednesday, Dec. 17	Social Studies Finals
Thursday, Dec. 18	Language Arts and Foreign Language
Tuesday, January 13	Exploratory Finals
Wednesday, January 14	Day 2 of Tech Final



Community News



Serving students of Zionsville Community Schools

Have you ever been unable to concentrate because you were hungry? Did you know there are students in Zionsville who are not able to purchase a lunch and/or extra items while at school?

LAP is a charitable organization which has been created to address this need. The vision of LAP is to provide these students with an equal opportunity to purchase the equivalent of a school lunch, plus additional items, on a daily basis. Students also have the option of purchasing food during breakfast and/or after school, where offered. LAP is designed to work in conjunction with the existing meal assistance program offered by the ZCS Cafeterias. ZCS Cafeterias provide a variety of better choices to help students satisfy their daily nutritional needs.

It takes approximately \$250 to sponsor one student per semester. Over 200 potential LAP recipients have already been confidentially identified. Please consider helping a student this semester with your tax-deductible gift.

For additional information, contact Wendy Lawrence (372-4600), Penny Wallis (873-8709), or Shelley Savage (733-8694).



ZMS Sports



Cheerleading Competition

Congratulations cheerleaders on an outstanding job representing Zionsville Middle School in the NHS (Northwest Suburban Conference) Cheerleading Competition on Saturday November 8. It was the first year for this competition and the team worked very hard preparing for this event. Only first and second place awards are given. First place was awarded to Avon and second place was Westfield. Thank you to all of the teachers, parents, friends, and families that came to practice on Friday and to the competition on Saturday to show your support for the team. Also, thanks to the families of Lindsey Wells, Claire McElwain, and Sarah Hoover for providing drinks and snacks for the competition. Great job cheerleaders! We are very proud of you.

Wrestling

Wrestling Practice begins for 6, 7 & 8th graders on Monday Dec. 8. Wrestlers need to have an IHSAA physical before they can practice. These can be gotten in the front office or on the school web site. If you have any questions contact Coach Flecker at 873-2426 Ext 13702 or vflecker@zcs.k12.in.us.

Rocky Wilderness Challenge 09

Rocky Mountain Wilderness Challenge applications are due Dec 1st to Mr. Flecker in 702. This is an opportunity for current 7 & 8th graders to experience Rocky Mountain National Park in Colorado this June. Should you have questions please contact Mr. Flecker at 873-2426 ext 13702 or vflecker@zcs.k12.in.us

Wrestling Team

The wrestling team will open its season with Green & White night at Z'West on Jan 14 at 5:30. The team's first meet will be with Carmel Middle School at ZMS on Jan 20 with a 5:30 Start. Come out and support your eagles.

Golf

All 6th, 7th, and 8th Grade boys interested in playing golf this spring please come to the callout/informational meeting. The meeting will be on Thursday, February 12 at 2:57 to 3:20, in the LGI room. We look forward to seeing you there!

Jeremy Skura and Andy Maguire

2009 Track Team Callout

On March 17th from 2:45 - 3:30, the track team will hold its callout meeting in the LGI. All interested 6th - 8th graders are welcome to attend. The first practice will be March 23rd from 3 - 4:15. You must have physical and emergency forms on file to participate in practice. Both forms are available online at <http://www.zcs.k12.in.us/zms/Athletics.html>. There will be a parent meeting after practice on March 24th. The meeting will be from 4:30 - 5:15 in the LGI. Please contact Mr. Koch (pkoch@zcs.k12.in.us) or Mr. Rowe (trowe@zcs.k12.in.us) if you have any questions.



School News



American Girl Club

Come learn about the Minnesota frontier in 1864 (Kirsten) at the American Girl Club on Tuesday, December 9, from 2:45-3:45 in the LGI room. Everyone is welcome to join us for crafts, games, snacks and fun centering on life for kids on the frontier. There is no cost to participate. The January 13 meeting will focus on the Civil War (Addy-1864). Anyone with American Girl items they no longer want may donate them to the club to be used as door prizes. Contact Susan Bigler at 769-4389.

7/8 Student Council

The 7/8 Student Council has been busy planning for their winter sucker sale and dress days. December 12th will be "Crazy Hat Day" and January 30th will be "Pajama Day". On dress days students are asked to dress according to the theme and to bring \$.50. All money raised from the dress days will be given to local children's hospitals.

In January, students will also be working to collect money for cystic fibrosis research. From January 12-16 students will have the opportunity to purchase and sign their name on a "pin-up". These "pin-ups" will be displayed throughout the school.

