

Eagle Update



UPCOMING EVENTS

January 13th.....FRC Advisory Council Meeting
 January 20thNo School MLK Day
 February 3rd.....NED Show at CMZ
 February 14th.....Donuts for Dads and Dudes Rescheduled

Family Resource Center
 Hours of Operation:
 7:30-4:00 Monday-Friday
 Appointments made upon request.
 Contact: Danielle Haley
 428-0800
 Danielle.haley@grant.kyschools.us

Upcoming Programs for Students:

4th Graders: Fitness Club
 3rd Graders: Lego Club
 5th Grade: Girls on the Run

Math Tip:
 Talk to your child about time. How long did it take you to get ready this morning?

If you have a 0-3 year old child remember to check out the FRC website for the early childhood newsletter! If you are interested in more literature, please contact the FRC for more great information!

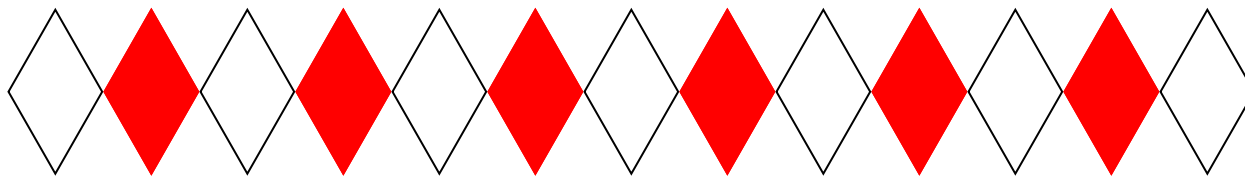
Reading Tip:
 Ensure that your child is reading a "just right" book. A "just right" book is one where the child can read the first couple paragraphs and miss no more than a handful of words. Reading "Just Right" books gives your student confidence and will allow them to foster a love of reading!

Attendance:
 5th Grade- 96.97%
 4th Grade- 98.06%
 3rd Grade- 95.79%
 2nd Grade- 96.37%
 1st Grade- 96.35%
 K- 95.05%
 Pre-School: 91.52%

We want 98% Here and On Time EVERYDAY here at CMZ! Lets get those numbers up!!!

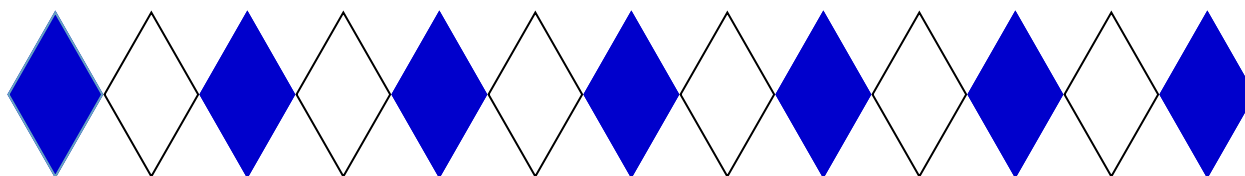
FRC Family Tip: We know that eating together can boost achievement in children, lower the chance for eating disorders in girls, and lower depression rates in both girls and boys. But that doesn't mean meals have to be serious, formal affairs. Simple, humorous rituals are what children remember as adults. Try a monthly "backward day," serving breakfast for dinner and vice versa. These are free and will bring your family closer together!



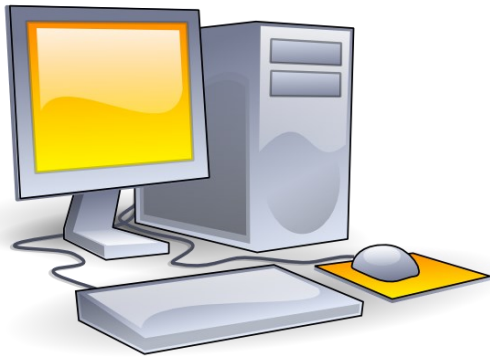


January 2014 CMZ Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4 Take an Adventure! Read a book!
5	6 Cuddle up and Read a Book!!	7	8 Reading 20 minutes a day makes great readers!	9	10 Share a story with your child!	11
12	13	14 Eat dinner at the table with your family!	15	16	17 Enjoy a Family Game Night!	18 Read out loud to your child
19 Read a book together as a family!	20 No school	21	22	23 Read with your child 20 minutes tonight!	24	25 Have your kids help make supper.
26	27	28 Play a game together as a family	29	30	31	



Do you have internet at your house?

