

Mt. Vernon Message

Our Family Resource Center is sponsoring a Physical Education program by Greg Kaler on Monday, October 29 at 2:00 p.m. The following is an excerpt from his brochure. During this show the audience will be educated, entertained and impressed with a collage of sports and games that help develop self-esteem, self-confidence, and overall body coordination. The presentation is fast-paced, motivational and a natural tie-in with the P.E. classroom. Greg is the consummate entertainer. He combines juggling and audience participation to make this a "school favorite" presentation. The show incorporates scarves, balls, clubs, balancing, plate spinning, Chinese yo-yos, rings, stage illusions and animals.



Rae Cowan
October Artist of the Month.



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If you are a part of our Family Resource Center Council, you will need to mark your calendar for the next meeting on Tuesday, October 30 at 11:30 a.m.

MVES fifth grade and School to Careers is sponsoring a food drive. Food collected will be donated to the Baptist Mission in Mt. Vernon. The drive begins on October 22 and goes through October 31. The class that brings in the most canned food items will receive a pizza party.

Don't forget to set your clocks back one hour this weekend!

Project Wisdom narrators for last week included: Bethany Clontz, student; Kay Singleton, school nurse's assistant; Dean Singleton, secretary; John Lambert, student; Sharon Lovell, Librarian. Thanks to all participants. The quote for this week is "Friendship is the only cement that will ever hold the world together."

October artist of the month is Rae Cowan. Rae is a student in Ms. McQuary's class. She created a decorative yarn weaving in a special humanities art class. She used a small cardboard loom. The weaving process is begun by wrapping "warp" yard around the loom - the warp yarn becomes the fringe. The weaver then selects and weaves a pattern of colored yarn across the warp threads using a "weft" yarn. Rae created a symmetrical "cool" color pattern. She wove blue yarn in the middle, green yarn on both sides of the blue, and purple yarn on both ends. When finished, the warp threads are cut loose from the loom and knotted to create a fringe.

Last week's art prize winner was Travis Burton from Mrs. Todd's class.



Travis Bullock
Weekly Art Prize Winner



Jason Coguer, Terry Parkey, Ken Ison and Adrienne Stewardson observe as Steve Bullock demonstrates the Skills Tutor at the Alternative School.

Online tutorial at the alternative school

The Rockcastle Alternative School, under the direction of Steve Bullock, has introduced the Skills Tutor, an online tutorial, to the students. Every student in grades 7-12 is doing daily assignments online.

The students can access the program from home, and Mr. Bullock can check on each individual student's progress daily.

On Thursday, October 18, Ken Ison, State Department; Charlie Napier, Migrant Program; Jason

Coguer, 21st Century; Terry Parkey, 21st Century and Adrienne Stewardson, Brannium Technology visited the Alternative School to observe the students working on the tutorial. Mr. Bullock demonstrated how the tutorial works from setting up assignments, to determining student levels, to obtaining daily reports on each student.

The program has proven to be a big success for both the teachers and students.

School Menu

Rockcastle County Schools
Menu
October 29-November 2

Breakfast:
Monday: Gravy n biscuit, sausage or cereal, toast/jelly, juice and milk.

Tuesday: Breakfast pizza or cereal, toast/jelly, juice and milk.

Wednesday: Pastry or cereal, toast/jelly, juice and milk.

Thursday: Pancake and syrup or cereal, toast/jelly, juice and milk.

Friday: Toasted cheese or cereal,

toast/jelly, juice and milk.

Lunch:
Monday: Pizza or sandwich, corn, garden salad, fruit and milk.

Tuesday: Pigs in blanket, mashed potatoes, manager's choice vegetable, dessert and milk.

Wednesday: Gravy n biscuit, scrambled egg, sausage, fried apples, orange juice and milk.

Thursday: Chicken patty on bun or corn dog, spicy fries, lettuce/pinkies, brownie and milk.

Friday: Taco salad, hash browns, dessert and milk.

Minds in the Middle

Congratulations to Mr. Tracy Gabbard's 6th grade homeroom. This group led in this month's attendance race. The group had 99% attendance. Mr. Ken Abney's homeroom placed second with 98.63%, and Mrs. Jill Whitaker's group came close behind in third place with 98.51%.

Yearbook order forms were mailed to students' homes on Wednesday. The cost of the yearbook is \$20.00. Orders will be taken through November 9th.

This Friday is the last day for FCA's Operation Christmas Child project. The FCA members are filling shoeboxes with small toys, crayons, picture books, socks, and other items to send to children who do not otherwise receive Christmas presents.

Friday is also the last day for the Y-Club's food drive. The goal is to collect 1,000 items to donate to the

Food and Clothing Mission in Mt. Vernon.

This Thursday afternoon, the 21st Century Community Learning Center will be offering *Cooking for Dummies* from 4-5:00. A quilting class will begin Monday afternoon at 4:00 p.m. We currently have many other classes going on in our after school program. Call Jason Coguer for more information. All 21st CCLC activities will be cancelled on Tuesday, October 30th, due to Trick or Treating.

