



# ONEKAMA CONSOLIDATED SCHOOLS 2012-2013

## ANNUAL REPORT

The past year we have been faced with many challenges that have resulted from the current decline in funding from the state level. Local revenue, which makes up 81 % of our 8,386 dollar per pupil funding has been stable, but Lansing has continued to cut their 19% share that was slated for educating K-12 students. Despite the reduction of state allocation we have done our best to maintain programs and stay on top in the region in relation to student achievement. We were one of the few districts in the state that had an increase in student enrollment. These achievements have been much more difficult with less staff and increased class sizes. Our staff, students, parents and community should be commended for maintaining high standards and attaining excellent results with diminished resources.

The elementary volunteer program, which was implemented in 2010/2011, has expanded and we logged in over 4,000 volunteer hours in the elementary school. This program has over 35 volunteers that help in the classroom. In addition we had local volunteers come in and teach Junior Achievement, coach our Book Bowl teams, organize Vehicle/Safety Day, and many other activities. We are fortunate to have highly skilled, knowledgeable residents in our community who are willing to donate their time assisting the youth.

Next, our students, when tested, score in the top 5% in the state as measured by the Michigan MEAP. On the national ITBS (Iowa Test of Basic Skills) given to our 1st to 8th graders, the students ranked above or at grade

equivalent, exceeding their peers across the country. The US News and World Report ranked Onekama Schools one of the top achieving schools in the country and was awarded the Bronze medal recognition for student achievement.

Also, during the next year we plan to continue the implementation of the latest technology: integrating into the instructional arsenal of our teachers. The addition of 30 new ipads, paid for by a Revenue Sharing Board grant from the Little River Casino Resort, brings us to a total of 140 ipads. This will allow our students to participate in using the latest technology to enhance student learning. These devices are being used to allow the students to have real time data access, access online literature, hundreds of free learning applications, and exposure to the devices which are common place in industry today.

In addition, we will continue to use technology in the high school to expanded course offerings through interactive dual enrollment classes, and the "Virtual University". The Virtual University allows junior and seniors to take online classes from "highly qualified" instructors from around the state and country without leaving campus. These learning opportunities allow students from a small school like Onekama to be able to take unique courses that are only offered in a larger city or suburban district.

We also are capitalizing on the new facility that the tax payers approved in 2009. The cooperative play which was Thoroughly Modern Millie was comprised of actors and actresses from Bear Lake, KND and

Onekama. The performance played to three packed houses in our "state of the art" cafetorium and the production was as fine as any high school production. The community recreation center has also allowed many in the community to take advantage of the fitness center, indoor walking track and community recreation classes. We have added several new offerings and sections this past year because of increased demand. And to date, we have over 700 people enrolled in the fitness center, walking track, and community recreation classes.

Finally, the success of our district hinges on the support of our parents, students, community members, teaching staff and support staff. Our Staff has integrated modern technology, smart boards, internet, lap tops, distance learning, online courses, and virtual lessons into proven delivery techniques and embraced these technologies that are exemplified by our students' success. Fortunately, the district continues to move forward in difficult economic times and I am proud to work for, and be a parent of students attending, an excellent educational institution.

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## STUDENT TECH TEACHERS

### Onekama Students Present at MACUL Conference in Grand Rapids



On Thursday, March 8, 2012, a group of eighth grade students and two teachers from Onekama Consolidated Schools traveled to Grand Rapids to present at the 2012 MEA/MACUL Student Technology Showcase.

The Michigan Association for Computer Users in Learning (MACUL) is non-profit organization dedicated to bringing educators together to share their knowledge and concerns regarding educational uses of computers and technology. During the day-long Student Technology Showcase, teams of K-12 students are invited to help others see first-hand how technology is used in classrooms across Michigan.

Presenting at the conference were students Alyssan Clarke, Emma Putney, Keith McKenney and Brandin Cromwell. They were accompanied by their English teacher, Nicole Torrey, and their history teacher, John Neph. Onekama Superintendent Kevin Hughes, Technology Director Bruce Peabody, board member Dennis Zupin, elementary teachers Jennifer Bromley and Ben Mauntler, and high school teacher Fayanette Pierce also attended in order to gather ideas to bring back to the school.