Spain Trip

We still have spots available on a 10-day trip to Spain in June 2009. We are going to Madrid, Segovia, Toledo, Seville, Granada, Cordoba and finishing up on the coast! Help your student get excited about learning! NETC is a company that specializes in educational travel. See their website at www.educationaltravel.com. This trip is available to all students currently enrolled in ZCS schools and their family members. If you are interested in going on the trip and want more information, please email Laura Haehl (lhaehl@zcs.k12.in.us).



Musical Notes



Volunteers Needed

In early January I will be sending home to ALL MUSIC CLASSES (Band and Choir too) parent volunteer forms for our BIG music event in March (March 14). Please look for that form....I hope you will all volunteer, it takes hundreds of volunteers to make the event the success that it has been for the past 7 years!! Mrs. Swayze

Tri-M

The next Tri- M meeting will be on Thursday, Dec. 11.

Orchestra

The Orchestra concerts are all on Dec. 3, with grades 5&6 from 6-7pm, and grades 7&8 from 7:30-8:30pm. Students should wear their music shirts and their khaki pants.

Strolling Strings

The Strolling Strings have been busy! They performed the National Anthem at an Indiana Ice hockey game and sold tickets to the game as a fundraiser! We made \$210 for Strolling Strings!! In December we are performing at the Tri Kappa Breakfast with Santa, the Holiday Stroll at the Hussey Mayfield Library, and a Christmas party for the staff at ROCK. WHAT FUN!! All of the dates and info can be found on the Orchestra web site, which is part of the ZMS page -- go through the "Staff" section to Fine Arts, and go from there. It is a really neat web site!!

8th Grade Orchestra

The 8th Grade Orchestra has a polished ensemble that wants to entertain at your next event! They are called "Music and More." Contact Mrs. Swayze for details. 873-2426 x13402



Art Department



Mural

The art department continues work on the mural in the art hall, thanks to generous sponsorship from the ZMS PTO and Tri-Kappa! The mural is being painted every other Thursday with Artist in Residence, M.K. Watkins. The current mural depicts young people throughout history. Featured are King Tut, Mozart, Alexandra Nechita, Charlie Brown, Sacajawea, and Ruby Bridges. Students conduct research for imagery and historical accuracy during painting sessions. The murals are being painted on the six columns in the 400 hall and should be complete by the end of this school year. Please check out our progress the next time you are in our hall! Thanks again to our sponsors for this amazing experience!

Yearbook

If you have any photos for the yearbook that include students at work in the classroom or at events related to school, such as sports or clubs, please send a cd to Mrs. Goodman or Mrs. Valencourt. Thank you!

Yearbook Order Forms

Yearbooks are for sale for \$30. You may order online www.jostens.com/yearbook/index.asp or at the main office. An order form is also available on the PTO website www.zmspto.org.

Donations needed

The art department is collecting empty coffee creamer containers for paint storage for the mural. Thank you very much to those of you who have donated. Keep 'em coming!

Artsonia

The ZMS art website is booming with active participation! We have consistently been ranked #1 in the state of Indiana since August and continue to be in the top ten nationally. This is simply amazing, considering there are thousands of schools participating with Artsonia in the U.S.! Participation including fan clubs joined, comments left, and artwork submitted, along with gallery items purchased keep our rankings high. Keep up the great work, ZMS art students! Here is a link to our art site: <http://www.artsonia.com/schools/school.asp?id=4352>

Art Club 5/6

Art Club 5/6 has been having fun since meetings began in October. This year, we are celebrating artist birthdays each month while also using recycled materials for projects. In October, Pablo Picasso was celebrated and we made abstract portrait sculptures with milk jugs. In November, we celebrated Georgia O'Keeffe and made themed collage locker caddies and also painted watercolor close-ups of nature. In December, Walt Disney will be celebrated as we make snow globes from empty glass jars with lids. Dec. 2 & 9 – bring clean glass jar with lid (for example: jelly, pickle, or olive, etc.) Jan. 6 & 13 – bring one foam egg carton and two empty soda pop cans.



Cafeteria News



The week of October 13-17 was National School Lunch Week. This week brings extra focus to healthy choices, good nutrition, and physical activity. On Friday, we celebrated by giving away prizes to students in each grade. During lunch, the students who found the "Golden Ticket" under their chairs received basketballs. Some of the basketballs were autographed by our cafeteria staff! Everyone had a lot of fun! Congratulations to our winners: Austin Donathen, Matthew Morand, Drew Hobick, Brock Eibling, Preston Mantel, Laura May, Tyler Glenn, and Alec Fugate.

Did you know? The National School Lunch Program, part of the U.S. Department of Agriculture, was established in 1946 (signed by President Harry Truman). Currently, it provides 30 million children with healthy meals each day. The National School Lunch Week was started in 1962 in recognition of the contributions of the National School Lunch Program to the health, education, and well-being of American children. Congress designated the observance of National School Lunch Week during the second full week of October each year. Maureen Dvorak, ZMS Cafeteria Manager

Amazing as it seems, we are now looking at the approach of both Winter Break and second semester! This year has progressed very quickly and provided new challenges to the Food Service Department.

