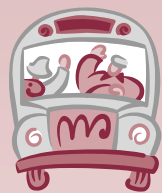


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focus

Preparing World Class Citizens

November, 2006

Veeder principal goes the extra mile to promote healthy kids

Veeder Elementary School Principal Kathleen Gottschalk was one of 30 riders who biked from Long Island to Albany this fall to promote healthy life-styles among children.

Gottschalk was an ambassador for Activ8Kids! — a campaign development by Gov. George Pataki and the New York State Health Department. Activ8Kids! encourages children to consume at least five fruits and vegetables, participate in at least one hour of physical activity and no more than two hours of screen time (television and video games) each day.

As an ambassador for the program, Gottschalk and the other bicyclists completed a 275-mile, five-day, five-city tour — stopping at schools along the way to promote the Activ8Kids! initiative. Today, she continues to encourage healthy life-style behaviors in South Colonie, as the district launched a new Health and Wellness policy

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Forest Park Kids Take A Step Back In Time

The fourth graders at Forest Park Elementary School held their annual Intergenerational Day this fall — inviting their grandparents into their classrooms for a day of learning. For more, visit the district web site.

South Colonie voters approve capital project and new school buses

Three propositions totaling \$9.7 million on October ballot pass by nearly 2-1 margin

South Colonie residents approved three separate school propositions at the polls in October totaling \$9,737,700. The vote went as follows:

- **Proposition No. 1** — the district's annual school bus replacement proposition — passed 1,028-560. It calls for spending \$451,700 to purchase four, 66-passenger buses; one, 18-passenger and two-wheelchair buses and one, 20-passenger bus. This enables the district to keep its fleet safe and in good condition by taking high-mileage buses out of service.

- **Proposition No. 2** — a special capital project proposition totaling \$7,684,000 — passed 973-582. This will enable the district to spend

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...healthy kids

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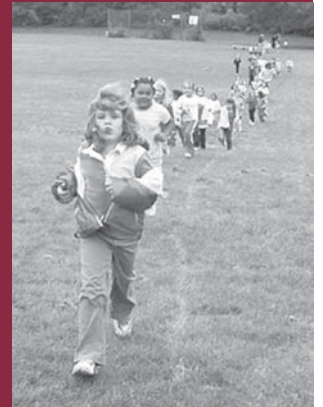
and elementary health curriculum this year to help combat childhood obesity.

"Children learn more powerfully by example," says Gottschalk, explaining one of the reasons she got involved in the promotional campaign. "It's important that they see adults setting physical goals for themselves and meeting those goals."

Each day after her ride, the Veeder principal would call her school and talk about the distance she had traveled and the obstacles she had faced. That information was relayed to the children, who were excited to get the updates.

"When I returned to Veeder, many children asked me what it was like to bicycle over the George Washington Bridge or to climb the mountains around West Point," Gottschalk adds. "If my journey inspired one child to set physical challenges for him or herself and live a healthier life, then the ride was successful as well as fun."

More Healthy Kids Join In



Lisha Kill kids 'Love Their Bodies'

Shaker Fun Run

(Photo above left) Seventh graders in Team 007 at Lisha Kill Middle School held a Team Day in October to commemorate national "Love Your Body Day." The purpose of the day was to educate students about the dangers of eating disorders and drug use and to encourage them to make healthy choices in their daily lives. The day was a tremendous success. Students watched a movie about eating disorders, participated in small group discussions, ate healthy foods, engaged in art and poster projects, exercised and relaxed. (Photo above right) The children at Shaker Road Elementary School get some good exercise at the annual Fun Run this fall. The event is not a contest but one that encourages healthy lifestyles among kids. All participants earned a ribbon for their efforts.



Families Exercise Everyday Together at Veeder Elementary

The youngsters at Veeder Elementary School kicked off their first week of FEET — Families Exercise Everyday Together — as part of South Colonie's new health curriculum aimed at curbing childhood obesity. More than 190 students and families signed up for the fall program.

Part of that exercise included a new morning ritual called MOB — Move Our Bodies time — where students touch their toes, pretend to swim, shoot baskets and run in place. For more on this district-wide health initiative, click on the "South Colonie Unveils New Health Curriculum" story displayed on the South Colonie web site at www.southcolonieschools.org. More health photos above.





