

Welcome to John F. Kennedy Middle School

2023-2024
Student Handbook

John F. Kennedy Middle School will provide a positive and engaging learning environment where all students will be respected, empowered, and provided a strong foundation for their future social and academic success.

John F. Kennedy Middle School

500 Deerfield Drive East

Utica, NY 13502

(315)792-2088

www.uticaschools.org/schools/kennedy/index

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Hello Parents/Guardians,

Welcome to John F. Kennedy Middle School!

Middle school is a time of transition for young people. It is an exciting time for students and parents. It is also a time that brings challenges and change. Our goal is to provide a positive educational environment that will enable our students to successfully transition from elementary school to high school.

The JFK Middle School Team would like to extend our services and support to you and your child(ren). We strive to make every effort to promote the academic and personal success of all students.

Students will experience personal and social changes, changes in building size and changes in workload. Students are encouraged to seek support from faculty and staff whenever questions or challenges arise. We also ask that parents keep an open line of communication with the school by keeping us informed of any concerns that are brought to your attention.

Working in partnership with our community, our goal is to offer an educational experience designed to prepare all students to successfully meet or exceed the local, state and national performance standards. In the process, our goal is to build a foundation of skills to support life-long learning.

From our family to yours, we look forward to your arrival at John F. Kennedy Middle School!

Sincerely,

The Kennedy Middle School Team



Administrative Team

Mr. Clark

Principal

315-368-6641

cclark@uticaschools.org

Mrs. Brenon

Secretary to the Administrator

315-368-6641

jbrenon@uticaschools.org

Mr. Kierpiec

Assistant Principal

315-368-6694

akierpiec@uticaschools.org

Mr. Andrew DeJesus

Assistant Principal

315-368-6688

adejesus@uticaschools.org

Ms. Salatino

Secretary to the Assistant Principals/Guidance

315-368-6645

gsalatino@uticaschools.org

Kennedy Support Staff Telephone & Email List

Main Office Principal	Principal: Mr. Clark Secretary: Ms. Williams Secretary: Mrs. Brenon	315-368-6641 315-368-6653 315-368-6641	cclark@uticaschools.org dwilliams@uticaschools.org jbrenon@uticaschools.org
Assistant Principals	AP: Mr. Kierpiec (A-L) AP: Mr. DeJesus (M-Z) Secretary: Ms. Salatino	315-368-6694 315-368-6688 315-368-6645	akierpiec@uticaschools.org adejesus@uticaschools.org gsalatino@uticaschools.org
School Counselors	Ms Halpin A-G Ms. Dentino H-O Ms. Starsiak P-Z and ALL Young Scholars Students Secretary: Ms. Salatino	315-368-6643 315-368-6647 315-368-6646 315-368-6645	mhalpin@uticaschools.org cdentino@uticaschools.org jstarsiak@uticaschools.org gsalatino@uticaschools.org
Counselor's Fax #		315-792-2054	
 AIS Facilitator ELA	Mrs. Hansen	315-368-6583	ahansen@uticaschools.org
Attendance	Ms. Cavalier	315-368-6649	pcavalier@uticaschools.org
Attendance Teacher	Mrs. Burris	315-368-6662	Tburris@uticaschools.org
Parent Liaison	Ms. Daniels	315-368-6690	ndaniels@uticaschools.org
Social Workers	Ms. Bass Ms. Lafache	315-368-6655 315-368-	cbass@uticaschools.org klafache@uticaschools.org
Psychologist	Dr. Schmalz	315-368-6657	bschmalz@uticaschools.org
Nurse	Ms. DePerno	315-368-6644	pdeperno@uticaschools.org
Nurse's Fax #		315-792-2084	
Speech Therapist	Ms. Conte	315-792-2088	econte@uticaschools.org
Safe Schools	Ms. Buckley Ms. Skelskey	315-368-6758 315-368-6672	kbuckley@uticaschools.org kskelskey@uticaschools.org

