

Cards for Troops

Mrs. Brugmann's class sent cards to U.S. troops for the Holidays..

Substitutes Needed

Crestwood Local Schools is looking for substitute special education aides. If interested, please apply with the Board of Education.



January 2014

Serving the communities of Mantua, Hiram, and Shalersville

Crestwood COMMENTS

News from your excellent-rated school district!

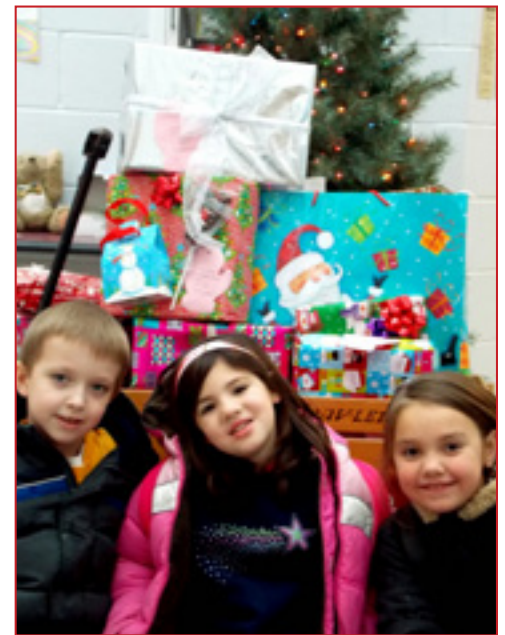
Schools and Community Partner to Share Holiday Spirit

This winter, the primary, intermediate, and middle schools have been buzzing with holiday spirit. The school counseling departments from each building collaborated to provide assistance to families in need and what a success it has been! Each building hosted a giving tree to provide gift assistance to school aged children in our district. We successfully supported approximately 35

families including 70 children. It is wonderful to be a part of such a generous and giving community but the giving did not stop there.

A very generous thank you for the continued support of the Ravenna and Hiram police departments for hosting their shop with a cop programs again this year. An additional 12 families including 30 children participated in this exciting event. Last but not least, Mantua Corner's Bar and Grill also coordinated a holiday event with Santa including a meal and gift giving for 5 families with 9 children.

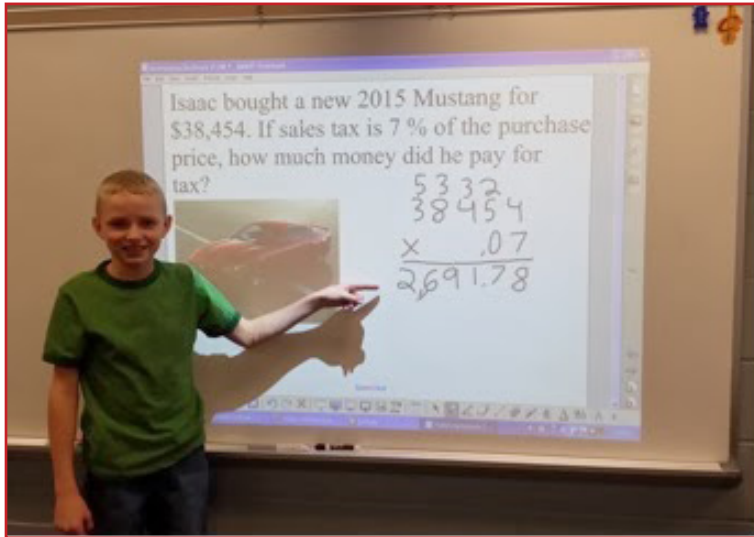
In total, the Crestwood and surrounding communities



came together to support 52 families with 109 children. It certainly is a great day to be a red devil. Thank you.



FIND YOUR DISTRICT ONLINE AT [HTTP://WWW.CRESTWOODSCHOOLS.ORG/](http://www.crestwoodschoools.org/)



Real world problems help students understand decimals

In Mr. Schmitt's 5th grade math class, students have been learning how to multiply decimals. Students have been using their newly acquired knowledge to solve real world problems like calculating sale prices, sales tax, and a tip at a restaurant. Isaac was shocked to find out how much he would have to pay for taxes on his brand new 2015 Ford Mustang.



