Minds in the Middle

Congratuations to all of those 8th graders who were selected by their peers as RCMS Who's Who representatives. A special congratulations to Mr. and Miss RCMS, Lynn Miracle and Rachel Wright.

We are very proud of our 83 Y-Club members who represented us at the Kentucky Youth Assembly in Frankfort last week. Ashly Dollins, Drew Davidson, and Chris Hurst were extremely busy serving on the Governor's cabinet. As Assembly Chaplain, Drew also led the assemblies with opening devotions and prayers. Morgan Kincer was elected as President of the Senate and Victoria Clontz was elected Chief Justice. The highest ranked bill (out of 117) was authored by Douglas Ponder. Casey McClure, Drew Davidson, and Josh Nation. If you were watching Channel 27 WKYT-TV last Friday evening, you heard all about this bill. Josh Nation received an outstanding speaker award and Mackenzie Marrie received the Outstanding Media Corps award.

Check elsewhere in *The Signal* for more information.

The PTG will be meeting on Tuesday, December 10th at 6:00 p.m. in the library.

Eighth grade Robinson Scholar applicants should have received their second application from Ms. Cromer. The application and essay is due at the Robinson Scholar office by January 15th.

We will be presenting attendance awards for the second grading period next Monday. Students have a great opportunity to win some neat prizes by coming to school every day!

YSC Update

For many adults, parenting a middle school student can become a whole new ballgame when compared to previous parenting experiences. According to The Parent Institute, there are several changes that happen in most children during these years. **Disorganization** becomes an issue when they can never find their field trip permission forms and their room is never neat. **Forgetfulness** appears when they forget to give you messages, forget their science book at school, or forget to turn in homework (if they actually get it completed). Students are also much more **emotional** at this age. Middle school students are also **explorers** so expect constant changes. They are **anxious for independence** and will begin to pull away from you and more toward friends. Keep these thoughts in mind and it may save you a few moments of worry.

Roundstone Elementary School is proud to announce the winners of the Reading Is Fundamental Poster Contest. From left: Laura Dollins, second place; Annie Hale, third place and Molly Coffey, first place. The first place poster has been sent to the National RIF Contest and will compete with schools across the nation.

Reading is Fundamental Poster Contest participants are pictured above; front row from left: Tiffany Vance, Miranda Harding, Amie Hale, Brianna Kirk, Jordan Hensley and Rochelle Lawson. Second row from left: Johnna Ballard, Samantha Lawson, Adam Hale, Alana Daniel and Candace Damrell. Third row from left: Kellan Coffey, Brittany Vance, Holly Dees, Laura Dollins, Jade Lewis, Lane Ponder and Guinner Clemons. Fourth row from left: Adam Ramey, Jade Taylor, Meighan McCoy, Molly Coffey, Austin Jordinsoin, Tyler Chandler and Brandon Cope. Last row from left: Mrs. Midkiff and Kara Canterbury.

School Menu

December 2-6, 2002

Breakfast

Monday: Manager's Choice.

Tuesday: Egg biscuit or cereal, biscuit/jelly, juice and milk.

Wednesday: French toast sticks and syrup or cereal, toast/jelly, juice and milk.

Thursday: Sausage biscuit or cereal, biscuit/jelly, juice and milk.

Friday: Cinnamon roll or cereal, toast/jelly, juice and milk.

Lunch

Monday: Pizza, garden salad, corn, fruit and milk.

Tuesday: Chicken patty on bun, lettuce/pickle, potato wedges, fruit and milk.

Wednesday: Lasagna, garden salad, corn, bread, fruit dessert and milk.

Thursday: Ham slice, mashed potatoes, green beans, roll, dessert and milk.

Friday: Italian dunkers and marinera sauce with breadsticks or sandwich, lettuce/pickle, vegetable sticks and dip, fruit and milk.

December 9-13, 2002

Breakfast

Monday: Sausage biscuit or cereal, biscuit/jelly, juice and milk.

Tuesday: Egg/cheese biscuit or cereal, toast/jelly, juice and milk.

Wednesday: Gravy and biscuit, sausage or cereal, toast/jelly, juice and milk.

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

Friday: Funnel cake or cereal, toast/jelly, juice and milk.

Lunch

Monday: Chuckwagon on bun with cheese or sandwich, french fries, cole slaw, pudding pop and milk.

Tuesday: Vegetable soup and sandwich, veggies and dip, crackers, dessert and milk.

Wednesday: Chicken fried steak, parsley potatoes, broccoli and cheese, bread, fruit dessert and milk.

Thursday: Manager's Choice.

Friday: Hot dog on bun or sandwich, potato rounds, carrot sticks, peaches and milk.

December 16-20, 2002

Breakfast

Monday: Poptart or cereal, toast/jelly, juice and milk.

Tuesday: Egg/cheese biscuit or cereal, toast/jelly, juice and milk.

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

Thursday: Chicken biscuit or cereal, toast/jelly, juice and milk.

Friday: Cereal, toast/jelly, juice and milk.