Durham Bus- (315) 758-1648
utica.durham@gmail.com



JFK Faculty

Last Name	First Name	Position	Phone Number	Email
Adamo	Anthony	Teacher	315.792.2088	aadamo@uticaschools.org
Aiello	Jerry	Teacher	315.792.2088	jaiello@uticaschools.org
Bailey	Linda	Teacher	315.792.2088	lbailey@uticaschools.org
Bellair	Jenna	Teacher	315.792.2088	jbellair@uticaschools.org
Bennett	Stacey	Teacher	315.792.2088	sbennett@uticaschools.org
Blanchard-Marshall	Douglas	Teacher	315.792.2088	dblanchard@uticaschools.org
Bohrer	Jennifer	Teacher	315.792.2088	jbohrer@uticaschools.org
Brosemer	Rebecca	Teacher	315.792.2088	rbrosemer@uticaschools.org
Campbell	Colleen	Teacher	315.792.2088	ccampbell@uticaschools.org
Carney	Andrea	Teacher	315.792.2088	acarney@uticaschools.org
D'Agostino	Catherine	Teacher	315.792.2088	cdagostino@uticaschools.org
Delia	Michael	Teacher	315.792.2088	mcdelia@uticaschools.org
DePerno	Jamie	Teacher	315.792.2088	jdeperno@uticaschools.org
Destito	Philip	Teacher	315.792.2088	pdestito@uticaschools.org
Emond	Colleen	Teacher	315.792.2088	cemon@uticaschools.org
Ethier	Carole	Teacher	315.792.2088	cethier@uticaschools.org
Femano	Paul	Teacher	315.792.2088	pfemano@uticaschools.org
Ferguson	Eldon	Teacher	315.792.2088	eferguson@uticaschools.org
Greene	Nicole	Teacher	315.792.2088	ngreene@uticaschools.org
Hajdasz	Kelly	Teacher	315.792.2088	khajdasz@uticaschools.org
Harter	Sarah	Teacher	315.792.2088	sharter@uticaschools.org
Hassani	Ali	Academic Coach	315.792.2088	ahassani@uticaschools.org
Hawley	Shawn	Teacher	315.792.2088	shawley@uticaschools.org
Hilbrandt	Donna	Teacher	315.792.2088	dhilbrandt@uticaschools.org
Houck	Vanessa	Teacher	315.792.2088	vhouck@uticaschools.org
Howard	Merritt	Teacher	315.792.2088	mhoward@uticaschools.org
Howd	Rebecca	Teacher	315.792.2088	rhowd@uticaschools.org
Jensen	Corrine	Teacher	315.792.2088	cjensen@uticaschools.org

JFK				
Last Name	First Name	Position	Phone Number	Email

Kapps	Patricia	Teacher	315.792.2088	pkapps@uticaschools.org
Klopfanstein	Ron	Teacher	315.792.2088	rklopfanstein@uticaschools.org
Kulik	Melissa	Teacher	315.792.2088	mkulik@uticaschools.org
Kupelian	Vanessa	Teacher	315.792.2088	vkupelian@uticaschools.org
Leape	Sabrina	Teacher	315.792.2088	sleape@uticaschools.org
Lehner	Emily	Teacher	315.792.2088	elehner@uticaschools.org
Macaluso	Daniel	Teacher	315.792.2088	dmacaluso@uticaschools.org
Macaluso	Emily	Teacher	315.792.2088	emacaluso@uticaschools.org
Marashian	Lisa	Teacher	315.792.2088	lmashian@uticaschools.org
Mariotti	Melissa	Teacher	315.792.2088	mmariotti@uticaschools.org
Mastrangelo	Jennifer	Teacher	315.792.2088	jmastrangelo@uticaschools.org
Mazzotta	Christian	Teacher	315.792.2088	cmazzotta@uticaschools.org
McRorie	Kevin	Teacher	315.792.2088	kmcroe@uticaschools.org
Mills	James	Teacher	315.792.2088	jmills@uticaschools.org
Minicozzi	David	Teacher	315.792.2088	dminicozzi@uticaschools.org
Monaghan	Damian	Teacher	315.792.2088	dmonaghan@uticaschools.org
Nimey	Catherine	Teacher	315.792.2088	cnimey@uticaschools.org
Norton	David	Teacher	315.792.2088	dnorton@uticaschools.org
Ortega	Rachel	Teacher	315.792.2088	rortega@uticaschools.org
Piazza	Jessica	Teacher	315.792.2088	jpiazza@uticaschools.org
Piccione	Judith	Teacher	315.792.2088	jpiccione@uticaschools.org
Rahme	Carol	Librarian	315.792.2088	crahme@uticaschools.org
Ricci	Lisa	Teacher	315.792.2088	liricci@uticaschools.org
Roberts	Jennifer	Teacher	315.792.2088	jroberts@uticaschools.org
Sallam	Oalaa	Teacher	315.792.2088	osallam@uticaschools.org
Saville	Phyllis	Teacher	315.792.2088	psaville@uticaschools.org
Schreppel	Colleen	Teacher	315.792.2088	cschreppel@uticaschools.org
Schreppel	Joshua	Teacher	315.792.2088	jschreppel@uticaschools.org
Sidorevich	Yevgeniy	Teacher	315.792.2088	ysidorevich@uticaschools.org
Soboloski	Matthew	Teacher	315.792.2088	msoboloski@uticaschools.org
Tillotson	Jennifer	Teacher	315.792.2088	jtillotson@uticaschools.org
VanEtten	Heather	Teacher	315.792.2088	hvanetten@uticaschools.org
Waldron	Matthew	Teacher	315.792.2088	mwaldron@uticaschools.org

