

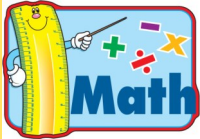
Eagle Update

**SOARING
HIGH WITH
EAGLE PRIDE!**

UPCOMING EVENTS

- Dec. 5th..... All Pro Dad
- Dec. 8th.....Advisory Council Meeting
- Dec. 8th-19th..... Santa Shop set up
- Dec. 16th.....Christmas Play/Dinner With Santa
- Dec. 20th– Jan. 4th..... No School Christmas Break

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



When driving to school or the store, talk about how numbers help us determine how fast we drive, the distance traveled, the mileage the car gets per gallon of gas, and how long it will take to get home.

**CMZ IS A
PROFICIENT
SCHOOL!!!**

Upcoming Programs for Students:
 Fitness Club for 4th Grader Students
 Book Club for 4th and 5th grade families

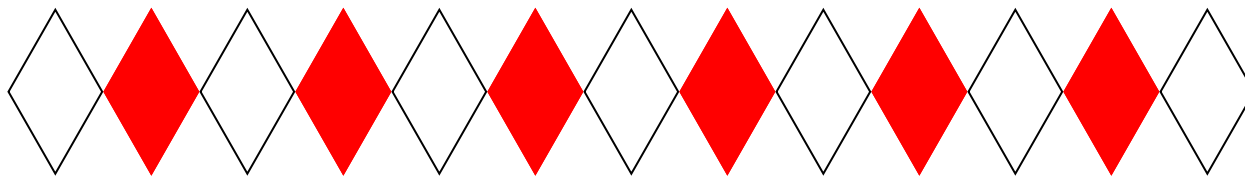
**Remember:
Presents for Presence has began!! Make sure you are here everyday! Your number may be called!**



Healthy Snacks

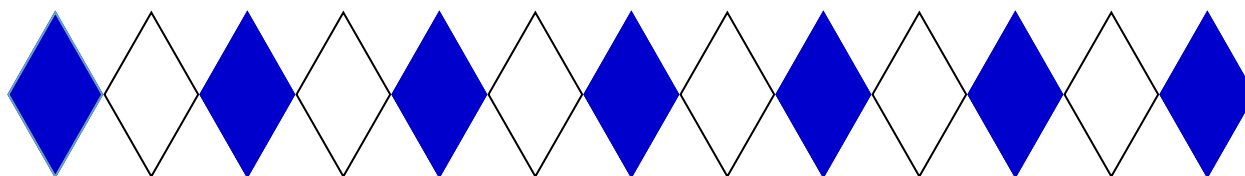
Whole-Wheat Sugar Cookies: These festive sugar cookies add an edge to their simplicity with a sweet, lemony glaze. **Ingredients:** Flour, whole-wheat flour, baking soda, butter, granulated sugar, light brown sugar, eggs, pure vanilla extract, pure almond extract, confectioner's sugar, lemon juice
Time: Prep: 20 minutes; cook: 12 minutes; chill: 4 hours. **For Complete Recipe See page 5 of the Newsletter!**

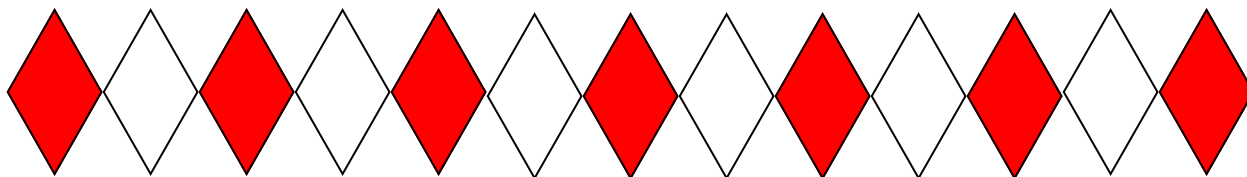
I Believe!