Art News from CIS

Fabulous clay Gingerbread Houses were created by ten 5th grade students during a four day after school program lead by art teacher, Mrs. Timbrook. They used clay, glazes, various craft items, and lots of glittering "snow".



November 2013 Students & Athletes of the Month

Back Row. Tyler Gall (Football), Jacob Chilson (11th), Brian Ferguson (12th), Emma Canepa (10th)
 Front Row: Reanna Szarka (Cheerleading/Volleyball), Carrigan Benoit (12th), Melody Bencie (9th),



6th Grade Holds Ancient Egypt Poster Contest

The sixth graders have been learning about ancient Egypt in Social Studies. The focus has been on Egyptian polytheistic beliefs. The students recently participated in a poster contest where they created a poster for Osiris, Isis, Thoth, Horus, Bastet and Anubis. They researched their god/goddess and worked in cooperative learning groups to complete the poster. They finished the project by presenting their posters to the class. The Horus poster by Autumn Richards, Kaylee Reynolds, Sydney Scarl and Maranda Seither received the most votes from their peers.



Superintendent's Letter . . .



Superintendent David Toth

In light of the tragic event that occurred in a Colorado high school on December 13, I am writing to request your continued vigilance, support, and open communication with the Crestwood Local Schools. I am asking you to proactively communicate and report possible violence, criminal misconduct, and threats and bullying.

One of the most effective ways to prevent violence, criminal activity, threats and bullying in schools is for communication (reporting) to take place between students/parents and school personnel. Please report information to the building administrators, teachers, and/or staff. Collectively we can work to prevent violence, criminal misconduct, threats, and bullying. Be assured, our staff takes all reports of violence, criminal activity, threats, and bullying seriously. Once a threat is reported, our staff investigates, and, if needed, involves the Mantua Police or Portage County Sheriff's Office.

Knowing that our staff takes all threats of violence seriously, Crestwood Local Schools has safety plans that are updated, reviewed and ready if needed. These important and detailed plans include practice of safety drills, like building lockdowns, and evacuations, as well as other necessary action steps. Additionally, we collaborate both with the Mantua Police and Fire Departments and the Portage County Sheriff's Office.

Being proactive in sharing and reporting information about violence, criminal misconduct, threats and bullying is the first step, but additional measures are in place. As you already know, Crestwood Local Schools has coupled our school safety plan with other tools to keep students safe at school. For example, the Crestwood Local School District has implemented the Stay Safe Speak Up System. This system accepts anonymous

information and reports about violence, criminal misconduct, threats and bullying. Once a report is submitted, school personnel are immediately notified. School personnel review the report, investigate the information, contact law enforcement if appropriate, and take action. To make a report, please read the information detailed below:

Call **1.866.724.6650**

Go to the district or school's website and click on the appropriate "Speak Up" button. This button can be found on the left hand side of all of our school websites and is detailed below.



As always, please do not hesitate to contact me or any member of our staff in regards to any concern.

Thank you,
David M. Toth
Superintendent

**Attention:
Seniors!!**

Please watch deadlines for college applications and scholarships

David Toth, Superintendent
Tara Reid, Executive Secretary
Jill Rowe, Treasurer

4565 W. Prospect St.
Mantua, OH 44255
Phone: 330-357-8206
Fax: 330-274-3710

email: treid@crestwoodschoools.org
district website: www.crestwoodschoools.org

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Crestwood Comments

The Crestwood Comments is a non-profit publication serving as the communication medium between the Crestwood School District and the communities its serves.

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Crestwood Baseball Field to Receive new Dugouts



In the Fall, the Crestwood School Board approved the construction of new dugouts at the baseball field. The demolition of the dugouts began in early November and currently everything has been torn down. We recently purchased our supplies from Kelly Supply in Mantua and will begin the process of building a new winged back stop and dugouts. Once that is complete there will be added fencing along the foul lines and new bullpens built as well. The dugouts are slated to be completed prior to baseball season April 1.