***Do not hesitate to contact your child's teachers with any questions or concerns.**



Student Tips for Success

- ORGANIZATION IS KEY
- KEEP TRACK OF HOMEWORK ASSIGNMENTS AND TEST DATES in AGENDA BOOK
- KEEP TRACK OF SCHOOL CALENDAR
- SEEK EXTRA HELP FROM TEACHERS AS NEEDED
- USE THE LOCKER ASSIGNED TO YOU-MUST BRING IN YOUR OWN LOCK FOR USE
- DO NOT PUT THINGS IN YOUR LOCKER IF YOU DO NOT HAVE A LOCK ON IT
- A 2ND LOCK IS SUGGESTED FOR USE WHILE IN GYM. LOCK MUST BE REMOVED AT THE END OF GYM CLASS.
- STUDENTS SHOULD BE LISTENING TO ALL ANNOUNCEMENTS IN ORDER TO JOIN CLUBS



Report Card Dates

Marking Period	Date Report Cards/Progress Reports are mailed home
<i>Progress Report 1</i>	<i>October 23</i>
Marking Period 1	November 21
<i>Progress Report 2</i>	<i>January 5</i>
Marking Period 2	February 9
<i>Progress Report 3</i>	<i>March 15</i>
Marking Period 3	April 19
<i>Progress Report 4</i>	<i>May 24</i>
Marking Period 4	June 28

School Counselor's Role - Our school counselor works with teachers, staff, parents, and administration to support a supportive educational environment.



- **Academic Support** - monitor grades, parent conferences, academic interventions
- **Peer relationships**
- **Problem solving, decision making, and conflict resolution**
- **Transition and career planning**
- **School crisis intervention**
- **Provide connections to community services**
- **Positive behavior reinforcement**

ATTENDANCE:

Absences

We encourage all students to do their best to attend school EACH day.

- Families will be called for **all** of their child’s absences through our automated system.
- If a student is absent, please call the school’s attendance office at **315-368-6640**.
- A written excuse **must** be brought to school upon return and must include:
 - The date of absence
 - A reason for the absence
 - Guardian signature/Medical professional (if needed)



Chronic Absenteeism

Any student that misses 18 or more days of school is considered to be chronically absent. The following actions will be taken by the school:

- Contact will be made by Teachers, Counselors, and/or the Attendance Teacher via phone, letter, and home visits
- Referral to IST Team for intervention services
- Child Protective Services (CPS) will be called
- Pre-Pins will be submitted

A Student Attendance Action Plan was sent home to All parents prior to the start of school.

If you have any questions, please contact our Attendance Teacher, Mrs. Burris at #315-368-6662 or tburris@uticaschools.org

Process for Changing an Address

Please be advised, one of the following documents is required to change your child's address and bussing. Please bring proof of a new address to school so that changes can be made. In addition, documents may be emailed to gsalatino@uticaschools.org or faxed to 315-792-2054.

Acceptable proof of address documents are as follows:

- National Grid, Water Bill, Spectrum Cable bill, or other bill with your Name and address on it
- SSI Award Letter
- TANF Budget Sheet (Temporary Assistance for Needy Families)
- Landlord Statement with Landlord's contact information

**** Please be aware that bus changes can take 3 - 5 days***

If you have any questions please call:

Attendance (315) 368-6640

Secretary (315) 368-6645

- **GOOGLE CLASSROOM**

- **Parents can check their child's Google Classroom at ANYTIME!**



- Teachers continue to use Google Classroom to post student assignments, daily agenda's, and allows for communication to teachers.

Stream Page: This is a central place to view class posts and announcements. When something is added to classwork, it also appears on the Stream. On the left side of the Stream page, in the Upcoming area, a list of assignments with upcoming dues dates displays.

Classwork Page: This is where teachers create assignments, questions, and class materials.