December 2014
CMZ Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Presents for Presence is a separate attendance challenge, make sure you are here all month!	1	2 Picture Re-take day	3	4	5 All Pro Dad 6:45 am	6
7 Reading 20 minutes a day makes great readers!	8 Advisory Council Mtg. 3:30	9	10 Read out loud to your child	11	12 Enjoy a Family Date Night	13
14 Eat dinner at the table with your family!	15	16 Dinner with Santa 5pm Christmas Play 6:30	17	18	19	20 Bake cookies to give to your neighbors with your children.
21 Take a family Drive to look at all of the Beautiful Christmas decorations!	22	23 Share a family Christmas Tradition with your children	24	25 Have a wonderful Christmas with your family!	26	27
28 Read with your child 20 minutes tonight!	29	30	31 New years Eve!			





Adult Education Information

FOR A LIMITED TIME ONLY

Try passing the Practice GED Test for *FREE*. You can save \$24.00 . See if you can pass all the Practice Test to be registered for taking the GED Test. (Testers **MUST** pass all 4 subjects in the Practice Test to take the GED).

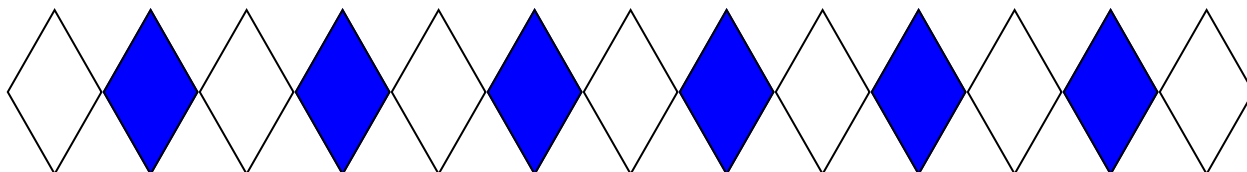
Contact Adult Education to learn more information! (859) 823-1341

EMPLOYMENT OPPORTUNITIES WITHIN 25 MILES OF DRY RIDGE KY

For more Information contact Katrina Harris-Green at the Grant County One Stop 859-813-8124

- | | | | |
|--------|---|--------------------|------------------|
| 25 Nov | CLEANER- COV, KY \$12.00 9:30PM-6AM MON-FRI | Kentucky Employer | Covington, KY |
| 26 Nov | 3RD SHIFT ENCODING LEAD | Kentucky Employer | Florence, KY |
| 25 Nov | 2ND SHIFT MAIL SORTING | Kentucky Employer | Florence, KY |
| 07 Nov | MACHINE OPERATOR TENDER | Kentucky Employer | Florence, KY |
| 18 Nov | WAREHOUSE ASSOCIATE | Kentucky Employer | Florence, KY |
| 12 Nov | AVERITT EXPRESS-ERLANGER: REGIONAL TEAM DRIVER | Kentucky Employer | Erlanger, KY |
| 25 Nov | UTILITY PERSON- FLORENCE, KY \$9.50 SUN -THUR 9PM-3AM | Kentucky Employer | Devon, KY |
| 26 Nov | MAINTENANCE TECHNICIAN | Kentucky Employer | Florence, KY |
| 24 Nov | JOURNEYMAN PLUMBER | Kentucky Employer | Union, KY |
| 08 Nov | CARPENTER | Kentucky Employer | Ghent, KY |
| 01 Dec | ACCOUNT MANAGER 2 - GOV/ED JOB | Kentucky Employer | Florence, KY |
| 18 Nov | MATERIAL HANDLER-L4 | Kentucky Employer | Florence, KY |
| 25 Nov | ASSEMBLY | Kentucky Employer | Florence, KY |
| 25 Nov | FUELER | Kentucky Employer | Erlanger, KY |
| 11 Nov | ELECTRICIAN | Kentucky Employer | Butler, KY |
| 11 Nov | VALIDATION SPECIALIST | Kentucky Employer | Walton, KY |
| 25 Nov | 2ND SHIFT FORKLIFT DRIVER | Kentucky Employer | Florence, KY |
| 26 Nov | 2ND SHIFT MACHINE OPERATOR | Kentucky Employer | Florence, KY |
| 02 Nov | SANITATION ASSOCIATE | Kentucky Employer | Florence, KY |
| 26 Nov | DIRECTOR, DINING SERVICES | Genesis Healthcare | Williamstown, KY |