The new dugouts have been made possible with a \$10,000 donation from Crestwood Athletic Sports Boosters and the remaining funds coming from various fundraisers held by the baseball program. Fundraisers included parents and coaches working at the Cleveland Browns home games the past two seasons, an annual spaghetti dinner and auction, parking cars at the Potato Festival, baseball youth camps and selling discount cards.

The current dugouts are original dugouts from 1982 and have decayed over the years. By improving our facilities



it will not only make it safer but more accommodating for fans, and hopefully lead to a renaissance in our program similar to the one the Indians experienced when they moved from Cleveland Municipal Stadium to Jacobs Field!



CMS October 2013 Students of the Month

6th Grade - Alexis Shultz, Madeline Simmons, Connor Thigpen, Luke Wagner, Angela Masiello, Dylan Barton
 7th Grade - Kaeili Wilson, Breanna Teece, Benjamin Barnette, Logan Beaver, Alyssa Lorence, Parker Kruis
 8th Grade - Marybeth Duke, Mackenzie Tayerle, Gavin Hysing, Alexander Forristal, Carlee Krause, Dylan Huffman



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CMS December 2013 Students of the Month

6th Grade - Rachel Patterson, Jessica Zito, Trevor Matheny, James Wheeler, Abigail Dombrowski, Steven Bene
 7th Grade - Sandra Hahn, Angel Bowles, Noah Lind, Dalton Tyrrell, Mira Soukenik, Scott Schaefer
 8th Grade - Hannah Boyer, Peyton Smith, Brenden Hershberger, Matthew Davis, Mikayla Campbell, Kyle Zigman

CHS Scholar Athletes



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 WWW.CRESTWOODSCHOOLS.ORG**

All Dogs Need A Christmas



Rose's Rescue would like to thank the Crestwood Junior/Senior Seminar class and advisor Ms. Christine Spencer for their assistance. Three Crestwood High School students chose Rose's Rescue as their class project. The name of their project is All Dogs Need A Christmas.

The students collected blankets, dog beds, and stuffed animals for the homeless pets by placing boxes in all Crestwood school buildings. The three students also conducted a Pennies for Pups program, and attended several events to assist the Rose's Rescue volunteers with the event.

In the photo above are Johan Milberg, Alan Ortega, and Ariel Sherry holding bags of donated items. The trio came to the Pet Pictures with Santa event on December 14th at Rootstown Veterinary Hospital to turn over their donated items and to help with the event.

Thank you to these guys for braving the weather to help the homeless pets. The Santa pictures were a successful event, and Rose's Rescue hopes to hold it annually.

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~ January Breakfast & Lunch Menu ~