Lunch

Monday: Chicken nuggets, mashed potatoes, green beans, roll, dessert and milk.

Tuesday: Sub sandwich, baked beans, lettuce/pickle, chips, pudding and milk.

Wednesday: Chili and sandwich, veggies and dip, crackers, fruit dessert and milk.

Thursday: Corn dog, macaroni n cheese, cole slaw, pork n beans, jello and milk.

Friday: Hamburger on bun or sandwich, lettuce/pickle, spicy fries, fruit dessert and milk.

Trip to Fire Dept.

By: Corey Frederick

Today my brother, Kyle and I went with Mr. Graves to the Brodhead Fire Department. The first thing we got to do was put on the fire suits and climbed up into the fire truck. The next thing we did was we climbed up the stairs with our suits on. The fire suits were yellow and brown and were very heavy, so it took a long time to get place to place. I can only imagine how hard it is for a fireman to do his job.

We also got to see the rooms and play pool. Then we took off the suits and played games, and then we took the suits back downstairs. The last thing, was that Mr. Graves gave Kyle and myself suckers and pop. Then on our way home Mr. Graves took us for a ride by his house. Every year for the holidays, Mr. Graves decorates his house.

Finally we arrived home and thanked Mr. Graves for taking us to the Brodhead City Fire Department. I could not wait to tell my Mom all the things we did. I also called my Granny who lives in Ohio, to tell her what we had done. This was an exciting trip to Brodhead City Fire Department.

Don't pay for student financial aid information.
For free information:
KHEAA
(800) 928-8926 www.kheaa.com

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Just two miles from Renfro Valley!

21st Century Community Learning Center

Sponsored Activities, Workshops and Classes!

ROCKCASTLE TELECOMMUNICATIONS CENTER

PUBLIC ACCESS COMPUTERS NOW OPEN
Monday, Tuesday, and Thursday
3:15-5:00 PM

Rockcastle Telecommunications Center provides the following services:

- Four public access computer with a high speed internet connection.
- A roundtable conference room.
- Desktop or large room teleconferencing capabilities.
- Continuing education
- Professional Development
- Go on virtual field trips

For more information or to schedule an event, contact Jenny Sweet or Jamie McFerron at (606) 256-2125.

Conversational Spanish
~~Bienvenido~~

Begins in February!

Esther Martinez will lead the class, which is designed to be an informal and basic overview of conversation within Hispanic culture rather than an in-depth study. 21st CCLC would like to extend an open invitation to the community.

If you would like to take part in this opportunity, you must contact Brandon Hargis at the 21st CCLC office at Rockcastle County High School 606-256-4816 to sign up. Class dates and times will be announced after all available participant slots have been filled.

Sponsored by 21st Century Community Learning Center at Rockcastle County High School and Rockcastle Area Technology Center.

NEED COLLEGE CLASSES?

NFS 101
Human Nutrition and Wellness
&
PS 101
American Government

Offered at Rockcastle Telecommunications Center (3rd floor of Rockcastle Courthouse) by Somerset Community College - Spring 2003

Enrollment information is available from Somerset Community College at 1-877-629-9722 (toll free). For more local information contact Jenny Sweet or Jamie McFerron at (606) 256-2125. Co-sponsored by 21st Century Community Learning Center at Rockcastle Co. High School & Rockcastle Area Technology Center and Rockcastle Community Education.

Tuition RX

The Top 10 Ways To Make College An Affordable Reality

FINANCIAL PLANNING FOR PEOPLE OF ALL AGES!
At Rockcastle Co. High School
December 8, 2002
1:30-5:30 PM

What Can You Learn?

- How to cut cost and increase cash flow for college expenses.
- How to make college an affordable reality.
- How to develop specific strategies to help fund the cost of college.
- How to help your children/grandchildren.

Students Earn RIST points for attending!

Door prizes provided by Singing Hills Inn, KFC, Wendy's, Grandfathers Pizza, Renfro Valley Entertainment Center, Country Hearth Inn, and Mayor Elect Clance Renner Kirby

Please use this form to register for Tuition RX.

Name: _____
Address: _____
Phone: _____

Please mail or return to Jenny Sweet, Rockcastle County Board of Education, 245 Richmond Street, Mt. Vernon, KY 40456. Sponsored by Rockcastle AHED, Community Education, 21st Century Community Learning Center RCHS,RATC, GEAR-UP, Parent Information Resource Center Forward in the Fifth, and Rockcastle Incentive Scholarship Trust.

For more information regarding any 21st CCLC class or activity contact one of the following people:

Brandon Hargis, Academic Specialist Rockcastle County High School	256-4816
Sandy Bullock, Program Assistant Rockcastle County High School	256-4816
Kyle Rader, Job Quest Coordinator Rockcastle County High School	256-4816
Ralph Baker, Career Counselor Rockcastle Area Technology Center	256-1111
Jenny Sweet, Project Director Rockcastle County Board of Education	256-2125
Jamie McFerron, Program Assistant Rockcastle County Board of Education	256-2125