For an exclusive list log onto <https://focuscareer.ky.gov/career/JobLeads.aspx>



Volunteering

If you are interested in becoming more involved at CMZ become a Volunteer! We are always looking for individuals that want to help! For more information please contact the Family Resource Center!

Presents for Presence

The new challenge is going to work the same way as No Miss November. We are giving daily prizes to students here and on time. As well as 2 big prizes to a Primary and an intermediate student who have perfect attendance the whole month of December!! We know sickness is contagious, we are hoping for no sickness this month!! We want your student(s) here everyday! Please try to encourage your student to attend school everyday! It is very important!



Whole-Wheat Sugar Cookies

Prep: 20 minutes; Cook: 12 minutes; Chill: 4 hours.



Good to Know

Help keep Santa's heart healthy this year with a plate of these festive sugar cookies topped with a sweet, lemony glaze. Using egg whites and a minimum of butter keeps saturated fat and cholesterol low, while a touch of whole-wheat flour adds a fiber and nutrient boost.

Ingredients

- Cookies
- 1 1/4 cups flour
- 1/4 cup whole-wheat flour
- 1/4 teaspoon salt
- 1/2 teaspoon baking soda
- 4 ounces unsalted butter, softened
- 1/3 cup granulated sugar
- 1/3 cup light brown sugar
- 1 egg white
- 1 1/4 teaspoons pure vanilla extract
- 1/4 teaspoon pure almond extract
- Icing
- 2 cups confectioner's sugar, sifted
- 2 large egg whites
- 2 teaspoons freshly squeezed lemon juice

Preparation

1. For cookies, whisk together first 4 ingredients (through baking soda) in a medium bowl.
2. Beat butter and sugars together in a separate medium bowl until light and fluffy. Scrape down sides and bottom of bowl, and add the egg white and vanilla and almond extracts; beat until just combined.
3. Add flour mixture, and stir until incorporated. Cover bowl with plastic wrap, and chill for at least 4 hours.
4. Preheat oven to 325°. Line 2 baking sheets with parchment paper.
5. Dust a work surface with flour. Turn out chilled dough directly onto work surface. Roll dough out to a 1/4-inch thickness. Use cookie cutters to cut shapes in dough, and gently transfer them to baking sheets. (You can reroll the scraps, just be sure to chill in between.)
6. Bake cookies for 12 minutes or until set but not browned. Remove cookies from oven, and cool for 5 minutes. Transfer the cookies to a wire rack to cool completely.
7. For the icing, whisk together all the icing ingredients in a large bowl until completely smooth. Mixture should have consistency of a glaze. (If it's too thin, add a bit more sugar. If it's too thick, add a few more drops of lemon juice.)
8. Transfer icing to a pastry bag (or a zip-top plastic bag with a small hole in one of the bottom corners). First, outline the cookie or desired design, then fill it in. Let icing harden before serving. Cookies can be kept in an airtight container for up to 3 days.

Hey dads & kids...

Join us for the

Crittenden Mt. Zion



ALL PRO DAD[®]
Dad's Day

December 5th
6:45am
CMZ Cafeteria

Team up with other

Crittenden Mt. Zion

dads and kids for a quick, before-school breakfast and a 45-minute program of fatherhood and family topics. You'll take away some great tips and resources to help you be the best Dad you can be, and you'll strengthen your relationship with your kids at the same time.