The Onekama students were selected to present at the conference and share the ways technology has strengthened their curriculum. In past years, Onekama students demonstrated projects involving laptop computers and a variety of software. This school year, the students

showcased the results of the school's 70 iPad tablet computers, and the ways their teachers have used this technology to enhance student learning.

"Our eighth grade students have been using the iPads since the start of the school year, with tremendous results," explained Torrey. "Our students demonstrated for teachers from all over Michigan the many ways iPads are used in our day-to-day activities in the classroom. They showed how we use Moodle, take quizzes, look up information, and write in English 8." [Moodle, which is an abbreviation for Modular Object-Oriented Dynamic Learning Environment, is a free source e-learning software platform.]

Onekama eighth grade students created a cross-curricular project in collaboration with their English 8 and History 8 classes, which they incorporated into their MACUL presentation.

"Mr. Neph worked through a unit in history with the students, and I had them create iMovie presentations using the information they learned," said Torrey. "Students were required to pull important information, put it all in a chronological storyboard, and then produce a movie using all of that information. It was fantastic that they were able to share this project with other educators on a platform such as MACUL."

The students enjoyed the experience of presenting, as well as the chance to see how other schools were using technology. Eighth grader Emma Putney commented,

"Showing teachers and students from different schools what we do on the iPads was very exciting. Visiting other schools' tables and seeing what they do on their iPads and computers also really gave me some ideas about what our school can do with ours, too."

Onekama teacher John Neph was impressed with the students' speaking and presentation skills at the conference and appreciated the opportunity for his students to showcase their learning. "Onekama School provides numerous opportunities for students to use technology every day, and as a result, our students are doing incredible things," said Neph.

Added Putney, "It was a very fun experience and I'd love to do it again."

## BAND BOOSTERS

The Onekama Band Boosters are comprised of parents and friends of students enrolled in the band program at Onekama Consolidated Schools. The group supports the band, art and drama programs at the school. This year the group provided field trips for the Middle School and High School Bands to theatrical performances in Interlochen and Lansing. The band boosters also awarded a \$500 Senior Scholarship to Madalyn Harvey and a \$250 enrichment scholarship to Claire Harvey. In addition, the band boosters provide various supplies and equipment to the school program and cover the cost for all students that participate in band competitions.



## HOMESCHOOL IS FUNDAMENTAL

Homework is a fundamental element in successful education. What happens when that fundamental element is not completed, turned in or done in a successful manner? The end result is usually a failing grade. As an educator it is difficult to watch children fail when the ultimate goal is to produce successful students.

This past year, as an Onokama School staff, we wanted to do something to help ALL students turn in homework and succeed in all of their classes. We realized that families are busy in the evenings and many of our students were not getting the help or support they needed to complete their homework. As a result, we set up Success Lunch for all of our 3rd-12th grade students.

Our 3rd-5th grade students that do not turn their homework in on the day that it is due are required to eat their lunch and complete their homework in a classroom with a teacher. The teacher is there to answer questions and assist each student. Instead of a zero being put in the grade book, our students are receiving one on one support and are now receiving a passing grade.

We have carried a similar concept over to the 6th -12th grade students. We do a grade check on every student every week. Any student that is failing a class is assigned to Success Lunch for the week. The student is given the opportunity to make up class work and homework in order to improve their grade to

passing. If the grade is brought up with in the week, then they are not required to be in Success Lunch, but if the grade drops to failing again then the student will return.

These programs have had a very positive result on the academic success of our students. Many students that had just given up on school are now passing and achieving to their fullest potential.

Once we figured out a way to get students to turn in homework, we decided we needed to figure out a way for our students to receive credit for classes that they had failed in the past semester. Any 6th-12th grade student that failed a Core class (English, Math, Science, Social Studies) was assigned to a Success Study class one hour a day. The purpose of this class is for a student to re-do assignments, retake tests, re-learn material until they master the concept that had been presented. Once the student has achieved mastery they are given credit in the class. This gives our students the opportunity to pass all of their classes and move on to the next academic level and graduate with their class.