On Saturdays, GEAR-UP will be visiting the Traditional Music Festival on the Berea College Campus. Permission forms are available in the main office.

The Conference Football Championships will be held this Thursday evening at RCMS. The 7th grade team will take on South Laurel at 6:00 p.m. and the 8th graders will play Wayne County at approximately 7:30 p.m.



During the meeting held by the Rockcastle County Board of Education on Tuesday night, October 8th, two students represented their seventh grade class by presenting their personal narratives and sharing their various informative displays regarding the writing program. Joshua Nation entertained the board members as he shared his experience about riding a ferocious roller coaster called Chang for his very first time. Even though Joshua was reluctant to ride the coaster, his courage to overcome the fear of the ride prevailed; thus, he realized that sometimes we have to give even those things we fear in life a chance in order to conquer them. Rebecca Cummins presented on a more serious issue, explaining how her father's tractor accident taught her to cherish every moment with family members because one instant has the potential to change lives forever.

Subscribe to the Signal

21ST CENTURY COMMUNITY LEARNING CENTER

Rockcastle County High School
Rockcastle County Area Technology Center
CLASS OFFERINGS

FREE ACT-Prep

Get the information you need to successfully complete your ACT exam!

For more information contact Trina Bullock at (606) 256-4816

Offered Mondays and Thursdays from 5:00-7:00 p.m. at RCMS in Room 122.



GED Tutoring
Be prepared for your GED test!

For more information to register contact Trina Bullock at (606) 256-4816

Offered on Tuesdays from 6:30-8:30 p.m. at Rockcastle County High School

Karate/Self Defense

Mondays at Rockcastle County High School
3:00-4:00 p.m. High School Students
4:00-5:00 p.m. Ages 6 and up

- Work your way toward a black belt!
- Classes are FREE
- Chris Frith, Instructor

For more information or to register contact Trina Bullock at (606) 256-4816

Need to Make Up a High School Credit?

Offered 3:00-5:00 pm on Mondays and Tuesdays.

Offered to RCMS students who need to make up credit for a high school course. See Trina Bullock or Dana Singleton for more information or call (606) 256-4816.

Life Skills Class

At Rockcastle Area Technology Center

Classes start on Tuesday, September 25, 2001
Offered at RCMS and RATS

Classes are offered on Tuesdays and Thursdays from 3:00-5:00 p.m. at RCMS computer lab.

Students who are currently in RCMS or RATS at 3:00 p.m. are transported to the center at 3:30 p.m.

Registration by calling Kathy Baker at (606) 256-1111

Need Extra Help?

Helping students in the following subject areas:
• Math
• Science
• Language Arts
• Social Studies
• Computer Lab

All tutoring sessions are Mondays and Tuesdays from 3:00-5:00 p.m.

For more information contact Trina Bullock at (606) 256-4816

Learn Basic Computer Skills!

Rockcastle County High School is sponsoring a series of computer classes for the community on Tuesdays from 6:30-8:30 p.m. in the RCMS computer lab.

These courses are free of charge and are offered to anyone in the community who would like to acquire basic computer knowledge. The topics are as follows:

- Excel: October 30, November 13 & 20
- Internet: November 27
- Using Digital Cameras: December 4 & 11

Classes are held on Tuesdays from 6:30-8:30 p.m. at Rockcastle County High School. For more info or to register, contact Trina Bullock at (606) 256-4816.

Childcare Available!

CLOGGING

Where? Student of Clogs & Clogs
Where? Clogs
When? 6:00 p.m. - 8:00 p.m.
Rockcastle Community Center

On Sponsored by:
21st Century Community Learning Center
RCMS/RATC

Students, bring a friend and your love for clogging to the event. Call (606) 256-1111 for more information.

For more information or to schedule an event, contact Kathy Baker, Community Education Coordinator at (606) 256-2125.

ROCKCASTLE TELECOMMUNICATIONS CENTER

Hours:
Monday, Wednesday, and Friday
8:00-11:45 a.m.
(as scheduled)

Rockcastle Telecommunications Center provides the following services:

- Four public access computers with a high speed internet connection
- A modifiable conference room
- Check-out or large room for internet access
- Faxing
- Professional Development
- Training

For more information or to schedule an event, contact Kathy Baker, Community Education Coordinator at (606) 256-2125.

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Rockcastle County Area Technology Center

Interested in any of the following classes:

- Introduction to Computers
- Keyboarding
- Microsoft Word
- Microsoft Access
- Microsoft PowerPoint
- Microsoft Outlook e-mail usage
- Digital Photography
- Introduction to Internet
- Healthy Lifestyles and Diet
- Technical Math
- Basic Sketching and Blueprint Reading
- First Aid
- GPS
- PowerPoint

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