<p>Did you make a New Years Resolution to live a healthier lifestyle? Check out our nutrition and exercise tips!</p>		<p>Breakfast Prices: K-5 \$1.50 6-12 \$1.75 Reduced \$.30 Free - Free Extra Milk \$.50 Menu subject to change</p>	<p>Be sure to get your breakfast daily at your school!</p>	<p>January is the official month for celebrating oatmeal, eye care, soup, eggs, dried plums, breakfast, fiber, wheat bread and Thank You!</p>	<div style="border: 1px solid black; padding: 2px;"> <p>School Meals <small>We serve education every day!</small></p> <p>K-5 Lunch \$2.50 6-12 Lunch \$2.75 Extra Milk \$.50 Menu subject to change.</p> </div>
<p>January 6 Assorted Cereals Assorted Yogurts Assorted Fruits, Milk</p> <p>Cheese & Veggie Quesadilla Chips, Salsa & refried beans Assorted Fruit Choices</p>	<p>January 7 Muffins Cheese Wedge Assorted fruit/juice, Milk</p> <p>Chicken Nuggets or Tenders w/ Sauces, Seasoned Fries Green Beans Assorted Fruit Choices</p>	<p>January 8 Pancakes w/syrup Sausage patties Assorted Fruits/Juice, Milk</p> <p>Domino's Pizza Spinach & Romaine Salad Assorted Fruit Fresh Baked Cookie</p>	<p>January 9 Apple Nut G-Force Bar or Cocoa Bar, Yogurt, Assorted Fruits/Juice, Milk</p> <p>Meatball Sub, Carrot Sticks Assorted Fruit Choices Pudding Cup</p>	<p>January 10 Egg & Cheese Biscuit Sandwich Assorted Fruits/Juice Milk</p> <p style="text-align: center;">Cook's Choice</p>	<p>Prepaid breakfast and lunches are available. You may send in a check or cash with your student or pay on-line at www.payforit.net</p>
<p>January 13 Assorted Cereals Assorted Yogurts Assorted Fruits, Milk</p> <p>Chicken Patty Sandwich Fries Assorted Fruit Choices Frozen Yogurt</p>	<p>January 14 Cinnamon Rolls Assorted Fruits/Juice Milk</p> <p>BBQ Riblet Sandwich Side Salad 3 Bean Salad Frozen Ice Juicee</p>	<p>January 15 Pizza Assorted Fruits/Juice, Milk</p> <p style="text-align: center;">Reverse Day!</p> <p>French Toast w/ syrup Eggs w/cheese, Sausage Links Sweet Potato Puffs Assorted Fruit</p>		 <p style="text-align: center;">No School</p>	<p>Nutrition Tip: (Fiber Focus) Need to increase your fiber? Here are some tips for adding more fiber to your daily diet. *Start your day off right with a bowl of high fiber cereal. *Buy whole grain pasta and bread instead of white. *Substitute wheat bran for 1/3 of all purpose flour in recipes. *Add fruit to cereal. *Popcorn is a yummy whole grain snack! *Leave the skins on fruits & veggies such as pears, apples, peaches and potatoes. The skins are high in fiber! *Dried fruits are a great source of fiber!</p>
<p>January 20</p>  <p style="text-align: center;">No School Martin Luther King Jr. Day</p>	<p>January 21 Assorted Cereals Assorted Yogurts Assorted Fruits, Milk</p> <p>Popcorn Chicken Seasoned Fries Carrots Assorted Fruit</p>	<p>January 22 Waffles w/syrup Sausage links Assorted Fruits/Juice, Milk</p> <p>Domino's Pizza Spinach & romaine Salad Fruit Cobbler</p>	<p>January 23 Poptarts, Trail Mix Assorted Fruits/Juice Milk</p> <p>Tacos Chips w/ Salsa Refried Beans Assorted Fruit</p>	<p>January 24 Egg & Cheese Bagel Sandwich Assorted Fruits/Juice Milk</p> <p style="text-align: center;">Cook's Choice</p>	<p>*Add fruit to cereal. *Popcorn is a yummy whole grain snack! *Leave the skins on fruits & veggies such as pears, apples, peaches and potatoes. The skins are high in fiber! *Dried fruits are a great source of fiber!</p>
<p>January 27 Assorted Cereals Assorted Yogurts Assorted Fruits, Milk</p> <p>Grilled Cheese Sandwich Pickle Slices Tomato Soup Assorted Fruit Choices</p>	<p>January 28 Breakfast Burrito Assorted fruit/juice, Milk</p> <p>"Fish & Chips" (Fish & fries) w/ tartar sauce, Carrot Sticks Assorted Fruit Crestwood's Famous Peanut Butter Bar</p>	<p>January 29 French Toast w/syrup Sausage patties Assorted Fruits/Juice, Milk</p> <p>Personal Pan Pizza Spinach & Romaine Salad Mixed Fruit</p>	<p>January 30 Cutie Pie's Assorted Fruits/Juice Milk</p> <p>Hot Dog, Fries Baked Beans Assorted Fruit Choices Ice Juicee</p>		<p>Lunch Prices: K-5 Lunch \$2.50 6-12 Lunch \$2.75 Extra Milk \$.50 Menu subject to change.</p>
<p>Exercise Tip: You're never too old to go outside and build a snowman! It not only gets the heart rate up it is fun for the whole family!</p>	<p style="text-align: center;">Make lunch YOUR way EVERY DAY! Students may substitute the following for their main entrée: *Entrée size salad w/ dressing, cheesestick & crackers *Peanut Butter & Jelly Pocket w/ cheesestick</p>	<p>Lunch forms are available in any building and on the school website, crestwood.sparcc.org. Use new forms dated 2013-2014. Old forms will NOT be accepted. Applications not filled out correctly or completely will NOT be accepted.</p>		<p>Food Service Building Managers: High- Barb Blazek- 330-357-8205 ext. 118 Middle- Connie Nunns- 330-357-8204 Intermediate- Donna Lewis- 330-357-8203 ext. 3600 Primary- Susie Janson- 330-357-8202 ext. 4409</p>	

Regular Board of Education meetings are generally held the first Monday of the month, at the High School Library, 10919 N. Main Street Mantua, OH. The public is cordially invited to attend. If more information is needed about a Board meeting, please contact the Superintendent's Office at 330-357-8206.

