Dear Royal Oak Community Members:

Royal Oak is receiving recognition as a great place to live and learn.

- Royal Oak earned a place on the Livability.com Top 10 Best Cities for Kids, 2014.
- NerdWallet, a number-crunching company catering to consumers, ranked Royal Oak number six on its list of Best Cities for Single Mothers.
- And, Movoto, a real estate blog, placed Royal Oak at number five in their listing of the 10 Best Small Cities for Education in America.

Michigan Merit Exam Scores for Royal Oak High School are again improved over last year. These state assessment scores for students at Royal Oak High School are now in the top quartile among Oakland County school districts (see story and chart on page 47). Student achievement in our schools is strong and it is improving.

“Is this good for kids?” “How will this improve student learning?” As I work with our district leadership team to fulfill our vision to be a “Community of Excellence”, these are the two critical questions we ask in our decision making. As we plan for the 2014-2015 school year, we will build on our successes rather than resting on our laurels.

Updated resources for grades K-5 mathematics instruction, new report cards for elementary school students, new leadership at Royal Oak Middle School, and expanded Advanced Placement offerings at Royal Oak High School – these are just some of the improvements students and families will see in the 2014-2015 school year. In addition, capital improvement projects at the Churchill Community Education Center and parking lots at Royal Oak Middle School and Royal Oak High School continue our commitment to maintain and improve school facilities as critical community resources.

Your schools are doing well and we are committed to continuous improvement. If you have not yet done so, now is the time to enroll your child for the 2014-2015 school year. You can do so by visiting our Central Enrollment Office at 1123 Lexington Blvd., Royal Oak, MI 48073. For additional information, visit our website at www.royaloakschools.org and click on the “Enrollment” tab.

Sincerely,

Shawn Lewis-Lakin, Superintendent of Schools

2014-2015 School Year Begins
Tuesday, September 2, 2014

All students in grades K-12 should report for a full day of school on the morning of Tuesday, September 2, 2014.

If you have not received specific information from your school principal, or you are new to the District, please call your school building (phone numbers listed on page 10) or Student Services at (248) 435-8400, Ext. 1232.

School Hours 2014-2015 School Year

<table>
<thead>
<tr>
<th></th>
<th>Start Time</th>
<th>Late Start Time</th>
<th>End Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>All Elementary Schools</td>
<td>8:25 a.m.</td>
<td>9:25 a.m.</td>
<td>3:00 p.m.</td>
</tr>
<tr>
<td>Royal Oak Middle School</td>
<td>8:00 a.m.</td>
<td>9:00 a.m.</td>
<td>2:50 p.m.</td>
</tr>
<tr>
<td>Royal Oak High School</td>
<td>7:55 a.m.</td>
<td>8:55 a.m.</td>
<td>3:00 p.m.</td>
</tr>
<tr>
<td>Churchill Community High School</td>
<td>8:00 a.m.</td>
<td></td>
<td>2:30 p.m.</td>
</tr>
</tbody>
</table>
Enrollment

Back-to-School Packet Information

For those who do not have internet access, print copies will be available at the Board of Education/Administration Building, 1123 Lexington Blvd., Royal Oak, MI 48073.

Changing Residence and School Enrollment
Parents/guardians of all Royal Oak School district students who change their residence during the school year are required to update their address information with the Enrollment Office at the Board of Education/Administration Building. Please check the “Enrollment” section on the district website (www.royaloakschools.org) for required/acceptable proofs of residency.

Family Information Updates
Changing your e-mail address? New telephone number? Parents can edit their contact information or change their password to something easily remembered at the MISTAR Parent Portal. Address changes, however, cannot be updated using Parent Portal. All address changes must be made with the district Central Enrollment Office, 1123 Lexington Blvd., Royal Oak.

Kindergarten Vision Screening

Vision screening done by a health department technician, a physician or an eye doctor fulfills this requirement.

The Oakland County Health Division offers free vision screening for Oakland County residents. Call (248) 424-7070 to schedule an appointment.

Enrollment Procedures
Parents may enroll students at our centralized location. Pre-enrollment paperwork may be completed online.

