

A U G U S T 2 0 1 1

# KING *Academy*



## FROM THE DIRECTOR

Dear Families:

I am excited to begin this new school year! King Academy strives to provide our students an outstanding and challenging curriculum that will prepare them for future success. We will continue this commitment by taking measures to keep our school safe, use only best teaching practices in the classroom, use our research-based curriculum, and provide effective interventions. Our staff will meet together as a team for the purpose of reviewing practices, developing new approaches, and insuring our school is the best it can be . We cannot do this alone. It takes everyone working together to build a better future. As your Director, I have an open-door policy and welcome you, and your input, to our school at any time. On behalf of all the teachers, administration, we look forward to working together in the upcoming year! We hope your child loves coming to learn as much as we love being here!

Sincerely,

Andrea Martinez, Director

### Parent Teacher Conferences

It's not too soon to think about our first Parent/Teacher conferences which will be Friday, October 28th.

Showing an interest in your students' school work is the number one way to contribute to her success, not only for this school year but for their future academic years as well.

**\*\*\*For the classroom that has the most parents attend their conferences, that class will receive a pizza party!!!\*\*\***

**Don't underestimate your impact on your child's success!  
They need to see your interest!**

# *Welcome to our New Teachers!*

**Mrs. Sarah Kasulones** will be an Intervention Specialist assigned to our first grade. Mrs. Kasulones graduated from the College of Mount St. Joseph and has experience as a Pre-School teacher and as a Special Education Aide.

## ***What do you love about teaching?***

"I have always loved working with children. It is entertaining, exciting, unpredictable, and a daily adventure."

## ***What made you want to teach?***

**Inspiration/Role Models?** "I am the fourth generation in my family to go into teaching. My great-grandmother was one of the first women to attend Indiana Teacher's College (now Ball State). My grandmother was a music teacher in Newport, KY for many years. My mom taught for 7 years and then got her Master's in Guidance Counseling. She is approaching 35 years in the education world. My younger brother is a science teacher in Columbus, OH, and I am teaching too!"

**Why King Academy?** "I went into teaching with the intent to help children. I have joined a staff that feels exactly the same way. The passion and dedication of the King Academy Staff is amazing! Everyone gives 110% to the students each day. It's an incredible environment for the students to be in, and I'm very lucky to be a part of the King Academy family."

**Personal Info:** "My husband's name is Geoff. I have 5 pets (2 dogs, 3 cats). I live out in the country in Morrow. I love all types of music. I love to read and do crossword puzzles."

**Mr. Luke Jacob** will be teaching Science to our 5th, 6th, 7th and 8th graders. Mr. Jacob graduated from The College of Mount Saint Joseph where he studied Middle Childhood Education with a concentration in Math and Science. Mr. Jacob has previously taught 8th grade Math and Science at Rapid Run Middle School

## ***What made you want to teach?***

"I want to teach because I remember hating all the boring classes I had as a child and loving all the great classes I had. I guess I just wanted to make sure students had more fun classes."

"I chose teaching as a career because once I started my college observations I couldn't see myself doing anything else."

## ***Inspiration/Role Models?***

"My inspiration has come from all the excellent teachers I had growing up, and of course my students have inspired me since my first practicum teaching experience."

## ***Why King Academy?***

"I found myself at King Academy because it's a smaller school where I believe I truly have the ability to make a difference."

# WHAT'S NEW?

## Interactive White Boards are here!



The computer lab has received all new computers which has allowed us to distribute the computers that were moved out of the lab to be moved into the classrooms. As a result three classrooms have been equipped with computers to be used by students. In addition, we have added four Interactive White Boards to four class rooms and one in the Computer Lab.

How are Interactive White Boards Used?

Interactive Boards (pictured above in Mr. Mesina's classroom) give students a hands-on approach to classroom concepts. These interactive white boards engage students much like they are accustomed in today's high paced technological world. It also increases our available resources and gives us more options in our teaching approaches so we can better reach a variety of learners.

25 eReaders have been purchased for 6<sup>th</sup>, 7<sup>th</sup>, and 8<sup>th</sup> grade to use which will allow direct access to the Cincinnati Public Library and all of its related resources for downloading. eReaders will be used as we adopt a new approach to studying Social Studies. Social Studies standards will be taught by linking the content to various novels. This practice will simultaneously strengthen reading, comprehension, and applicability of concepts while also cutting the cost of purchasing books.



# HEALTH & NUTRITION

**ONE WAY TO MAKE FRUGAL DINNERS** for large families is to use meat as a side rather than a main dish. Cheaper cuts of meat taste great cooked over a period of time or mixed in with other things. A whole chicken is an excellent idea for stretching your food budget. Instead of cooking the chicken and serving it as a main course, take the cooked meat off the bone and use it in a variety of meals. Whole chickens run about a dollar a pound which is much cheaper than using canned chicken or chicken breasts.

**Crock pot cooking can make any meat tender and is also great for whole chickens or anything else bought with the bone to save money.** Spray the crock pot with nonstick spray and then sprinkle the chicken with your favorite spices. I usually use garlic, salt and pepper since that allows me to use the cooked chicken in a variety of different meals. Set the crock pot on low and cook for 6 to 8 hours depending on the size of your chicken. When the chicken is done it will fall off the bone.

**KEEP THE CHICKEN BROTH!** It's the same stuff you buy in the store but much cheaper and without the preservatives. When the broth has cooled pour it into a container and place in the fridge overnight. In the morning there will be a layer of fat on the top, scrape it off and throw away. This chicken broth can be stored in the fridge for a few days or frozen for long term storage. After you have taken all the meat off the bones simmer the bones in water for about 30 minutes. Discard the bones and save the liquid, this provides you even more broth to use in future recipes.

From one cooked chicken, you have a plate full of chicken (about 4 or 5 cups) and a freezer full of broth. A three to four pound chicken can be stretched to make three meals for a family of eight.

## What to do with that chicken? Here's a start!

### Chicken Pot Pie

Pie Crusts for 2 pies (\$1)

4 T. Butter (\$.50)

1/4 cup Flour (\$.02)

1 tsp. salt (\$.05)

1/2 tsp. thyme (\$.05)

1/2 tsp. pepper (\$.05)

2 c. chicken broth (free)

1/2 cups milk (\$.07)

2 cups chicken, cooked and cubed (\$2)

3 large potatoes diced and boiled for about 10 minutes (\$1)

1 bag frozen mixed vegetables (\$1)

◆Preheat oven to 400.

◆Line 2 pie plates with crust.

◆Melt butter in a large skillet over low heat and stir in flour, and seasonings.

◆Cook until smooth and bubbly.

◆Remove from heat. Stir in milk and broth. Heat to boiling, stirring constantly for one minute. Stir in chicken and veggies. Pour half of each mixture into each pie crust. Top with the second pie crust.

◆Bake on cookie sheet 40-50 minutes or until crust is golden brown.

◆Price for two large pies \$5.74, serves 8

Optional - serve with a side salad