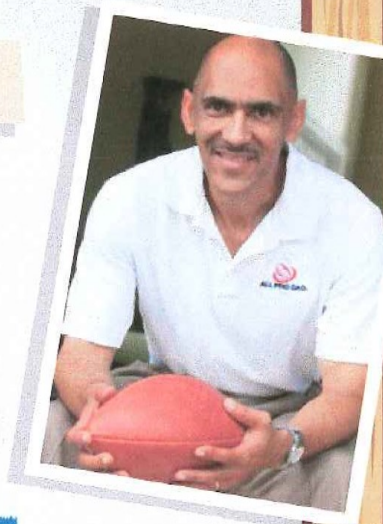
It's fun, and it's FREE! See you there...

Please RSVP here

<http://www.allprodad.com/3998>

For more information email

danielle.haley@grant.kyschools.us



Tony Dungy
is the national
spokesman for
All Pro Dad

Can't make it?
Join us next time
on

Feb. 6th



All Pro Dad is the fatherhood program of **FAMILY FIRST**

Grant County Public Library Programs:

For adults, teens, children, families

Register at www.grantlib.org or call (859) 824-2080

KYnect: KY's Healthcare Exchange

Monday, December 1, 4-7:30 p.m.

Are you confused about what the new Affordable Care Act means for you? Have you heard that you are required to buy health insurance but don't know the details? Drop by the library to talk with the authoritative reps from Northern KY Community Action Center who can answer your questions about the healthcare law and even make an appointment to help you fill out the online application. *No registration necessary.*

Be Our Guest: family etiquette dinner

Friday, December 5, 5:30 p.m.

Families join us for this special after-hours event designed to make your holiday gatherings easier by knowing the rules of the table. Join us for h'ordeurves at 5:30 p.m., Grant County Extension will go over how to set a table and basic manners for dinner, and then we'll sit down to practice our new manners over a lasagna dinner. Families will compete for prizes by creating the best table centerpiece and the most correctly laid table setting. Families who register and attend may have up to \$20 in library fines waived. Registration is required and limited to only 30 people. Dress up attire is encouraged.

Presentation is Everything, Part II

Saturday, December 6, 10:30 a.m.

Brigitte Siedenbergh is back. This time she's going to teach you how to make the prettiest, simplest bows for your holiday gifts. Who needs fancy wrapping when the bow can be the showstopper? All supplies provided, but you must bring a wrapped package or box to practice. *Register online at www.grantlib.org or call 859-824-2080.*

Book Discussion: A Dog Named Christmas

Thursday, December 19, 2-3 p.m.

Discovering that a local shelter is looking for temporary homes for their dogs over the Christmas holidays, Todd, a developmentally challenged young man, persuades his reluctant family to take in a special canine named Christmas, who teaches an entire community a lesson in the transforming power of love and goodwill. In this heartwarming novel, author Greg Kincaid tells the tender story of how one very special dog changed the lives of his adoptive family—and an entire town—forever. Copies of the book are available at the library for checkout. *Register online at www.grantlib.org or call 859-824-2080.*

LibraryExpress delivers to Corinth & Crittenden

Did you know that the library has two drop locations at the Grant County Deposit Bank in Corinth & Crittenden? While it's cold & dark outside, have your books & movies delivered closer to home. Simply log onto your Patron Account at www.grantlib.org, choose which items you want held for you & select to pick them up at the LibraryExpress location close to you.

Items are delivered every Monday & Thursday afternoon & Outreach Coordinator Sebrena Harris will call to alert you when your items have been delivered. If your items are delivered to a LibraryExpress location, you can also return them to that location.

Call Sebrena Harris at (859) 824-2080 or email at s.harris@grantlib.org for more information.

Monthly Message:

Vaccines and Enrollment

We all want our children to be healthy so they are ready to learn, grow, and succeed in school. Getting sick can keep your child from learning because it can cause breaks in his or her attention and attendance.

Getting your child kindergarten ready includes protecting him or her from catching and spreading serious diseases and viruses. That's why vaccines, also known as immunizations, are required for children to be enrolled in child care and kindergarten.