Classwork Page(to find grades): ****Click on "View Assignments" at the top of the Classwork page.**** View assignments and grades, and see which assignments students owe from here. Parents can see child's their overall average as assignments are graded. (SEE NEXT PAGE)

****Not All Teachers Keep Grades In Google Classroom****

People Page : This tab houses the class roster, including all teachers and co-teachers of the class.

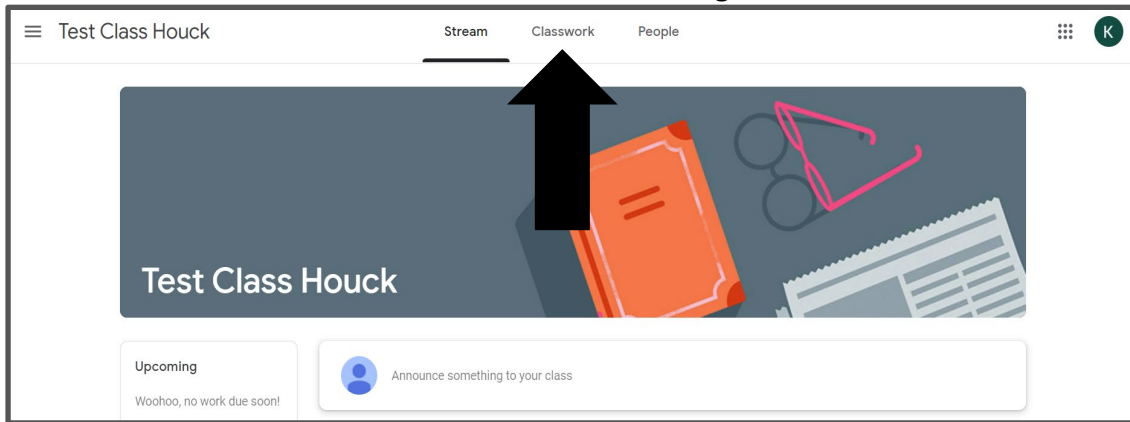
****Parents can contact teachers ANYTIME by phone or e-mail!**