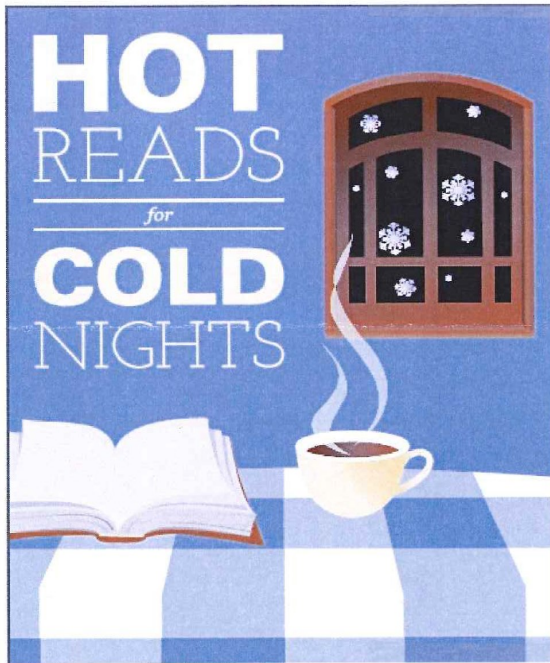


Are you in need of
a new computer?

You may qualify for \$10.00 a
month Internet and a \$150.00
Computer Voucher!

Go to
www.connect2compete.org
To see if you qualify!

*Great Opportunities at the Grant County
Public Library!*



**Teen & Adult
Winter Reading**

January 13-February 22

Read what you want. Fill out the online reading log or turn in a paper ticket for each book you read.

Receive a coupon for a FREE small *Beans* coffee after logging two books.
(while supplies last)

Names are drawn each week for prizes including mugs, book bags, eReader stands, and more.

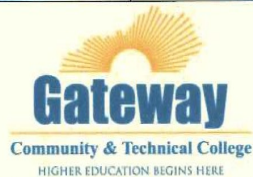
January 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Library Closed	2	3	4
5 Knitting: Magic Loop 2-4 p.m.	6 Hoxworth Blood Drive 12-6 p.m.	7 Computer Basics 6-7 p.m.	8	9 Toddler Time 10 a.m. Preschool Time 11 a.m.	10	11
12 Make & Take Craft 2:30 p.m.	13 Hot Reads Winter Reading Begins	14 FAFSA 6-8 p.m.	15	16 Toddler Time 10 a.m. Preschool Time 11 a.m. Book Discussion 2-3 p.m.	17	18 Paying for College Creatively 10 a.m.-noon eReader Help 1-4 p.m.
19 Knitting: Magic Loop 2-4 p.m.	20 Library Closed	21 Intro to Internet 6-7 p.m.	22	23 Toddler Time 10 a.m. Preschool Time 11 a.m.	24 Early Childhood Fair 4-7 p.m.	25 CPR/First Aid 9:30 a.m. Book Sale All Day
26	27 Twilight Tales 6:30 p.m.	28 Microsoft Publisher 6-7:30 p.m.	29	30 Toddler Time 10 a.m. Preschool Time 11 a.m.	31	

WHAT IS YOUR GATEWAY INTO COLLEGE?

We care about your education and can provide the support to earn a GED, short-term training, certificate, a diploma, or college degree. We have your answers. Let us help you become a Gateway student!

<p style="text-align: center;">Gateway Regional Academy (GRA)</p> <p>The Gateway Regional Academy (GRA) offers area high school and home school students the ability to gain college credit and experience on a college campus while finishing their high school careers. Students can earn up to 24 college credit hours at half Gateway's normal tuition.</p> <p>For more information: Call 859-442-4142 or 859-815-7648</p>	<p style="text-align: center;">Kentucky Adult Education Programs</p> <p>Need your GED? There are many programs in Northern Kentucky with convenient locations:</p> <table style="margin-left: auto; margin-right: auto;"> <tbody> <tr> <td>Campbell County</td> <td>859-292-3156</td> </tr> <tr> <td>Kenton County</td> <td>859-442-1611</td> </tr> <tr> <td>Boone County</td> <td>859-282-4629</td> </tr> <tr> <td>Pendleton County</td> <td>859-654-3325</td> </tr> <tr> <td>Grant County</td> <td>859-823-1341</td> </tr> <tr> <td>Owen County</td> <td>502-750-3088</td> </tr> </tbody> </table>	Campbell County	859-292-3156	Kenton County	859-442-1611	Boone County	859-282-4629	Pendleton County	859-654-3325	Grant County	859-823-1341	Owen County	502-750-3088
Campbell County	859-292-3156												
Kenton County	859-442-1611												
Boone County	859-282-4629												
Pendleton County	859-654-3325												
Grant County	859-823-1341												
Owen County	502-750-3088												
<p style="text-align: center;">Accelerating Opportunities (AO)</p> <p>Need your GED or already have your High School Diploma? Interested in getting a quick degree or certificate in Manufacturing, Early Childhood Education, Automotive Technology, and more? We offer short term training certificates in as little as 16 weeks.</p> <p>For more information: Call 859-442-4179</p>	<p style="text-align: center;">Health Professions Opportunity Grant (HPOG)</p> <p>Interested in one of the many Healthcare careers Gateway has to offer? HPOG may be able to provide you with tuition reimbursement, childcare assistance, books or other fees depending on the program and if you meet their eligibility guidelines.</p> <p>For more information: Call 859-442-4103</p>												
<p style="text-align: center;">Work and Learn/Ready to Work</p> <p>Do you need your GED or would like to attend college? Our programs offer work study opportunities while you complete your education as well as career counseling, and access to community resources and state benefits.</p> <p>For more information: Call 859-442-4164 or 859-442-1188</p>	<p style="text-align: center;">Gateway VETS</p> <p>Go from camouflage to campus to career with Gateway Veterans Employment and Training Services. Our dedicated staff can help you get into college, use your benefits, and secure job placement.</p> <p>For more information: Call 859-442-4114</p>												
<p style="text-align: center;">Career Development for New Students</p> <p>Free services to new students during their admission process. Take a career assessment and meet with a career counselor to help you explore your interests and related programs at Gateway CTC.</p> <p>For more information: Email gw-CareerServices@kctcs.edu or call 859-442-1609</p>	<p style="text-align: center;">Transfer Center</p> <p>Interested in pursuing a bachelor's degree? Save 40% or more on the total cost by starting at Gateway! The Transfer Center can help you navigate the transfer process and stay on an efficient academic path. Credits from Gateway transfer to any four-year school, so start with us!</p> <p>For more information: Email gw-transfer@kctcs.edu or call 859-815-7681</p>												
<p style="text-align: center;">Gateway2NKU – Two degrees, One path</p> <p>Heading for a bachelor's degree at NKU, Start with Gateway! Gateway students participating in the Gateway2NKU program take up to 12 hours at NKU at Gateway's tuition; are eligible for NKU services such as student health, athletics, Greek life, and academic support; and have a clear academic path to a four year degree.</p> <p>For more information: Email gw-transfer@kctcs.edu or visit http://gateway.kctcs.edu/Gateway2NKU</p>	<p style="text-align: center;">For general information on Admission, Financial Aid, and Pre-college testing, call us toll-free at 1-855-3GO-GCTC or 859-441-4500</p> <p style="text-align: center;">Financial Aid available for most programs</p>												