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6-12 \$1.75	6-12 \$2.75
Reduced \$.30	Reduced \$.40

Extra Milk \$.50
 Menu Subject To Change

STUDENT/PARENT
HELPLINE

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(1-866-547-8362)

January Middle / High School Events & Games Schedule

Friday, January 3

4:00PM Boys JV Basketball Springfield Away
5:30PM Boys Varsity Basketball Springfield Away

Saturday, January 4

9:00AM Boys Varsity Wrestling Jimmy Cook Classic @ Lake Catholic Away
6:00PM Girls JV Basketball Kent Roosevelt Home
7:30PM Girls Varsity Basketball Kent Roosevelt Home

Monday, January 6

6:00PM Boys Freshman Basketball Streetsboro Away
6:30PM Boys/Girls Varsity Swimming Tallmadge @ Hiram College Home

Tuesday, January 7

3:45PM Boys/Girls Varsity Bowling Coventry @ Turkeyfoot Lanes Away
6:00PM Boys JV Basketball Kent Roosevelt Home
7:30PM Boys Varsity Basketball Kent Roosevelt Home

Wednesday, January 8

6:00PM Girls JV Basketball Field Away
7:00PM Boys Freshman Basketball Field Home
7:30PM Girls Varsity Basketball Field Away

Thursday, January 9

3:45PM Girls Varsity Bowling Southeast Girls @ Sky Lanes Home
5:30PM Boys Varsity Wrestling Springfield and Ravenna @ Springfield Away

Friday, January 10

6:00PM Boys JV Basketball Field Away
7:00PM Talent Show in Gym
7:30PM Boys Varsity Basketball Field Away

Saturday, January 11

9:00AM Boys JV Wrestling Nordonia JV Battle Away
1:00PM Girls JV Basketball Norton Away
2:30PM Girls Varsity Basketball Norton Away
4:30PM Boys Freshman Basketball Aurora Home
6:00PM Boys JV Basketball Aurora Home
7:30PM Boys Varsity Basketball Aurora Home

Monday, January 13

6:30PM Boys/Girls Varsity Swimming Alliance @ Hiram College Home
7:00PM CASB Meeting in Cafeteria
7:00PM Boys Freshman Basketball Southeast Home

Tuesday, January 14

3:45PM Boys/Girls Varsity Bowling Rootstown @ Twin Star Away
6:00PM Boys JV Basketball Mogadore Away
7:30PM Boys Varsity Basketball Mogadore Away

Wednesday, January 15

6:00PM Girls JV Basketball Garfield Home
7:30PM Girls Varsity Basketball Garfield Home

Thursday, January 16

3:45PM Boys/Girls Varsity Bowling Norton @ Sky Lanes Home
4:00PM Boys Freshman Basketball Lake Center Christian School Away
5:30PM Boys Varsity Wrestling Southeast and Streetsboro @ Crestwood Home

Friday, January 17

End of second grading period.
Teacher In-Service Day
3:45PM Boys/Girls Varsity Bowling Springfield @ Akron Bowl Away
6:00PM Boys Varsity Wrestling Aurora Away
6:00PM Boys JV Basketball Norton Away
6:00PM Boys/Girls Varsity Swimming Fairview Away
7:30PM Boys Varsity Basketball Norton Away

Saturday, January 18

8:00AM Band Competition Home
1:00PM Boys/Girls Varsity Bowling Sectional Preview Tourn @ Twin Star Away