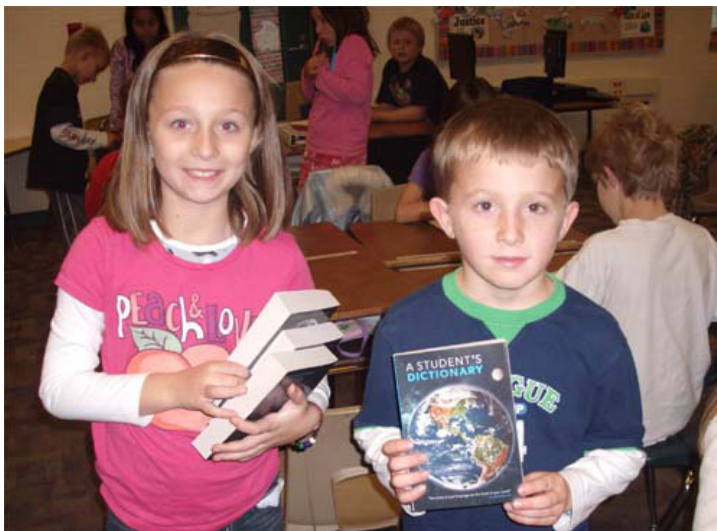
It is every educator's goal for all students to achieve and be successful. Not all students achieve at the same rate or at the same time, but it is our responsibility as educators to help them find success. At Onokama we have found that these two programs have given many of our students the confidence and ability to find success in school.

## PROUD OF OUR STUDENTS & FACULTY



We are very proud of our students and faculty for making Onokama Consolidated Schools the recipient of the Bronze Metal based on US News ranking criteria.

Only a handful of schools in our area were honored. Benzie Central, Bear Lake, Mesick and Onokama were the only schools districts to receive such a designation. This demonstrates the wonderful combination of excellent students, quality staff, caring Board of Education, and supportive community we have here in Onokama.



*Left: Once again the Kiwanis Club gifted the 3rd grade students with Dictionaries. The students were delighted to own their own Dictionary. Thank you Kiwanis!*

*Right: An Elementary student works on her iPad.*



## “DO SOMETHING WORTH REMEMBERING”



### Onekama Elementary Students Get Up Close View of Safety Vehicles

*Posted by Ken Grabowski, Manistee News Advocate*

*Onekama School, May 25, 2012*

Children are very observant in their surroundings and they often see police, fire, rescue and big trucks passing through the area. The one thing they don't normally get to do is to look at them up close.

Elementary students at Onekama Consolidated Schools were given the opportunity during Safety/Vehicle Day to get an up close and personal look at some of those vehicles and to get an explanation of how they work. What was very educational for the students is it allowed them to hear directly from the people who perform these services and drive these vehicles.

“We brought in people from the community that provide safety, fire, rescue and other services to the children and their families,” said former Onekama Schools teacher Pam Lyman, who organized the event.

Lyman said they have done presentations like this in the past, but it has been a few years. She approached superintendent Kevin Hughes about doing some volunteer work at the school and he was all for the idea of bringing in the vehicles.

All of the presenters did a great job in allowing students to see the vehicles and touch some of the equipment. Some of the “equipment” was living and breathing, like Manistee County Sheriff's De-

partment dog “Benco” who was brought in by Deputy Jason Torrey. Children had the opportunity to do something with Benco that they normally don't get to do.

Children were also given the opportunity to get up on the Onekama Township Fire Department trucks and try on a helmet. They also were given a detailed description of how it works.

Another very popular stop for the children was at the Little River Band of Ottawa Indians Department of Public Safety, where they were allowed to sit on

one of their quad rescue units. The smiles were from ear to ear as the children were able to get the feel of what it was like to sit on those units.

Water safety was also a topic of discussion when members of the United States Coast Guard Station Manistee had some fun drills the students could take part in. They had them dividing up into groups and putting on life vests and tossing a life ring for accuracy.

Students also received safety instruction on the water from Manistee County Sheriff Department Marine Officer Steve Block. He showed the students the boat he uses and told them important tips for staying safe on the water.

Others who participated in the event were Rod Exo who brought a Military Deuce M35 A2 vehicle for the children to view, and Team Elmer's that had a semi tractor vehicle.

What it also did was give them a valuable education on how those vehicles and the people who utilize them play an important role in our world.

*Below: Onekama elementary student gets some special one-on-one time with community mentor.*



## FROM ATOMS TO RACE CARS



*OHS Physics class with FSU students Nate and Alex in back and their Formula One Car frame in the foreground.*

### **Onkama Physics Students Tour MSU and FSU Science Programs**

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In her continued efforts to help her students make sense of the complex information in the pages of their Physics textbooks, Onkama High School teacher Laurie Blevins planned a unique field trip.

