

KING ACADEMY

From the Director

You recently received a survey regarding your overall satisfaction with King Academy. By completing the survey and returning it, principals and staff will be able to better understand what is working well and what needs improvement. Once the surveys are completed and analyzed, you can expect a full report on what we've found. Some focus areas are:

Teaching and Learning: Does the school emphasize instruction and hold students to high expectations for achievement?

Resources: Does the school have adequate resources for learning, and is it kept in good condition?

Family and Community Engagement: Does the school provide opportunities for families to be involved and support students?

Safe and Effective Learning Environment: Do the school's policies, procedures, and practices support a safe environment that fosters mutual respect, high expectations, and a focus on teaching and learning?

It is only with honest feedback from those of you who know our school best that we can work effectively to make King Academy an excellent places to learn and work.

Sincerely,

Andrea Martinez,
Director

NOVEMBER IMPORTANT DATES

Nov 18th	Nov 11th	Nov 21st- Dec 2nd
3:00 Board Meeting open to parents, families & community	No School Veterans' Day	No School Thanksgiving Break

*****Cold weather is coming, along with school closings. The all call system will be the first notification if King Academy will be closed or have a delayed start. Be sure to remain on the all call list and don't opt out. You can also find school closing information on local Channel 12.*****

HEALTH & NUTRITION

4 EASY RECIPE SUBSTITUTION TIPS FOR YOUR HOLIDAY MENU

Try a low-fat or fat-free version

Almost all packaged ingredients like butter, cream, sour cream, and mayonnaise also come in a lower fat or fat-free version, so why not take advantage of them? For instance, instead of using regular cream of mushroom soup and whole milk in your green bean casserole, try 98% fat-free cream of mushroom soup and 1% milk. This simple change slashes 14 grams of fat (~125 calories). Apply the same strategy for your mashed potatoes. Swapping half & half cream and regular butter with buttermilk and light butter will save 21 grams of fat (~190 calories). It's that simple!

Consider substituting sugar

As a general rule, you may substitute unsweetened applesauce or pureed prunes for half the sugar in recipes. In addition, you may consider no-calorie artificial sweeteners such as Splenda. You could shave 380 calories from a cake recipe that calls for one cup of sugar by replacing half with an artificial sweetener. You will shave 770 calories if you replace it all with a sweetener.

Try a different kind of whip

One cup of whipped cream contains 14 grams of fat. Try making your own whipped cream using evaporated milk. This will trim half of the fat away! Alternately, try non-dairy Cool Whip Free. It offers a similar mouth feel without the fat and guilt.

Go skinless

In addition to being an excellent source of protein, turkey offers the least amount of fat per serving among all meats, if you pass on the skin. One serving (3 1/2 oz) of deep-fried turkey with the skin on contains about 12 grams of fat, compared with 10 grams in roasted turkey with skin. But if you remove the skin, you will save 5 to 7 grams of fat.



Employment Opportunities

UPS

Looking for an extra shift?

Shifts available:
Sunrise (3:30 AM - 8:30 AM)
Day (10:30 AM - 5:00 PM)
Night (10:30 PM - 3:00 AM)
Location: Sharonville

UPS is hiring individuals to work as **part-time Package Handlers**. This is a physical, fast-paced position that involves continual lifting, lowering and sliding packages that typically weigh 25 - 35 lbs. and may weigh up to 70 lbs. each weekday (Monday through Friday) and typically do not work on weekends or selected holidays.

Package Handlers receive an hourly rate of \$8.50 – \$9.50. UPS part-time employees also receive an attractive benefits package. Please note that these opportunities are part-time only working approximately 17 1/2 – 20 hours per week. Employees can expect to take home between \$110.00 and \$150.00 each week after deductions have been taken for taxes, etc.

UPS also has seasonal positions open for Driver Helpers.

Package Handler: please reference
Job ID: OHS1A1

Driver Helper: please reference
Job ID: OHS1A4

<http://jobs-ups.com/ohio>
For more information and to apply

Need some holiday cash?

Shifts available:
Seasonal
1st, 2nd and 3rd
Night (10:30 PM - 3:00 AM)
Location: West Chester

Positions start immediately and last until just before Christmas.

All positions provide the opportunity to be hired at the end of season.

\$9.28 - \$9.98/hr and most include a \$2.00+ per hour bonus potential.

Requirements

Most positions require lifting 30-50 lbs. – some positions require up to 75 lbs. You must be available to work on an 8-10 hour shift and Saturdays if needed through the seasonal period.

We offer a clean consumer catalog distribution center that is friendly and supportive. Receive employee discounts on Cornerstone Brands and Home Shopping Network merchandise.

TO APPLY ONLINE: complete an application at www.cornerstonecareers.net
CALL: 513-603-1277 for more information
OR STOP BY: our Employment Office located across from Lakota West High School.

DRUG SCREEN AND CRIMINAL BACKGROUND CHECK ARE REQUIRED

Community News

Feeding the Soul of the City (*worth mentioning again!*)

Do you know anyone interested in a career change? How about the Culinary field? Cincinnati COOKS! is a free, ten-week culinary training program that prepares individuals for employment in the food service industry. As students proceed through the program, they learn life and job skills that ensure their success, in both professional kitchens and in their personal lives. Currently operating from the Rosenthal Community Kitchen, Cincinnati COOKS! uses donated and rescued food to prepare meals and snacks, much of which is used to feed children in the Kids Cafe Program.

Who is eligible to take part in the Cincinnati Cooks program?

Have a strong desire to have a career in the food service industry.

Be 18 or older; Be drug and alcohol free

Come from a low income household

Classes are from 8:00 am to 3:00 pm Monday through Friday.

7th Annual Fall Feast, Thanksgiving Day

**November 24th Dinner served 11 a.m.-2 p.m. (Doors open at 10 a.m.)
Duke Energy Center 525 Elm Street in Downtown Cincinnati**

Everyone is invited and welcome. Absolutely free!
<http://fallfeast.org/>

Schedule

Time	Activity
10a.m.	DOORS OPEN – Join members of the community and runners from the Turkey Trot in the pre-event area for refreshments and live music
11a.m.	LET THERE BE TURKEY – The doors open for the meal, you will be seated to enjoy your meal
11a.m – 2p.m.	ENJOY –GREAT FOOD – a traditional Thanksgiving meal with all the fixings LIVE MUSIC – great Cincinnati bands will entertain you throughout the meal KIDZONE – kids will have games, puzzles, crafts and entertainment

Don't let your time downtown stop with the end of Fall Feast, head a couple short blocks to Fountain Square to enjoy live music and ice skating as the rink opens for this special day.