Monday, January 20

10:00AM Boys/Girls Varsity Bowling MLK Tournament in Niles Away

Wednesday, January 22

Boys Varsity Wrestling State Dual Tourn Regional Quarter Final TBA
3:45PM Boys/Girls Varsity Bowling Kent Roosevelt @ Kent Lanes Away
6:00PM Girls JV Basketball Coventry Away
7:00PM Boys Freshman Basketball Coventry Home
7:30PM Girls Varsity Basketball Coventry Away

Thursday, January 23

5:00PM Boys/Girls Varsity Swimming Kent Roosevelt Away

Friday, January 24

Report Cards Issued
6:00PM Boys JV Basketball Garfield Home
7:30PM Boys Varsity Basketball Garfield Home

Saturday, January 25

9:30AM Boys Freshman Basketball Ravenna Away
12:00PM Boys Varsity Wrestling Double Dual with Padua @ Revere Away
1:30PM Boys Varsity Bowling GiMen Classic Tournament @ Sky Lanes Away
6:00PM Girls JV Basketball Ravenna Home
7:30PM Girls Varsity Basketball Ravenna Home

Monday, January 27

3:45PM Boys/Girls Varsity Bowling Norton @ Charger Lanes Away
6:00PM Girls JV Basketball Waterloo Home
6:30PM Boys/Girls Varsity Swimming Chagrin Falls @ Hiram Home
7:30PM Girls Varsity Basketball Waterloo Home

Tuesday, January 28

6:00PM Boys JV Basketball Coventry Away
7:30PM Boys Varsity Basketball Coventry Away

Wednesday, January 29

Boys Varsity Wrestling State Dual Tourn Regional Semi Final TBA
6:00PM Boys Freshman Basketball Springfield Away
6:00PM Girls JV Basketball Springfield Home
7:30PM Girls Varsity Basketball Springfield Home
Thursday, January 30
3:45PM Boys/Girls Varsity Bowling Coventry Coventry @ Sky Lanes Home

Friday, January 31

6:00PM Boys Varsity Wrestling PTC Tournament @ Waterloo Away
6:00PM Boys JV Basketball Ravenna Home
7:30PM Boys Varsity Basketball Ravenna Home

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Congressman Joyce Visits CHS

Congressman David Joyce, (R-14) visited with Crestwood High School's AP Government and Politics students Wednesday, December 18. Mr. Joyce was in the area visiting several factories and plants and requested a visit to the high school.

AP Government students were asked to research Representative Joyce and formulate articulate, thoughtful questions concerning Joyce's policy agenda, voting record and background. Mr. Joyce answered student's questions for almost an hour and was very attentive and informative in his responses. Superintendent Toth, Principal Arden Sommers and Assistant Principal Dave McMahon also sat in on the Q&A which took place in Mrs. Chupek's room.

Students asked questions concerning recent Congressional legislation, the Tea Party and Joyce's work on the Appropriations committee. He was also asked about the budgetary process, the impact of the IRS on the Affordable Care Act and how social media has affected our government and his role as a congressman. Mr. Joyce was also kind enough to share some of his past experiences as Geauga County prosecutor and how he came about serving the residents of Northeast Ohio in Washington, D.C. Having a current federal legislator like Joyce visit with our students is an invaluable opportunity. Representative Joyce is the second congressman to visit Crestwood in the

past two years as his predecessor, Steve LaTourette, visited with AP Government students in the spring of 2012.

This is the fifth year of the AP Government program under Mrs. Chupek's supervision. We would like to thank Mr. Joyce for his time and attention and wish him luck as he returns to Washington

to complete the second year of his first term in our U.S. Congress. AP Government is an intensive college-level course which focuses on our federal government's procedural functions and processes concerning its legislative, executive and judicial powers. Students take a national exam at the completion of the course in order to potentially garner college credit. Over 150 students have gone through the program since its inception in 2009 with the average score of 3.89/5 on the exam.



KIDS AND SMOKING

What it is - Nicotine is a highly addictive stimulant found in tobacco that is quickly absorbed into the bloodstream when smoked.

How its used - Nicotine is typically smoked in cigarettes or cigars. Some people put a pinch of tobacco (called chewing, smokeless tobacco, snuff) into their mouths and absorb nicotine through the lining of their mouths.