Staffing changes in several buildings have occurred and while it is our hope that modifications produce improvements, it is understood that change can lead to potential unease on the part of many. Our Department hired thirteen new staff members to fill open positions this year. What was exciting is that two of these staff members had previously worked with us and were coming aboard on a full time basis, meaning they would work every day we serve lunch. Our newest staff has added a lot to our program, by bringing their enthusiasm along with their new perspective! This addition of 21% new staff (13 of 61 positions) was a positive to our program and we are most fortunate.

Some of the other exciting changes involve further developing Food Service staff. This is occurring as the Managers in each Cafeteria continue to expand their ability to order necessary items online. One of the advantages to this is the opportunity for the Manager in the Cafeteria to determine the direct cost of products, just as they do while grocery shopping on their own. While we receive bid pricing for the majority of our items, there are some items, such as produce which are considered volatile, and have market driven prices that change weekly. The Managers can determine the better priced item as needed for their school.

One additional challenge that we provide to our staff includes the expected completion of a food safety and sanitation course for our Cooks working at a Level 3. Since August 2008, we have sent four individuals to this full day training which concludes with an examination. At this point in time, each of our managerial positions along with the Cook, Level 3 in each kitchen is trained on this vital subject and has received the certification. One such example is the ServSafe course and it's always interesting to look in restaurants to identify any posted certification. It is required by law and it truly makes me feel much more comfortable eating at an establishment which has such certification!

Believe it or not, we are already beginning to preview food options for the 2009-2010 school year. When possible, we take the opportunity to examine operations in various settings, school and otherwise to determine if we can utilize any new concepts for the betterment of our own program.

I encourage you to check out our website at www.zcs.k12.in.us/cafe/index.htm. While there is a wealth of information on the site, there are two specific items to note. First of all, please look at the *Nutrition Nuggets* Newsletter! This document is one that we subscribe to and it is filled with tremendous and very informative suggestions on working to incorporate nutrition and fitness into a child's routine. Secondly, a new document has been added to our main page which identifies menu items which we serve that contain potential allergens and it identifies them accordingly.

On behalf of the Food Service Department, we thank you very much for the support that you provide us on an ongoing basis; it is extremely valued. Have a great start to the New Year.

Jan Swander, ZCS Food Service Director



December 2008



Monday	Tuesday	Wednesday	Thursday	Friday
1 Change a Child's Christmas Collection All Lunch Periods	2 Change a Child's Christmas Collection All Lunch Periods	3 <u>Change a Child's Christmas Collection</u> All Lunch Periods <u>5-8 Orchestra Concert</u> 6:00/7:30 p.m., Eagle Hall	4 <u>Change a Child's Christmas Collection</u> All Lunch Periods <u>Grade 7 to IRT</u> 9:00 a.m. - 2 :00 p.m.	5 Change a Child's Christmas Collection All Lunch Periods
8	9 5/6 Band Concert 7:00 p.m. South Gym	10 7/8 Band Concert 7:00 p.m. South Gym	11	12
15	16 Math/Science Finals	17 Social Studies Final	18 Language Arts/Foreign Language Finals	19 Holiday Convocation
22 <u>Winter Break</u>	23 <u>Winter Break</u>	24 <u>Winter Break</u>	25 <u>Winter Break</u>	26 <u>Winter Break</u>
29 <u>Winter Break</u>	30 <u>Winter Break</u>	31 <u>Winter Break</u>		

For a complete listing of school activities, please refer to the ZMS Web Site at www.zcs.k12.in.us/zms/index.html.



January 2009



Monday	Tuesday	Wednesday	Thursday	Friday
			1 <u>Winter Break</u>	2 <u>Winter Break</u>
5	6	7	8 Spelling Bee LGI Room	9 Spelling Bee (Makeup) LGI Room
12	13 Exploratory Finals	14 Tech Final (Day 2)	15	16 End of 1 st Semester
19 Snow Makeup Day #1	20 Staff Development No School	21 2 nd Semester Begins 1:1 Pilot Parent Meeting 6:00 p.m. LGI Room	22	23 Report Cards Sent Home
26 CPR (Grades 6, 7 and 8)	27 CPR (Grades 6, 7 and 8)	28 CPR (Grades 6, 7 and 8) Rutledge Team to Clowes Hall 9:00 a.m. - 12:15 p.m.	29 CPR (Grades 6, 7 and 8)	30 CPR (Grades 6, 7 and 8) FPS 5/6 Mixer 2:45 - 4:15 PM North/South Gyms and Eagle

For a complete listing of school activities, please refer to the ZMS Web Site at www.zcs.k12.in.us/zms/index.html.