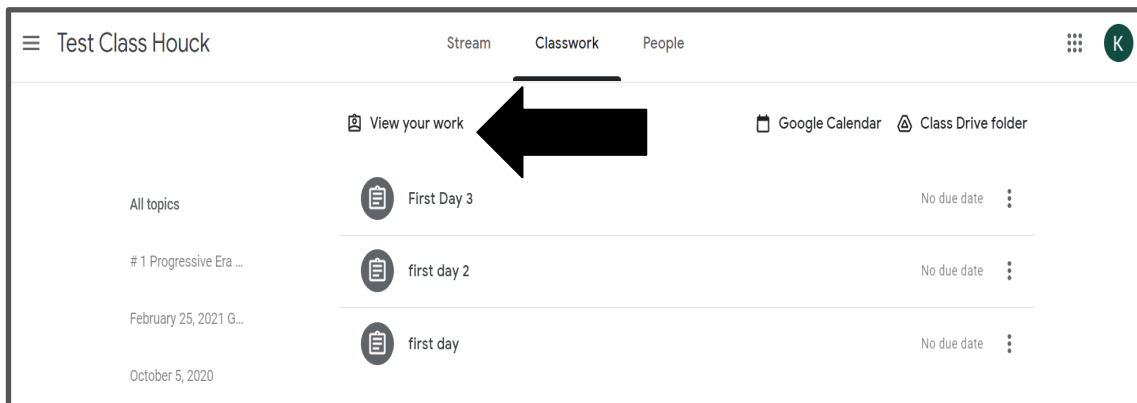
Stream (home) Page in Google Classroom



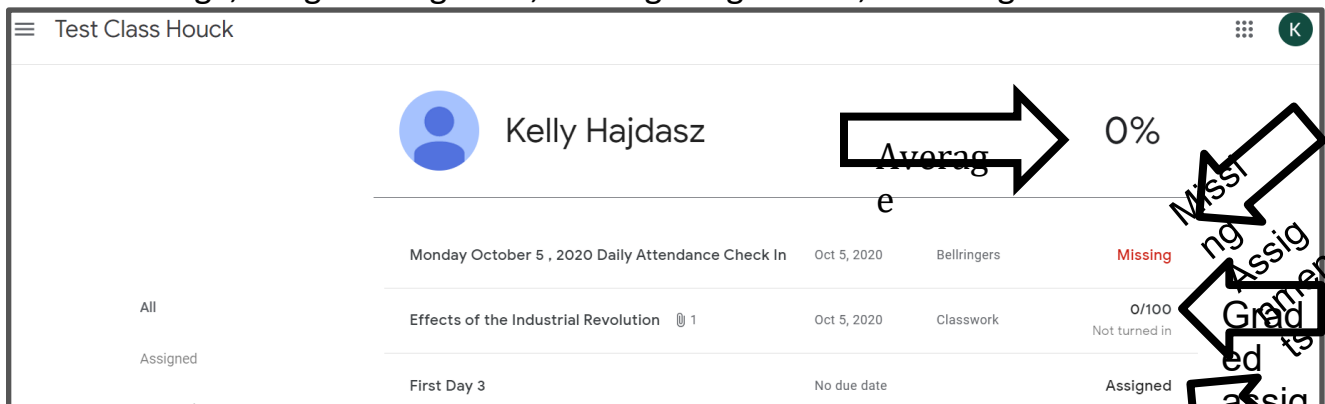
****Click on Classwork to view grades****



TO FIND GRADES click on "View Your Work"



See average, assignment grades, missing assignments, and assignment due dates



UTICA CITY SCHOOL DISTRICT

SUMMARY – CODE OF CONDUCT

NOTE THAT A COMPLETE COPY OF THE CODE OF CONDUCT IS AVAILABLE FROM THE SCHOOL, FROM CENTRAL ADMINISTRATIVE OFFICE, OR ON THE DISTRICT WEBSITE

Dear Parent/Guardian/Student:

The Utica City School District is committed to providing all students, teachers, district personnel, and visitors with a safe and pleasant environment. Our purpose is to offer a quality education in an environment free of discrimination, harassment and bullying. All students have the right to access educational and extracurricular activities on an equal basis.

Therefore, we have adopted a “Code of Conduct” that applies to everyone involved in our schools. You should also know that New York State’s Safe Schools Against Violence in Education Act and Section 100.2 of the Regulations of the Commissioner of Education require that each school district in the State have such a Code.

Our Code was developed by administrators, teachers, parents, students, and others involved in the schools. It explains the rights and responsibilities of all who utilize our facilities or ride our buses. The guiding principles are those of politeness, respect for each other, tolerance, and honesty. We especially ask students to help us maintain a safe and orderly environment, to ask questions if there is anything they don’t understand, and to ask for help with problems. We also expect them to accept responsibility for what they do or do not do. Therefore our Code focuses on respect for the rights and property of others and for the safety of everyone.

Students who refuse to follow the rules by being disorderly, insubordinate, disruptive, or violent or who place others in physical or moral danger will be disciplined. This discipline could range from a warning to permanent removal from school.

Discipline will be based on the following categories. (the complete list appears in the Code of Conduct):

Category 1 – includes disorderly conduct, insubordination, false identification, possession of electronic devices (i.e. cell phones, iPods, etc.), harassment, academic misconduct, and misconduct on the bus.

Category 2 – includes vandalism, endangering safety, health, or welfare of others (including bullying and cyber bullying), fraud, forgery, sexual harassment, and chronic insubordination.

Revised March 28, 2019

Category 3 (Zero Tolerance) – includes violent conduct, possession of drugs and/or alcohol, conduct endangering the safety, health, or welfare of others, and sexual misconduct.

Students are expected to report any school related violations of the Code to a staff member immediately. Remember that we are all responsible for the health, safety and well being of everyone.

Students who violate the Code will be subject to a consequence. Typically, consequences become more severe if the misbehavior continues or if a Zero Tolerance offense has been committed. Consequences range from an oral warning to permanent suspension from school. A complete list appears in the Code.

We would like to remind parents/guardians and students that transportation is a privilege of the student, not a right, and that the school district is not mandated to provide transportation. Pupil actions and behavior will be addressed in relation to the severity and frequency of the misconduct. The Code of Conduct of the Utica City School District extends to the transportation system of the District. Continued misconduct will result in the removal of bus privileges.

We expect all students, parents/guardians, visitors, and members of the staff to dress neatly and appropriately for all school activities and functions. We also expect all students to pay attention to personal cleanliness.

Our Dress Code is explained in detail in the complete Code, but it requires students dress in a manner that will not interfere with the main purpose of school education. Any student who is not dressed properly will be asked to correct the problem. Anyone who refuses will be subject to discipline, up to and including suspension from school.