District Enrollment Office
1123 Lexington Boulevard, Royal Oak Hours: Monday - Thursday (Closed Friday) 8:00 a.m. - 4:00 p.m.
Barbara Sparks, Enrollment Coordinator (248) 435-8400, Ext. 1260
Fax: (248) 280-2591

To register a child for school, parents should bring the following with them to the Enrollment Office:

Enrollment/Registration Required Documents
• 2 Proofs of Residency
  - Lease Agreement (plus page with landlord and tenant signatures)
  - Mortgage Statement (within last month)
  - City Assessor’s Tax Statement (current year)
  - Current Utility Bill or Cable Bill (within last month)
  - Notarized Affidavit of Residence if living in someone else’s home/apartment
• This person’s driver’s license and two proofs of their residency
• Driver’s License (of parent or guardian)
• Birth Certificate (original or certified copy with raised seal)
• Immunization Records
• Vision Screening Required for Kindergarteners
• Court documents, if applicable (guardianship, foster care, etc.)
• High School requires transcript at time of enrollment
• Enrollment packet paperwork must be completely filled out. It can be downloaded at www.royaloakschools.org. Click “Enrollment”, or it is available at the district Enrollment Office or any school building.
• Please bring: Emergency contact names/phone numbers, physician’s name/phone number, and previous school name/address/phone and fax numbers

Early Childhood Center Offers Preschool Programs for Three/Four/Five-Year-Olds
Preschool programs for three/four/five-year-olds are being offered at Addams Early Childhood Center for the 2014-2015 school year.

Programs for four/five-year-olds:
Three-day morning (9:00-11:30 a.m.) or afternoon (1:00-3:30 p.m.) programs will be offered Monday, Wednesday and Friday.

Programs for three-year-olds:
The three-year-old program meets two days per week on Tuesday and Thursday. The morning program meets from 9:00-11:30 a.m. and the afternoon program meets from 1:00-3:30 p.m.

The programs are fully licensed by the State of Michigan. All classrooms are staffed with certified early childhood teachers, and paraprofessionals, providing a student-to-teacher ratio of 18:2 for four- and five-year-olds and 14:2 for three-year-olds.

Curriculum includes developmentally appropriate practices (DAP) that include gross motor skills, small group activities, songs, stories, creative arts, computer skills, and social interaction, all in a “can-do” atmosphere. Parent participation is encouraged.

The Preschool Program runs from September through May with holidays in accordance with the district calendar. For registration information and/or questions on these fee-based programs, please call Nancy Soik (248) 288-3220, Ext. 3561.

Project Find
Project Find needs your assistance to help children with special needs. Special Education Services are available for eligible children ages birth to 26 who have trouble seeing, hearing, talking, or learning.

Call about available free services for eligible children through your local Royal Oak Schools.

Jane Flarity-Gram
Special Education Director
(248) 435-8400
Enrollment

Child Care Program
Full or Part-Time for
2 1/2- to 5-Year Olds

Royal Oak Schools offers a Child Care Program at the Addams Early Childhood Center for children ages two-and-one-half to five years. This program is open year round, Monday through Friday, from 7:00 a.m. until 6:00 p.m. and offers full or part time availability. The program is closed on major holidays.

The Child Care Program is fully licensed by the State of Michigan; staff are certified in CPR and first aid, and participate in continuing education annually. The Child Care Program provides a pre-school component daily. Contact Addams Early Childhood Center at (248) 288-3220, Ext. 3561 for more information.

Young Oaks
Before and After
School Child Care

Royal Oak Schools offers fee-based before and after school child care for school-aged children at each of the six elementary schools.

The Young Oaks Latchkey Program emphasizes a comfortable, supervised atmosphere that includes activities that will enhance the child’s physical, social and academic growth.

The program is fully licensed by the State of Michigan and follows all of its guidelines. The staff is fully trained in CPR and first aid and receives additional appropriate in-service training throughout the year.

We offer care before and after school, as well as on most vacation days. In addition, summer camp is available during the summer break. For a nominal additional fee, parents can purchase “inclement weather” coverage in the event that schools are closed for an unpredictable reason.

For more information regarding the fee structure of the Young Oaks Program, call Nancy Soik at (248) 288-3220, Ext. 3561.