'Huddling up' at Roessleville Elementary School

The Colonie Central High School Garnet Raiders football team is scoring some points with Roessleville Elementary School youngsters these days as the players volunteer to read with first graders twice a week before practice. The mentorship has been a great motivator for the children.

... voters pass propositions

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\$5,372,000 to replace antiquated roofs at Lisha Kill, Sand Creek, Saddlewood and Shaker Road schools and one section of the high school roof. Another \$2,312,000 is earmarked for replacing original boilers (30-40 years old) at Sand Creek, Forest Park and Veeder schools and the hot water system at the high school.

- **Proposition No. 3** — a second special capital project proposition totaling \$1,602,000 — passed 965-569. This will enable the district to spend \$1,140,000 to build three new classrooms at Veeder Elementary School, \$273,000 to replace the floor drains at the bus garage, Forest Park, Roessleville, Veeder and the high school, and \$189,000 to replace some wall panels that are disintegrating in the Lisha Kill Middle School gymnasium.

"We want to thank district residents for once again showing their strong support for our schools and for recognizing the need to maintain our buildings so we can offer the best educational program for our children," said Board of Education President James "Tim" Ryan.

District capitalizes on new state aid offer

By taking on this capital project now, South Colonie is eligible for additional state aid called Excel Aid. This Excel Aid amounts to \$1,825,000 of the total \$9,286,000 million project. On top of that, the district will also be reimbursed 52% of the total cost through traditional state building aid.

After state aid is figured in, the average South Colonie property owner with a home assessed at \$150,000 will pay about \$13.50 a year or just over a dollar more a month to finance both phases of the capital project. As for the school bus proposition (No. 1), after state aid and bus trade-ins, the average South Colonie property owner with the same home assessed at \$150,000 will pay an additional \$2.68 per year to purchase the new school buses. The total tax impact for all

South Colonie News & Notes

Shaker Road teachers appear in new kindergarten book

Shaker Road kindergarten teacher Angela Anderson and reading teacher Jennifer Glynn are featured in a recently-released book entitled, "Kindergarten Literacy: Matching Assessment and Instruction in Kindergarten."

The author, Anne McGill-Franzen, did her research in a variety of classrooms across the country, including Shaker Road Elementary School's, to document educational strategies that are working with today's kindergartners. Some of those teaching strategies used by Anderson and Glynn are featured in the book. McGill-Franzen is Professor of Education and Director of the Reading Center at the University of Tennessee.

CCHS craft fair set for Nov. 18

Colonie Central High School will host its 23rd annual craft fair sponsored by the PTSA on Saturday, November 18, from 9:30 a.m. to 4 p.m. Admission is free. 125 vendors will be selling a variety of home-made crafts and food items. There will also be raffles throughout the day.

three propositions combined is \$16.18 per year for a home assessed at \$150,000.

South Colonie Superintendent Michael Marcelle said he too was pleased with Thursday's results and added that the high voter turnout at the polls is a "true indicator of what the community feels it can support."

"Times are tough," Marcelle said, "but the results reinforce the value this community places on education and the importance of protecting the investment in their schools."

The timeline for the capital improvement project calls for submitting plans to the State Education Department for approval in the winter and putting the project out to bid in the spring. Work would begin when school gets out in the summer of 2007.



Putting their heads and hearts into it

The Sand Creek Middle School family raised more than \$2,000 for Peter “Rocky” Bellair, the father of seventh grader Cody Bellair. Rocky is in rehabilitation for stage 4 brain cancer and needs money to pay for medical expenses. One of the many fundraisers held this fall entitled Sand Creek students and staff to wear hats to school for a \$1 donation. Shaker Road Elementary School did the same and raised \$501 for the family. Third grader Alexandra Bellair is a student there.



Roessleville students never at a loss for words

The Colonie Lodge of Elks #2192 recently donated dictionaries to South Colonie third graders — like these at Roessleville Elementary School — as part of the organization's commitment to aid education in our schools.

Financial aid workshop

Colonie Central High School and the PTSA will host a free workshop entitled, “College financial aid: How to get your fair share,” at 7 p.m., November 16. The objective of the seminar is to disseminate information to parents that will enable them to make the financial aid process as cost effective as possible. The presenter is Peter Lorenzo, a certified financial planner and founder and president of College Aid Planning Associates, Inc., in Albany.

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