Students and parents have rights. Students are to be informed of the reason for any consequences and will have an opportunity to explain their version of the event that led to the disciplinary action. Parents have the right to be informed also. In extreme cases, such as Category 3, the school official may be required to request a Superintendent's Hearing. The Code includes information on specific rights of parents/guardians and students, including the right to counsel.

Finally, in accordance with New York State Law, visitors to the school must report to the main office to request permission to visit anyone in the building.

Visitors may be asked to show identification. The principal or his/her designee may or may not grant such permission. If permission is granted, the visitor is to sign a register and will be issued a pass, which must be worn until departure. All visitors to any school, regardless of the purpose of the visits, must behave in a polite and respectful manner. Violators of this policy may be restricted from school property and/or prosecuted.

Thank you for your anticipated support and cooperation.

CELL PHONE POLICY

Cell Phones are not allowed to be used in school. If students are found using a cell phone the disciplinary consequences will be imposed progressively from a warning to ISS. Parents may be required to come to school to pick up the phone of a repeat offender.



****Examples of other electronic items that are prohibited include, but are not limited to:**

Airpods, earbuds, tablets, and smart wearables

UCSD DRESS CODE

- ❖ Clothes and footwear should be safe and appropriate.
- ❖ Clothes SHOULD NOT make reference to drugs, alcohol, gangs, or tobacco.
- ❖ NOT APPROPRIATE: crop tops, net-tops, halter tops, spaghetti straps, plunging necklines, see-through clothes, hoods, hats, bandanas, short skirts/shorts, pants that hang below your buttocks.
- ❖ NOT APPROPRIATE: any items that are rude, use curse words, make fun of others, have sexual content or that can be used as a weapon.
- ❖ Undergarments should be completely covered with outer clothing.
- ❖ Coats are not to be worn in the building. You must hang your coat in your assigned locker before 1st period.



JFK SCHOOL-WIDE EXPECTATIONS

BE RESPECTFUL

- Sit up.
- Listen.
- Ask and answer questions.
- Nod your head.
- Track the speaker.

RESPECT YOURSELF AND OTHERS



Respect

BE RESPONSIBLE



Priorities

BE RESPONSIBLE

- No eating or drinking in class without teacher permission.
- Be on time (in your seat at the bell).
- Be prepared (bring all materials to class. Example; pencils, notebooks, and homework).
- Do not enter classes in session that you do not belong in.

BE SAFE

- Keep hands and feet to yourself.
- Sit flat on your chair.
- Do not throw anything.
- Do not use perfume or cologne in class.

BE SAFE



You Are In Charge of You

BE KIND



Kindness Matters

BE KIND

- Use appropriate language.
- Be considerate of others and their feelings.

****Expectations also apply to behavior on the bus.****



Clubs at JFK

The following clubs are offered here at JFK. Please see the club advisor listed below or your Guidance counselor for more information.

CLUB



ADVISOR

Art Club

Ms. Bailey

Drama Club

Ms. Campbell



Newspaper

Ms. Bennett

Student Council



Ms. Greene

Yearbook

Ms. Roberts



yearbook

8th Grade Class

Ms. Roberts/
Ms. Carney

Sports At JFK

*See Mr. Minicozzi in the
Gym for more
information*

Fall Sports

Modified Boys Football

Modified Boys Soccer

Modified Girls Soccer

Modified Girls Swimming

Modified Cross Country



Winter Sports

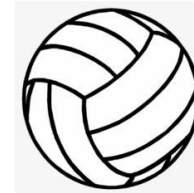


Modified Boys Basketball

Modified Girls Basketball

Modified Girls Volleyball

Modified Boys Swimming



Spring Sports

Modified Boys Baseball

Modified Girls Softball

Modified Boys Lacrosse

Modified Track

***Listen to the announcements for all sign-ups, tryouts and meeting dates for clubs and sports**

JFK Club Requirements and Sports Policy



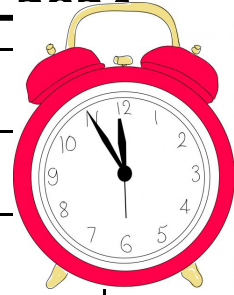
- Students who are failing 3 or more courses are ineligible to participate until the next marking period.
- Students who wish to participate must maintain an average of 85% attendance in all classes.
- Students who receive 2 F's or 2 grades 64 or below in a marking period will be placed on academic probation, may practice and attend basic meetings, but cannot compete in games or attend special extra-curricular activities. The student will have two weeks to earn a passing grade in order to be considered for full eligibility.
- Any student who received 3 or more F's for the progress report or quarterly report cards are ineligible until the next report card.