During a very full day, OHS Physics students were given insight into two different aspects of the field – from the study of microscopic particles of nuclear physics, to the design of Formula One racing cars by mechanical engineers. The field trip took place on Tuesday, April 3, 2012.

The day began at Michigan State University with a tour of the National Superconducting Cyclotron Lab (NSCL). NSCL is a world-leading laboratory for rare isotope research and nuclear science education. The facility serves more than 700 researchers from 100 institutions in 35 countries.

At NSCL, Onkama students were led into a large auditorium by their tour guide, Zach Constan, who took them on a fascinating journey of the history and future of nuclear science at MSU. The presentation was interactive and engaging -- complete with liquid nitrogen being thrown out on the floor at the feet of the students and poured over a piece of ceramic. The ceramic is normally not charged, but when “super-cooled,” it became magnetic and Zach “floated” a metal disc above it, to the students’

amazement.

“The cyclotron is an atom smasher, and creates rare isotopes that don’t exist in nature,” explained OHS Junior Kelly Koon. “This also helps create other important advancements in many fields -- like cell phone memory chips, and x-rays.”

Added Junior Emily Barnard, “When we saw all the giant magnets and detectors and accelerators, it was so crazy to think about how those enormous machines are necessary to move and study particles that we can’t even see with microscopes. I have been contemplating research Chemistry and possibly Physics as a future career, and it was interesting to meet people who are actually in that line of work.”

After the dynamic demonstration they were able to tour the facility which employs over 500 people.

“I was hoping that, if nothing else, my students would be exposed to a part of science they knew little about, but is becoming a very hot topic for continued research in our ever-changing world,” added Blevins, discussing her goals for the field trip. “Quantum Physics is a very exciting field right now, and with the LHC in Europe and talk of the ‘God’ particle existence, I want my students to be critical thinkers who have had exposure to as much ground-breaking science that is virtually in their backyard, so to speak, in being at MSU.”

The next stop for the day was

Ferris State University. Dr. Charles Drake, graciously greeted students in one of his design classrooms and introduced them to several students who are members of the Formula Car Design Team.

Alex Backe, a junior design team member, showed the students a block of aluminum he was using to design a bracket for the wheels of the car. The part was already half-machined out of the block, and he used his design software to show the students how he could analyze everything about the part before he decided on the machining.

Next, students were invited to visit the lab where the Formula Car was being assembled. There, they met more Ferris students working on the team. They discussed their design and the upcoming competition in May at MIS Speedway, where college teams from all over the world will compete for the top Formula Car design for the year.

Onkama students were fascinated by the use of technology in the design and creation of the cars. “I really enjoyed learning about the Formula One car at Ferris,” said Onkama Senior Cordell Williams. “It was neat seeing the shop where they worked on the cars for the competition. I really want to go into engineering someday.”

“With my Mechanical Engineering background, I thoroughly enjoyed and could appreciate what these students at Ferris are accomplishing,” stated Blevins. “I was excited to be able to expose my students to this type of hands-on engineering where the students are using the best that technology has to offer for design and then having the opportunity to build everything themselves.”

“The pride and enthusiasm the Ferris engineering students had for their project was evident,” continued Blevins, “and it was an exceptional experience for my Physics students to witness.”

The field trip left a lasting impression on Blevins’ students. OHS Junior Elizabeth Bergren summed up the day’s events: “All of the people’s passion and excitement for what they are doing will not be forgotten . . . do something you love, that was the lesson of the day!”

# TECHNOLOGY AT OCS

## Technology Throughout the School

A use of technology at Onekama School from Kindergarten through 12th grade continues to result in a positive learning environment for students and an effective tool for teachers. Specific software has been purchased and updated to address student needs along with targeting state curriculum mandates. Smart Board technology in all middle school and high school classrooms remains a valuable tool for both teachers and students. Visitors to our school always comment on how classrooms are utilizing technology with such ease and competence. Our students have access to one of four 25-30 station desktop labs, each of which has grade-appropriate software. In addition classroom sets of laptops, netbooks and iPads are available throughout the district. While technology is never a replacement for quality teaching, our teachers are using technology to enhance the learning environment. Fortunately Onekama School has a very highly qualified and dedicated faculty who include technology tools appropriately for their groups of children.

