

BOARD

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Heather Slone talks about growth by the SRCL Grant

ier and more accessible to students to eat when they come to school. Mr. Chris Godby, a teacher at RCHS and also over school media, along with his student media team put together a video that was viewed at the board meeting explaining the different options for the children to eat breakfast. The video is making its way around other counties and states. The options for school breakfast are normal hot breakfast where students go into the cafeteria thru the normal line and sit inside the cozy atmosphere made for them, then a grab and go line offering foods such as pop tarts, fruit, cereal, donuts, milk or juice. The last option is the late breakfast- if you come in late you may go to the cafeteria and pick up a grab and go item, or if a student who is not hungry as soon as they get to school may go here as well. The students may only choose one of these options as breakfast, but

if they wish to get something else, they may take it off the share table. Another highlight from the video was local farmer Dante Carpenter, who talked of the fresh expressed dairy milk provided from his farm and cattle to Prairie Farms to the schools in a 48-hour window, where the children are then drinking it.

A disagreement between board members took place at the meeting when the discussion of school calendar was brought up. A day that was not agreed upon prior to the meeting was for the students to be in school in session on Veterans Day. Superintendent, Michael Ford gave board member Gerald Murray the floor to speak his opinion. Gerald discussed his beliefs and what he stood for during his stance when he spoke and told listeners and board members, he was not going to vote for the ap-

proval of the calendar to have school on Veterans Day. The vote took place and each board member voted yes to put the calendar in place except for Mr. Gerald Murray. Mr. Murray was very upset and abruptly left the meeting. He said he was ashamed to sit by the board members.

In closing, School Board meeting times and dates were discussed and voted on at the meeting. The school board meetings are held the 3rd Monday of each month except for January and February due to Holidays- those being held the following week. The meetings time was also brought to attention to change from 6 to 5. This was voted on and passed. Meetings are held the 3rd Monday of each month at 5PM.

The next School Board Meeting will be held February 24th at 5PM at the ANC.



Carlee Meyer thanks the board members



Classified Employee for December Jim Utter, pictured with Superintendent Michael Ford and Dr. Brooke Bartrug



Sandy Brown passing out her poem she wrote to the board members



ASK Dr. Angelia You Do You, Boo

Spending weekends with teenage grandchildren is always, well, an experience. And one to be treasured. Knowing that, far too soon they will be too busy with their friends and lives. They won't have time to spend with MeMaw. I treasure in these moments before they move on to the next stage of development - relationships.

Trevor is 12.6 years old; he loves video games, YouTube and Chicken nuggets. Tyler is 17.8 years old. As of late, he has started writing and singing his own songs. Like, what happened? I don't

understand most of the words and don't want to hear some of the words. I'm not sure when his style of music became something I can, maybe, enjoy, sometimes. Possibly, only because I love him so much. Reflecting on myself at his age, my music was rock and roll - and that was shocking at that time! I'm not sure my Mississippi grandmother ever heard a rock song - well, maybe Elvis!

The music is not my preference; the slang they use I don't know unless they tell me, which they do if I ask. Not sure why teens from rural Kentucky must use urban slang; they tell me because the slang is "fire".

That means good.

It's generational, they have to be themselves, be accepted by their friends (their "slimes" they tell me). While MeMaw, will always be here for them, they must make their own path. I've taught them my values: Love God and love People. So, all I can say is, "You do You, Boo". You will grow up and be great people.

Be Grateful in all things, Live in Joy, Peace, Belief and Grace. Enjoy a Larger than Life - Life. Love God and People. Amen. Dr. Angelia S. Bryant, angelia.s.bryant@gmail.com

Resources for childhood development milestones available online

Sources: Courtney Luecking, assistant extension professor; David Weisenhorn, senior extension specialist; and the Centers for Disease Control and Prevention

From the time they are born until they reach age 5, young children experience immense development. During this period, they should hit important developmental milestones in the ways they play, speak, act and move.

You can learn about these developmental milestones, as well as concerning behaviors to look for, at the Centers for Disease Control and Prevention's Learn the Signs. Act Early. website and companion mobile app. Both are available online at <https://www.cdc.gov/ncbddd/actearly/index.html>. This site explains developmental milestones for children as young as two-months-old, concerning behaviors and the next steps you should take if you are worried about any aspect of your child's development.

Expressing your developmental concerns early to your child's health care provider and developing an

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action plan with them can increase the effectiveness of a therapeutic intervention. Research has also shown acting early can change a child's developmental path as well as help families understand and better meet the needs of their children.

If you are uneasy about your child's developmental growth, you should reach out to your health care provider to discuss your concerns and request a developmental screening. You can also find a list of state-specific agencies that can help determine if your child is eligible for early intervention services through the CDC website.

More information on raising healthy families is available at the Russell County office of the University of Kentucky Cooperative Extension Service.

UPCOMING CLASS Diabetes Self-Management Classes

In collaboration with Russell County Health Department, we will be offering Diabetes Self-Management classes. These classes are free and open to the public.

Dates: March 2, 9, 16, & 23, 2020

Time: 1:00-3:30 p.m.

Location: Kitchen of the Russell County

Extension Office

Class size is limited to 10 people so

pre-registration is required by February 17.

Register by calling 270-866-4477.

Scholarship Opportunity

Russell County Extension Homemakers will be giving a \$500 scholarship to a Russell County resident attending a Kentucky college or university. Application is open to both traditional and non-traditional students. The deadline to apply is April 15. Applications are available at the Russell County Extension Office or online at russell.ca.uky.edu.

Educational programs of the Cooperative Extension Service serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expressions, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability.

TEACHING

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Russell County Middle School Academic Team

is a Special Education teacher at RCMS and currently collaborates in the 7th and 8th grade math classrooms. Holly teaches 7th grade math at RCMS. This is their third year coaching the team together. Brittany is currently focusing on her career as she is not married nor has any children. She does however own her own shaved ice business with her best friend that they operate during the summer months called Snoasis. Holly is married with two children, Haylyn and Ashlyn. Haylyn is in the 4th grade at Jamestown Elementary and Ashlyn just started preschool this year.

The season starts in September and can last anywhere from January-March. There are two teams. A 6th Grade team, and a Varsity team. At competition, there are

two team events: Quick Recall and Future Problem Solving (Varsity Only). In addition to the team events, students can participate in written assessments in the areas of mathematics, science, social studies, language arts, arts and humanities, and written composition. Scores from the team events and individual events are totaled together for the overall standing.

The 6th Grade team competed in 6th Grade Showcase in December at Metcalfe Co Middle School against Adair Co, Cumberland Co, Monroe Co, Metcalfe Co, and Green Co. Overall, the team ended the day as 6th Grade Showcase Champions with 47.5 points (1st place overall). The quick recall team came in 2nd place,