Great Start Readiness Program (GSRP)

The Great Start Readiness Program (GSRP) offered at Addams Early Childhood Center is designed to get your four-year-old ready for Kindergarten. The program runs from mid-September to mid-May each year following the district holiday and break schedules. Classes are held Monday through Thursday.

This program is fully licensed through the State of Michigan. The classroom is staffed with a certified K-8 teacher with ZA endorsement (early childhood emphasis) and an associate teacher. The student to teacher ratio is 8:1.

GSRP is a state program that is funded through a grant from the State of Michigan Department of Education. For qualifying families, there is no cost to participate. GSRP is not solely based on financial need. In order to qualify, your child must meet two of eight factors that place them into the “at risk” category (as defined by the grant provided through the State of Michigan). Please contact the GSRP teacher at (248) 288-3220, Ext. 3569 or 3549 for further information.

When You Have a Question or Concern...

1. Take your question or concern to the person closest to the problem.

Whether in the classroom, in the cafeteria, or on the playground or practice field, the quickest and easiest solution is usually found with the person most directly involved. Talk with that person first. In order to find a time that is satisfactory to both you and the individual involved, you may need to make an appointment. When you make an appointment, please state the general nature of your question or concern, so the staff member can save both of your time by researching the issue and gathering the necessary information in advance of meeting with you.

It is a good practice to establish and maintain open communication with school staff. Please contact them not only when you have a question or concern, but also when things are going well.

2. If your question or concern is not resolved, go to the next level.

The School Principals, Special Education Director, Athletic Director, Community Education Director, and Food Services Director are all individuals who are willing to work with you to help answer questions or resolve concerns. These persons, too, may need to find a time that is appropriate for both of you to meet. When you make contact with them, to arrange a time to talk or meet, it is helpful for them to know the basic nature of your concern and the person with whom you first talked in working to resolve the concern.

3. If your concern is still not resolved, go to the Superintendent of Schools.

There are times when you may not receive satisfaction at the first two levels and need to contact the Superintendent’s Office. When you do contact the Superintendent’s Office, either the Superintendent or one of the Executive Directors who work closely with the Superintendent will respond to you. Please keep in mind that the Superintendent and Executive Directors are often expected to attend meetings both inside and outside of the school district, which means a meeting may require advance planning. When you make contact with the Superintendent’s Office to arrange a time to talk or meet, it is helpful for them to know the basic nature of your concern, and the persons with whom you have talked at the building or department levels to resolve the concern.

4. If your concern is still not resolved, contact a member of the School Board.

School Board members are elected to represent the interests of all parents and district residents. They do not, however, have direct authority in day-to-day operations of the school. The authority of the Board of Education is the result of official actions decided on by a majority of Board members at meetings open to the public. The Board’s primary responsibility is to make policies that guide the school district.

Contact with the Board of Education is appropriate after you have attempted to resolve a question or concern at all prior levels, when a policy is being enforced but you believe it results in bad consequences, or when you believe that at the Superintendent level a policy isn’t being followed or is not being followed fairly for all.
Residents Invited to Apply For Board of Education Committees

Applications are now being accepted for the Royal Oak Schools 2014-15 Board of Education Committees. Committees include:

- Arts & Preservation
- Communications
- Wellness
- Finance & Facilities
- District School Improvement
- Readmission

Additional information regarding these opportunities may be obtained by contacting the Office of the Superintendent at (248) 435-8400, Ext. 1128. Applications are available on the District website www.royaloakschools.org, Board of Education page under "District" tab. The deadline for submitting applications is Friday, September 5, 2014.

Activity Gold Card Available for Seniors

The Royal Oak School District presents its Senior Activity Gold Card, a complimentary pass for Royal Oak residents ages 60 and over. This complimentary pass will be renewable every three years.

Benefits

- Athletic Events (except state sponsored tournaments)
- Drama Programs & Dance Shows
- Vocal & Instrumental Music Concerts
- Evening Recreational Swim at Royal Oak Middle School

Applications are available at the Churchill Community Education Center, 707 Girard, Royal Oak. For additional information, please call (248) 588-5050.

Churchill Community High School

Daytime Alternative High School program for students ages 16-19.