## Change in Tech Administration

Onekama School will be transitioning from a local technology person to a county technology cooperative this year. It will be more of a team approach sharing best practices and allowing for specialization. Bear Lake, KND, Casman Alternative Academy along with Onekama will be sharing a group of “techies” under the leadership of Roy Anciso, Manistee Intermediate School District Technology Director. MAPS will be participating on a limited basis. Plans are to have team members at each district regularly and on demand as issues arise. This plan does allow for experts to be utilized in all districts involving duties that had been done independently in prior years. “This is a good thing for local schools and students throughout the county” say Bruce Peabody, retiring OCS Technology

Coordinator who will remain at Onekama as part of the team one day a week during the transition period. “I am very excited to see the county go in this direction as it will be positive from an efficiency, expertise, and economic standpoint”. Also new for the 2012/2013 school year, a recognized leader in implementing technology into the curriculum, our own Nicole Torrey will be assisting, sharing and showing all teachers at Onekama the best practices of using technology in the educational process.

## Results of iPad Pilot Programs

The effect of having iPads available in the second grade classroom and in the high school /middle school English department during the school year are very encouraging. In fact, so encouraging that we were able to leverage additional special education funds to increase the original purchase to add 10 more units mid year. Second Grade instructor, Ben Mauntler was impressed with how easily students were able to integrate the iPads into their regular curriculum. Observations from both he and visitors commented on how much more children were able to focus on their work. Test results indicated higher scores overall although future years will be needed to show more validity to this year’s results due to the small sample. Middle school and high school students were given a survey to measure iPad or computer preference. Overwhelmingly, at the top of the student’s lists were reading researching, turning in work, on-line testing and time-on-task making iPads clearly an advantage. The single area that computers were preferred was typing up papers. Fortunately our facility has that covered with wired computer labs throughout the district. Nicole Torrey, the English instructor directing the English Department Pilot was most impressed with how much class time is saved by students using iPads over computers.

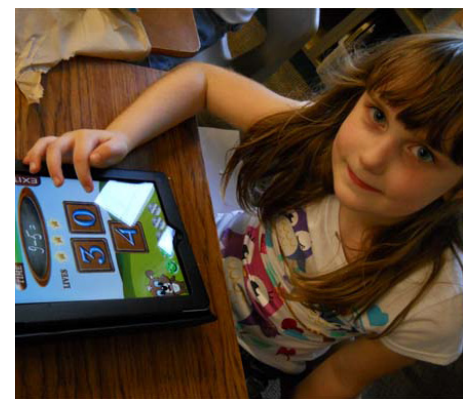
## Funds for Technology

Recently the Little River Revenue Sharing Board awarded Onekama, Bear Lake and KND School districts with a com-

bined grant of \$56,000 to implement an iPad initiative for the elementary schools. With our share of the grant, another classroom set of 30 iPad’s along with a cart and projection unit will be purchased. With the same funding, training for teachers on how to incorporate iPads in the classroom will be done this summer. Special At-Risk funding from state and federal sources has also been secured enabling us to purchase additional iPads. These will be used in our very encouraging “Success Lunch” and “Success Studies” implemented this past school year for middle and high school students. In addition, the Board of Education’s goals included technology funding to insure maintenance, support and expansion of technology initiatives for our school.

## Summary

Onekama believes that a quality education is absolutely the number one priority of our school system. We found that providing access to certain technologies enhance a student’s learning educational experiences and have seen where some technology actually gets in the way of effective learning. For this reason our staff carefully selects hardware, software, activities and delivery methods that are proven to help both students learn better and teachers to be more effective. Our students have flourished in their education here at Onekama. Well thought-out technology tools and techniques along with excellence in teaching have proven to be successful. We are a group of learners that do not just have technology for technology sake but use it to enrich teaching and enhance learning.



## COLLEGE & TECH PREP CLASSES

According to Michigan School Code, juniors and seniors are eligible to enroll in college level courses while still attending high school. Onekama Consolidated Schools in conjunction with West Shore Community College will be offering courses over our interactive television system, or at the WSCC Manistee satellite campus at West Shore Medical Center. The following is a breakdown of the courses by names and the number of students enrolled in each course.