So how do vaccines work? Vaccines put a dead or weakened germ in the body to help build a defense to fight against the virus in the future. If a vaccinated child gets a virus or disease, the symptoms aren't as serious compared to an unvaccinated child. Studies confirm vaccines work and are safe. Some side effects may include swelling, redness, and tenderness where the shot was given. For parents with concerns about the safety of vaccines, check out the World Health Organization's response to common questions and myths. <http://www.who.int/features/qa/84/en/>

Vaccines are given every 3 months, on average, between birth and 18 months. The final shots before kindergarten are given between ages 4 and 6.

Tips For a Successful Vaccine Visit



- Bring your child's vaccine record.
- Pack a favorite toy, book, or blanket you use to regularly comfort your child.
- Remind your child that vaccines can help keep them healthy.
- Ask if you may hold your child on your lap.
- Distract your child by cuddling, singing, or talking softly.
- Smile and let your child know everything is ok.
- Praise your child after the shots.
- Use a cool, wet cloth to reduce redness, soreness, and swelling where the shot was given.
- Give your child lots of liquids following the visit as he may be less interested in eating.

Health Requirements for Enrollment

	Kindergarten	Head Start	Public Preschool	Licensed Child Care
Immunization Certificate	✓	✓ (child 3 months +)	✓	✓ (child 3 months +)
Eye Exam (by Jan. 1 of school year, ages 3-6)	✓	✓	✓	
Dental Exam	✓ (by Jan. 1 of school yr)	✓ (within 90 days of enrollment)		
Physical Exam	✓ (within 1 year prior to admission)	✓ (within 90 days of enrollment)	✓ (within 6 months prior to admission)	

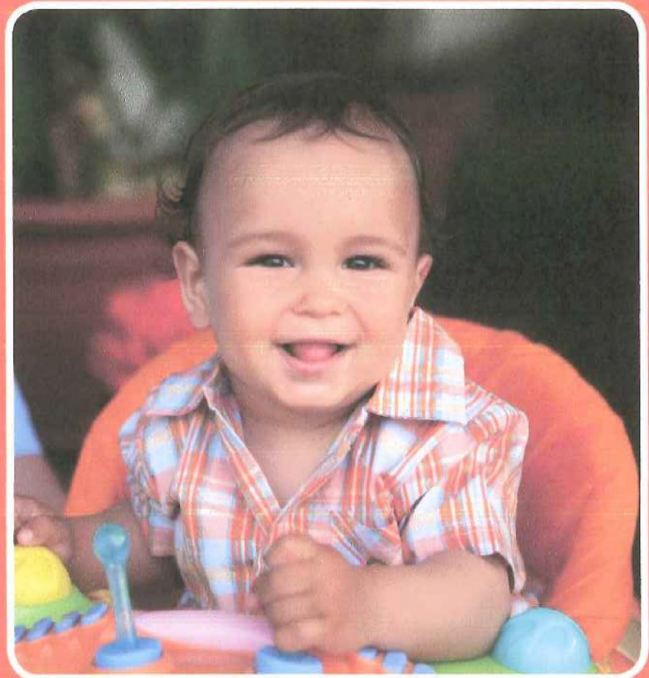
For a list of required vaccines, visit <http://www.lrc.state.ky.us/kar/902/002/060.htm>

The Vaccines for Children (VCF) Program provides free vaccines to eligible children through VCF providers.

To qualify, the child must be:

- Medicaid eligible or enrolled in KCHIP
- Uninsured
- American Indian or Alaska Native
- Underinsured (your health insurance doesn't cover vaccines, certain vaccines or has a cap for vaccines. Patients with deductibles aren't eligible.)

To find an eligible program provider, call the doctor's office or contact your local health department.



Remember December-February is flu season! Consider getting a flu vaccine to protect yourself and your family. Children (6 months or older) in child care settings and pregnant women are encouraged to get one. Also, model healthy habits such as washing your hands with soap frequently and sneezing or coughing into a tissue or sleeve.