What it does - Nicotine is as addictive as heroin or cocaine, which makes it extremely difficult to quit. Those who start smoking before the age of 21 have the hardest time breaking the habit.

Physical effects of nicotine use include rapid heartbeat, increased blood pressure, shortness of breath, and a greater likelihood of bronchitis, colds and flu. Smokers also have bad breath and yellowed teeth.

Users have an increased risk for lung diseases like emphysema, lung cancer, heart disease, and stroke. Chewing tobacco users also may suffer from cancers of the mouth and neck.

Withdrawal symptoms of nicotine include anxiety, anger, restlessness, and insomnia.

How You Can Help Your Children Stay Tobacco-Free

Tell your children emphatically and often how dangerous smoking is—and how addictive all tobacco products are.

- Make your home and your car tobacco-free for everyone—friends and guests as well as family members and tell your children you expect them to be tobacco-free.
- Ask your child's doctor to discuss health issues caused by tobacco use—including nicotine addiction.
- Encourage your children to be involved in activities at school, church, sports, or in the community where tobacco is prohibited.
- Don't let your children see movies, TV programming, or video games that show tobacco use and set a good example by not using tobacco yourself

Support to Quit

While it's always better to prevent youngsters from beginning to use tobacco at all, free resources are available to assist tobacco users in their quitting efforts. The CDC recommends a free teen quitting site: teen.smokefree.gov which is easy for teens to use.

Crestwood Employees Participate in Wellness Program

During the Spring of 2013, the Portage Area Schools Health Insurance Consortium began searching for wellness vendors in order to comply with the new Federal Health Care Regulations (ObamaCare). The regulations require all health plans to have a wellness component. A committee was formed and several wellness vendors were screened. Through this screening process the Portage Area Schools Consortium chose Vitality as the vendor to aid the schools through this wellness program.

Crestwood schools has been working with Vitality since the kick off meeting on August 26. A committee of volunteers was formed and several meetings of the Wellness Committee have taken place since the kick-off meeting. Wellness committee members are Teri Beck, Beth Marlow, Amanda Curfman, Kim Ule, Sandra Wagner, Kelsey Haggerty, CJ Salamon, Susan Manfrass, Joyce Schroder, Lori Duriak, Jill Rowe, Keri Bigler, Fran Simpson and Dave Toth.

The Crestwood Schools Wellness Program is a volunteer based program that is HIPPA and GINA compliant. It is up to each individual employee if they want to participate. The district and individual teachers can realize cost savings by participating in the program.

Crestwood's Student Wellness Committee

The Crestwood Wellness Committee is comprised of school administrators, district staff, parents, board members and students. The Crestwood Wellness Committee has been working diligently these past few months on a number of items. The first task was to create a mission statement and develop goals. Below is the new Mission Statement! If you have any questions, comments or concerns regarding wellness at Crestwood School District please contact Jennifer Bujak-hirsch at 330-357-8206 or jbhirsch@crestwoodschoools.org

Crestwood Local Schools Wellness Mission Statement

To enhance student learning by promoting the health and wellness of the Crestwood School District with additional outreach to the community members we serve. Through education and advocacy, we will encourage healthy lifestyles, promote opportunities to advance physical, mental, emotional, and social well being and continuously support our Crestwood family in their lifelong pursuit of wellness.

Our Wellness Committee consists of:



You Have A Voice In Drug Prevention -

Take Action Against Medicine Abuse

The past year and a half, Crestwood Local Schools has been actively working with the Portage County Sherriff's department, local police and community members to help keep students safe from the threat of drug use. As part of this effort, the high school has begun having group discussions during lunch based on the state program, "Start Talking."

Simply talking is effective

Children who learn about the risks of drugs through discussions at home are up to 50 percent less likely to use drugs than those who do not get that critical message from their parents.

Did You Know?

- 1 in 6 teens has used a prescription drug in order to get high or change their mood.
- Two-thirds of teens who abuse pain relievers say they get them from family members and friends.
- More Americans die from drug overdoses than in car crashes.
- One person dies every 19 minutes from drug overdose in the United States and this increasing trend is driven by Rx painkillers.

Now that you know the facts, take action to protect your children your loved ones, and yourself from prescription medicine abuse.