Class	Credits	Enrollment
Interpersonal Communications	3	12
English Comp 1	3	13
English Comp 2	3	13
Intro to Business	3	9
Early Childhood Development 1	7	2
Keyboarding	3	3
Human Growth & Development	3	7
Intro Sociology	3	17
Intro Psychology	3	17
American Government	3	2
Desk Top Publications	1	3
Play Writing	3	1
Ornithology	3	3
Medical Terminology	4	5
Music Appreciation	1	1
Art Appreciation	1	1

The following is a list of Tech Prep classes Onekama High School students were enrolled in for the 2011-2012 school year. These classes are offered through the Mason/Lake Career Technical Center at WSCC, and Manistee High School Vocational Education. 22 Students took 9 different classes.

### Mason/Lake Tech Prep (WSCC)

Allied Health Technology	0
Automotive Technology	0
Computer Aided Drafting	0
Computer Information Systems	2
Computerized Multimedia Acct.	0
Construction Technology	1
Criminal Justice	1
Culinary Arts/Hospitality Mgt.	3
Graphic Communications	3
Marketing	4
Office Information Systems	0
Pre-Engineering & MFG	0
Welding Technology	2

### Manistee High School Vocational Ed.

Automotive Technology	2
Allied Health	4

## STATE & NATIONAL TESTING

Grad Year	English		Mathematics		Reading		Science		Composite	
	Local	State	Local	State	Local	State	Local	State	Local	State
2004-05	20.4	20.7	19.3	21.2	21.4	21.8	22.0	21.6	20.9	21.4
2005-06	20.0	20.7	19.1	21.2	20.1	21.8	21.5	21.7	20.3	21.5
2006-07	20.1	20.7	20.6	20.3	21.5	21.8	23.0	21.7	21.4	21.5
2007-08	17.4	17.8	17.9	18.9	17.7	19.1	18.6	19.5	18.0	18.9
2008-09	19.5	17.6	20.0	19.0	20.3	18.8	21.2	19.4	20.4	18.8
2009-10	19.8	18.6	20.2	19.6	20.2	19.6	21.3	20.1	20.6	19.6
2010-11	19.3	18.6	21.5	19.5	20.3	19.6	21.2	19.8	20.8	19.5
2011-12	17.9	18.5	19.4	19.6	20.1	19.3	19.1	20.0	19.3	19.5

### IOWA Test of Basic Skills

During the spring of each year students in 1st through 8th grade are administered the IOWA Test. This test is designed to show the current level of academic achievement and growth for individual students. These results are used to assist staff and administration in making sure the proper core content materials are being taught in the classroom, and each student is performing to their optimal potential.

### ACT - Explore & Plan and PSAT/NMSQT

Students in their Sophomore and Junior years have the opportunity to take the Pre SAT/NMSQT Qualifier Test in October. In the spring Sophomores take the ACT-Plan and the 8th graders take the ACT Explore. Both tests are offered at Onekama Consolidated Schools at a minimal cost to students. Scores from both tests can now be used as dual enrollment qualifying scores according to the Michigan Department of Education. The above graph is an eight year trend of average ACT scores.

# FALL FUN & FITNESS CLASSES

Classes Begin September 17th, 2012

***Class sizes are limited. . . Sign Up TODAY!***

***Call Onekama Schools Student Services at 231-889-4251***

We will soon begin our Fall classes of Fitness and Fun at Onekama Consolidated Schools' Fitness Center. As fall approaches, the Fitness Center has become the place to be in Onekama for meeting friends for a great workout. Many participants find the "buddy system" helps keep them on the health and wellness track. For a small annual fee you have unlimited use of state of the art treadmills, recumbent and upright cycles, elliptical trainers, universal weight machine, free weights, stability and BOSU balls, resistance bands and other fitness equipment. The walking track is free for anyone to use.

If a structured workout is your goal, check out our eight-week group fitness classes for the Fall 2012 as well as short, workshop classes. You do not have to be a Fitness Center member to take advantage of the fitness classes. But please don't wait to call regarding class registration as the classes fill quickly. Our most popular class, Indoor Cycling, provides a great workout. We currently have 46 indoor cyclists on our 2012 participant list.