KENTUCKY COMMUNITY & TECHNICAL COLLEGE SYSTEM

Are You Ready To Be A Nonsmoker?



Save your health and money by
quitting tobacco.

Cooper Clayton Method to Stop Smoking

Free 13-week program

Grant County Board of Education
820 Arnie Risen Blvd.

Williamstown, Ky. 41097

Starting Wednesday January 8, 2014
1:30pm-2:15pm

No registration necessary.

New participants may start through Jan. 22

For additional information call 859.824.2862

Ky. Tobacco Quit Line is 1 800 784 8669
1-800-QuitNow

December 19, 2013

**Resolve to Quit Smoking in 2014?
Free Resources Available for Northern Kentucky Residents**

Those wishing to kick the smoking habit can get help for free this winter, either through in-person classes, telephone or online counseling.

In-person support will be offered with a session of the Cooper-Clayton program, from 1:30 to 2:30 p.m. on Wednesdays, starting January 8, at the Grant County Board of Education, 820 Arnie Risen Blvd., Williamstown, Ky. Pre-registration is not required for the in-person program, simply show up on the first night of the class. Participants do not need to be smoke-free at the start of the class. Call 859.824.2862 for details or visit <http://www.nkyhealth.org>.

Cooper-Clayton is a comprehensive, 13-week program that helps participants stop smoking with peer support, educational guidance and nicotine replacement therapy.

Phone or online support is available through Quit Now Kentucky, a free tobacco cessation service to help Kentuckians quit smoking or using tobacco products. Quit Now Kentucky features proactive telephone coaching, web-based services and text messaging.

For a limited time, residents of Boone, Campbell, Grant and Kenton Counties are eligible to receive two weeks of free nicotine replacement patches when they enroll in Quit NOW Kentucky's services.

To use services provided by Quit Now Kentucky, simply call 1-800-QUIT NOW (1-800-784-8669) from 8 a.m. to 1 a.m. EST Monday through Sunday or log on to <http://www.QuitNowKentucky.org>. Doctors can also enroll patients online or by fax.

Nearly 8,000 Kentuckians die each year because of tobacco-related diseases. Eighty-five percent of all lung cancers are caused by cigarette smoking, and Kentucky leads the nation in lung cancer deaths. Smoking is a major risk factor for the four leading causes of death: heart disease, cancer, stroke and chronic obstructive pulmonary disease or (COPD).

The benefits of quitting smoking can start immediately. Smokers who are able to quit successfully can reduce their chance of heart attack, stroke and cancers of the lung, mouth, throat and esophagus.

For more information on Quit Now Kentucky, please visit <http://www.nkyhealth.org/quitnow.aspx>.

Do You Need Your GED?

Do you need a job?

Do you need to boost your skills for college?

Grant County Adult Education can help you:

- **earn a GED**
 - **work on computer skills**
 - **get a better job**
 - **prepare for college**
- **FREE childcare**
 - **Transportation services now being offered**

Grant County Adult Education

859.823.1341

www.grantged.com