Students who participate in extra-curricular school activities must meet the standards as outlined in the Utica City School District Code of Conduct.



John F. Kennedy Middle School Bell Schedule
7:47 a.m. - Warning
Bell

Middle School Bell Schedule 2023-2024



Warning Bell	7:47	
Homeroom	7:50	
Period 1	7:52	8:34
Period 2	8:37	9:19
Period 3	9:22	10:04
Period 4	10:07	10:49
Period 4 Lunch	10:07	10:37
Period 5	10:52	11:34
Period 5 Class	10:40	11:22
Period 5 Lunch	10:52	11:22
Period 6	11:25	12:07
Period 6 Class	11:37	12:19
Period 6 Lunch	11:37	12:07
Period 7	12:10	12:52
Period 7 Lunch	12:22	12:52
Period 8	12:55	1:37
Period 9	1:40	2:22
Student Dismissal	2:22	
Period 10	2:25-2:50	

Track 1 (Orange) Bell Schedule

Warning Bell	7:47	
Homeroom	7:50	
Period 1	7:52	8:34
Period 2	8:37	9:19
Period 3	9:22	10:04
Period 4 Lunch	10:07	10:37
Period 5 Class	10:40	11:22
Period 6	11:25	12:07
Period 7	12:10	12:52
Period 8	12:55	1:37
Period 9	1:40	2:22
Student Dismissal	2:22	
Period 10	2:25-2:50	

Track 2 (Yellow) Bell Schedule

Warning Bell	7:47	
Homeroom	7:50	
Period 1	7:52	8:34
Period 2	8:37	9:19
Period 3	9:22	10:04
Period 4	10:07	10:49
Period 5 Lunch	10:52	11:22
Period 6	11:25	12:07
Period 7	12:10	12:52
Period 8	12:55	1:37
Period 9	1:40	2:22
Student Dismissal	2:22	
Period 10	2:25-2:50	

Track 3(Green)Bell Schedule

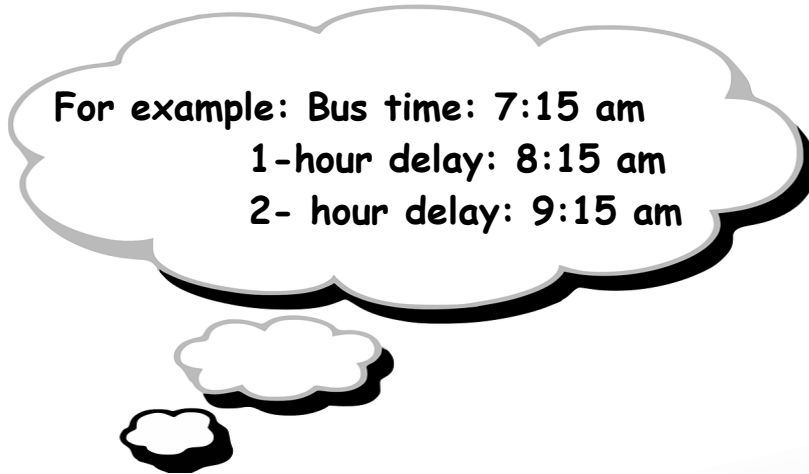
Warning Bell	7:47	
Homeroom	7:50	
Period 1	7:52	8:34
Period 2	8:37	9:19
Period 3	9:22	10:04
Period 4	10:07	10:49
Period 5	10:52	11:34
Period 6 Lunch	11:37	12:07
Period 7	12:10	12:52
Period 8	12:55	1:37
Period 9	1:40	2:22
Student Dismissal	2:22	
Period 10	2:25-2:50	

Track 4(Blue)Bell Schedule

Warning Bell	7:47	
Homeroom	7:50	
Period 1	7:52	8:34
Period 2	8:37	9:19
Period 3	9:22	10:04
Period 4	10:07	10:49
Period 5	10:52	11:34
Period 6 Class	11:37	12:19
Period 7 Lunch	12:22	12:52
Period 8	12:55	1:37
Period 9	1:40	2:22
Student Dismissal	2:22	
Period 10	2:25-2:50	

In the event of a 1-hour delay, students will report to their bus/school one hour later than their originally scheduled time.

In the event of a 2-hour delay, students will report to their bus/school two hours later than their original scheduled time.