## **Indoor Cycling & Core**

Mondays & Wednesdays (5:30pm-6:30 pm)

Tuesdays & Thursdays (5:30pm-6:30pm)

Saturdays (8:30 am – 9:30 am)

Group exercise class for cyclists and those who desire a cardio workout that is intense but fun. This class also includes 15 minutes of core exercise in addition to the regular cycling class. Cycling portion is conducted on indoor upright stationary bicycles to high energy music. Focus on interval training and simulation of an outdoor ride. Some upper body workout also included. Beginners and experienced cyclists welcome. Class is instructor led, but self-paced.

- Maximum class size – 14
- 8 Week session (September 17)
- Instructor: LeAnn Burger / Kim Fischer
- Location: Activity Room
- FEE: \$50 (M&W) with Kim
- FEE: \$50 (T&TH) with Leann
- FEE: \$25 (Saturday) with Kim & Leann

## **Reveille Boot Camp**

**(16, 45-minute sessions) NEW format**

Mondays & Wednesdays (6:15 am-7:00am)

Get up out of that bed and get cranking! Group fitness cardio and strength development class that uses weight machines, exercise equipment and resistance training in a circuit training format. Participants will also be introduced to Cross-Fit and Tabata training principles. When done regularly, and combined with nutritional modifications, this type of exercise is the most effective exercise for weight loss and quicker strength development.

- Minimum class size – 8
- 8 Week session (September 17)
- Instructor: LeAnn Burger
- Location: Fitness Room
- FEE: \$40

## **Conscious Discipline**

Mondays, 6:30 pm-8:00pm

(8 week series)

Conscious Discipline is the most comprehensive discipline program available. It is specifically designed to provide parents with the conscious awareness and skills needed to create safe, connected, problem-solving homes.

- Defines discipline not as something you do to children, but something you develop within them.
- Teaches new skills to the adult first, and the children second, empowering you to become the mindful parent you want to be. We can discipline differently than we were disciplined, break the cycle of "do as I say, not as I do," and learn to discipline without permissiveness, aggression or guilt.
- Minimum Class Size: 10
- Eight, 1 ½ hour Sessions
- Instructor: Cynthia Corey
- Location: Leaps & Bounds (Onekama Schools)
- FEE: No Charge
- Day care is available but preregistration is necessary. Cost will be nominal.

***Class sizes are limited. . .  
Sign Up TODAY!***



# FALL FUN & FITNESS CLASSES

## Wall Climbing

Time/Dates: Sunday Evenings, 5:30 pm – 7:30 pm  
September 23, September 30, October 7,  
October 14

Take your fitness to new heights. Learn the basics of indoor wall climbing. Instruction will include warm-up and stretching, equipment and safety instruction, rope skills and climbing knots, traverse skills, top rope climbing, belay, route reading, static climbing, dead point skills, appropriate rest positions, and controlled fall. Parent/Child teams are encouraged, and children ages 12-15 must be accompanied by a participating adult. Participants will prove proficiency at the end of the class so that they may attend Open Climb Sessions.

- Minimum class size - 8
- 4 two hour sessions
- Instructor: Leann Burger
- Location: Old Gym
- FEE: \$50
- FEE: Parent/Child Rate is \$70

## “Let’s Play” P.E. for Grown-Ups ~ (NEW)

Mondays & Wednesdays (6:45pm -7:45 pm)

It’s the newest fitness craze and it’s taking East Coast gyms by storm with names like “Adult P.E.” and “Old School Fitness.” P.E. for Grown-Ups is an action-packed hour of fun and fitness . The sessions include a myriad of different activities and games...some you’ll recognize and some you won’t. Either way, we’ll warm up, stretch and then, “Let’s Play!”

- Minimum class size 8
- 8 week session
- Instructor: Leann Burger
- Location: Activity Room
- FEE: \$50

## Heart, Body and Soul ~ (NEW)

(16 one-hour sessions)

Tuesdays & Thursdays (6:45 pm - 7:45 pm)

Using stretching techniques, elements of Pilates, yoga and other mind/body movement principles, this class helps those who seek a kinder, gentler workout. Emphasis on strengthening abdominal and back muscles, major upper and lower body muscles along with improving balance and stamina.

- Minimum Class size – 8
- 8 Week Session (September 17)
- Instructor: Leann Burger
- Location: Fitness Center
- Fee: \$50

## Personal Fitness Training

Need a fitness plan that is more individualized? Fitness trainers work with clients to assess overall health and fitness levels and then help clients begin an exercise plan specific to individual needs. The \$100 package includes a two-hour fitness assessment and orientation, and two 1-hour sessions that introduce clients to their individualized programs. Contact Mary at 889-4251 to set an appointment.