Action 1: Three Steps to Safeguard your Home

1. Monitor. Keep track of the amounts of your prescriptions, control your kids' medicines and encourage your friends and relatives, especially grandparents, to monitor and secure their own.

2. Secure Your Medicine. Keep prescription medicine secure, preferably locked, in a place that your kids and visitors to your home will not easily find.

3. Dispose Properly of Your Unused Medicine. Crush and mix it with unpleasant garbage, or find a medicine take-back site near you. Never flush down the toilet or sink drain.

Action 2: Know the Signs and Symptoms of Medicine Abuse

1. Educate Yourself. The best way to prevent prescription drug abuse is to learn about the issue. That way, you can effectively present the facts when talking to your teen. Go to the Start Talking! Website at starttalking.ohio.gov.

2. Get Help. If you think your child has a problem with prescription drugs or over-the-counter cough medicine, please visit drugfree.org/timetogethelp or call the Partnership's Parents Toll-Free Helpline to speak to a parent specialist at 1-855-DRUGGREE (1-855-378-4373).

Action 3: Talk to Your Family, Friends and Other Parents

Talk to your kids, your family, your friends, and other parents about the risks of abusing prescription drugs and over-the-counter cough medicine. Children who learn a lot about the risks of drugs from their parents are up to 50 percent less likely to use drugs than those who do not get the critical message at home. If you need help Start Talking! Email info@starttalking.ohio.gov.

Scare tactics don't work

Strategies based on fear are not an effective approach to prevention. More than 60 years of studies show that fear based approaches just don't work and can increase problem behavior. Know! Parent Tips provide guidance on how to start the conversation without using scare tactics.

Action 4: Share the Information with Others:

You can make a real difference in the lives of your family, loved ones, friends, co-workers and neighbors by sharing this information via email and social media. Learn how at starttalking.ohio.gov



High School.....	330-357-8205
Middle School	330-357-8204
Intermediate School	330-357-8203
Primary School.....	330-357-8202
Bus Garage.....	330-357-8207

Second Graders Donate to Akron Children's Tree Festival



First graders have been hard at work recently on their annual ornament sale project. Every year the six, first grade classes get together and make a slew of 150 ornaments each, to sell at both elementary buildings. This year, a group of high school students came down to help each of the first grade classes assemble their selected ornaments. Mrs. Isler's class at the intermediate building helped to organize and sell the ornaments after the first graders completed them. All of the proceeds that were raised by the ornament sale were donated to a family or organization in need.

This was a great fundraiser for our students, and really taught them about being kind and generous to those in need.



PRIMARY SCHOOL

Founding Father Franklin Visits 3rd Graders



In December the third graders enjoyed a visit from Ben Franklin. They learned much about his life such as his great inventions, work ethic, love of reading, and his service to our country. The third grade was excited to meet him after learning about him in Social Studies. They also enjoyed the first snow of the season and had fun making snowmen out at recess.



FRIEND OF:
CRESTWOOD LOCAL SCHOOLS

ECRWSS
POSTAL CUSTOMER LOCAL

Mantua Knights of Columbus Sponsor Youth Free Throw Championship

Crestwood area boys and girls ages 10 to 14 are invited to participate in the local level of competition for the 2014 Knights of Columbus Free Throw Championship. This is a fun, free activity for area youth to compete in a Free Throw (foul shot) competition for best of fifteen consecutive shots. The Knights of Columbus Free Throw Championship is sponsored annually where winners have the chance to progress through Local, District, Regional, State and possibly International competition levels. Our 2013 event was a huge success with more than 344,000 sharpshooters participating in over 4,700 local competitions.

The competition will be held at Crestwood Middle School at 6:30 pm on January 15, 2014. All boys and girls 10 to 14 years old (as of January 1, 2014) are eligible to participate and will compete in their respective age divisions.

Participants are required to furnish a copy (not the original) of their birth certificate as proof of age and written parental consent.

All contestants on the local level are recognized for their participation in the event.

Entry forms are available at Crestwood Middle & Intermediate Schools, St. Joseph PSR Office or by contacting Anthony Marinelli at 330.296.3097 or 216.789.8495.