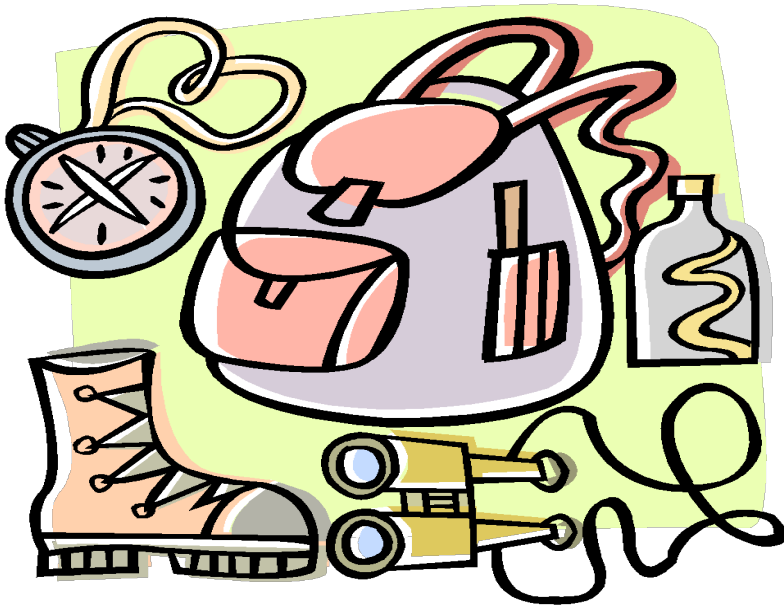
School Recess Days



- September 4.....Labor Day
- October 9.....Columbus Day
- November 7.....,,,,,,,Superintendent’s Conference Day
- November 10.....Veterans Day
- November 22-24.....Thanksgiving Recess
- December 22-January 1....Winter Recess
- January 15.....Martin Luther King, Jr. Day
- February 19-23.....Mid-Winter Recess
- March 29.....Good Friday
- April 10.....Eid al-Fitr
- April 22-26.....Spring Recess
- May 21.....Superintendent’s Conference Day
- May 27.....Memorial Day
- June 19.....Juneteenth

Tips for Helping your Student with Homework and Study Habits

- ❖ Turn off the TV.
- ❖ Monitor and restrict phone calls. 
- ❖ Know when Report Cards and Progress Reports are mailed to you. Dates will be noted on the school calendar.
- ❖ Set up a specific time and area to study.
- ❖ Monitor music – type and volume while doing homework and studying.
- ❖ Make sure they get adequate sleep. Reduce caffeine consumption and video games before bedtime.
- ❖ Notes/Binders/Folders – organize notes and handouts by subject.
- ❖ Rewrite notes to review for tests/quizzes.
- ❖ Use flashcards.
- ❖ Study a little every day.
- ❖ Backpacks – clean out and file papers in folders and binders with dividers WEEKLY.



Community Services

Abuse/Alcoholism/Substance Abuse

Child Abuse Hotline	800-635-1522
Domestic Violence/YWCA	315-797-7740
Oneida County Department of Social Services/Child Protective Unit	315-798-5264
Mohawk Valley Center for Refugees	315-738-1083
Center for Family Life and Recovery	315-735-2236
Insight House	315-724-5168
Mohawk Valley Council on Alcoholism and Addictions	315-733-1709

Suicide Prevention

Mobile Crisis Assessment Team (MCAT)	315-732-6228
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Disability Advocates

Resource Center for Independent Living (RCIL)	315-797-4642
Learning Disabilities Association (LDA)	315-797-1253

Counseling Services

Catholic Charities	315-724-2158
Child Advocacy Center	315-732-3990
Community Health and Behavioral Services (CHUBS)	315-798-8868
Hospice and Palliative Care	315-735-6484
Neighborhood Center Child Guidance Clinic	315-732-2256 or 272-2700
Samaritan Counseling Center	315-724-5173

Emergency Housing/Shelter

American Red Cross	315-733-4666
Emmaus House (females 16 +)	315-797-3339
Evelyn's House (pregnant – homeless)	315-733-0236
Runaway and Homeless Youth	315-792-9039 or 624-9930
New Horizons (female 16 +)	315-732-7032

Food Banks/Meal Sites

Community Food Bank	315-733-0346
St Francis De Sales	315-732-6171
Thea Bowman House	315-797-0748
Hope House	315-793-3723
Johnson Park Center Food Pantry	315-794-1904