## Beginning Quilting

Wednesdays: Oct. 17, 24, Nov. 7, 14, 7-9 p.m.

In four sessions you learn the basics you need for completing a wall hanging or crib quilt. The workshops include fabric choice, cutting your pieces, basic machine piecing, machine and hand quilting. Supply list will be furnished prior to the workshop.

- Minimum class size - 8
- Instructor: Carol Kozelka
- Location: Onekama Schools
- Fee: \$35 plus supplies per supply list

## T-Shirt Quilts

Saturday, Sept. 15th, 9:30-11:30 a.m.

Everyone has them...a bunch of t-shirts from vacations, athletic events, school activities. You can’t wear them, but you don’t want to throw them away either. In this workshop, you’ll be well on your way to making a personalized t-shirt quilt that will get those t-shirts out of the closet and transformed into something unique and fun. Supply list will be furnished prior to the workshop.

- Minimum class size - 10
- Instructor: Mary Bjorkquist
- Location: Onekama Schools
- Fee: \$10 plus supplies per supply list

## What Now???

Thursday, October 4th 6:30 pm – 8:30 pm

You have learned how to use your camera, you are comfortable taking pictures. What can you do with all those photos? Join us for a two-hour workshop and explore the unlimited options like ordering prints online, creating a hard cover book, or creating Christmas ornaments. Bringing your lap top is helpful but not necessary. The instructor will provide helpful hints to put those pictures to work for you.

- Minimum Class Size: 10
- 2 Hour workshop
- Instructor: Lynn O’Connor
- Location: Onekama Schools
- Fee: \$10

# MICHIGAN MERIT CURRICULUM FOR HIGH SCHOOL GRADUATION

Subject Areas	Description	Personal Curriculum (Modification requires a request by the parent or legal guardian, a meeting with the student's counselor, and alignment with a student's EDP.
<b>English Language Arts</b> 4 credits	Aligned with subject area content expectations developed by the Department of Education and approved by the State Board of Education.	No modification
<b>Mathematics</b> 4 credits	Algebra I Geometry Algebra 2 1 additional math or math-related credit Math or math-related credit in the final year	All Students: Complete at least 3.5 math or math-related credits Complete a math or math-related credit in the final year  Algebra 2 medication options: Complete 2.5 credits including .5 credit of Algebra 2 <b>or</b> Complete a two year Career and Technical Education curriculum which includes .5 credit of Algebra 2 content <b>or</b> Complete Algebra 2 over 2 years with credit given for each year  Complete .5 credit Algebra 2 and .5 credit year F.S.E.
<b>Science</b> 4 credits	Biology Chemistry or Physics 1 additional science credit	No modification
<b>Social Studies</b> 4 credits	Civics .5 Economics .5 U.S. History and Geography World History and Geography	No modification of Civics 2 credits must be earned Modified only if student takes additional credit(s) beyond the required credits in English Language Arts, Math, Science, or World Languages
<b>Health and Physical Education</b> 4 credits	Credit guidelines developed by the Michigan Department of Education	Modified only if student takes additional credits beyond the required credits in English Language Arts, Math, Science, or World Languages
<b>Visual, Performing, Applied Arts</b>	Credit guidelines developed by the Michigan Department of Education	Modified only if student takes additional credits beyond the required credits in English Language Arts, Math, Science, or World Languages
<b>World Languages</b> 2 credit	<b>Begins with the class of 2016</b> Credits earned in Grades 9-12 <b>or</b> An equivalent learning experience in grades K-12	No modifications
<b>Online Learning Experience</b>	Online course or learning experience <b>or</b> Online experience is incorporated into each of the required credits	No Modifications

Special Education Students: The Individualized Education Plan (IEP) shall identify the appropriate course or courses of study and identify the supports, accommodations, and modifications necessary to allow the pupil to progress in the curricular requirements, or in a Personal Curriculum, and meet the requirements for a high school diploma.

Sources: Michigan Department of Education & Macomb ISD

Created by: MLISD Tech Prep Partnership

# AWARDS NIGHT & GRADUATION



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**ONE** Campus  
**ONE** Family  
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