Days: Monday through Friday

Class Times:
1st Session 8:00 a.m. to 1:25 p.m.
2nd Session 9:05 a.m. to 2:30 p.m.

School Calendar: Terms are offered between September and June.

New students must call (248) 577-5639 or (248) 588-5050, Ext. 1505 to schedule an interview for admission.

Adult Education/Afternoon and Evening High School

Program for adults and high school age students age 16 and older who wish to complete the requirements for a high school diploma.

Afternoons and Evenings: Monday through Thursday

Class Times:
Monday & Wednesday
3:00 - 4:45 p.m., 5:30 - 7:15 p.m.
and 7:30 - 9:15 p.m.

Tuesday & Thursday
3:15 - 5:00 p.m., 5:30 - 7:15 p.m.
and 7:30 - 9:15 p.m.

School Calendar: Two 15-week semesters are offered between September and May. Classes begin September 16.

Registration begins August 27
Registration Fee: $25.00
Monday & Tuesday, 3:30 - 7:00 p.m.
Wednesday & Thursday, 12 noon - 4:00 p.m.

G.E.D. Preparation – English & Math

These courses are designed to prepare students for the G.E.D. test. The focus of the classes will be on writing skills, the essay, and math. Test taking skills will also be taught. You can earn one unit of credit while you prepare for the G.E.D. test. Classes are free and begin September 16. For further information, call (248) 588-5050, Ext. 1505.

Registration begins August 27
Registration Fee: $25.00
Monday & Tuesday, 3:30 - 7:00 p.m.
Wednesday & Thursday, 12 noon - 4:00 p.m.
Standard and Poor’s Raises Royal Oak Schools Rating to AA-
Praises District Administration for Fiscal Responsibility

Royal Oak Schools Standard and Poor’s rating has been raised to ‘AA-‘ from ‘A+’.

The rating reflects Royal Oak Schools:
• Participation in the Oakland County economy;
• Strong income and wealth levels;
• Very strong finances, along with additional financing due to hold-harmless and sinking fund levels; and
• Low overall net debt as a percent of market value.

The district’s income levels are strong with median household effective buying income (EBI) and per capita EBI at 117 percent and 123 percent of the national levels respectively.

Despite a 3.9 percent decrease in enrollment in the past four years, Standard and Poor’s praised the district’s administration for making necessary expenditure cuts to mitigate the loss in enrollment-driven state aid.

“The district’s overall financial position has remained very strong, primarily due to effective cost-saving measures undertaken in the past three years,” said Standard and Poor’s.

In conclusion, they said “The stable outlook reflects Standard and Poor’s expectation that the district will continue to budget conservatively.”

Annual Notices

Royal Oak Schools are required to annually provide notices to the community. The notices make community members aware of their rights in regards to directory information, educational records, pupil rights, bloodborne pathogens, privacy rights and nondiscrimination. The notices are posted in handbooks and on our website, www.royaloakschools.org. If you have questions about these notices, or would like to have hard copies of them provided to you please contact the Superintendent’s Office, at (248) 435-8400.

Royal Oak Cited Among 10 Best Small Cities for Education in America

One of the first things people tend to ask when deciding where to move is “How are the schools?” It’s also true that good schools increase your property value over time. But not everyone wants to live in a huge city with tons of schools, so where can the more peaceful sort go that still offers good education options?

The Movoto Real Estate Blog put together a top 10 list of the best small cities for education and ranked Royal Oak fifth.

According to the study Royal Oak offers good student test scores, high graduation rates, and a school environment that offers personal attention both financially and emotionally.

Movoto Real Estate is a national online real estate brokerage. The blog has been recognized for its unique approach to city-based research by Forbes, CBS News, and The New York Times.

Royal Oak One of the Best Places in the U.S. for Single Moms

In a national ranking, Royal Oak finished sixth in the top 10 Best Places in the U.S. for Single Moms.

NerdWallet.com looked at U.S. Census data in cities with populations of more than 50,000 to put together its ranking, which is based on housing costs, median income, commute times and other factors important in single-parent households.

The analysis set out to answer three main questions:
• Can a single parent make enough to cover rent (or mortgage) and child care?
• Is the community stable?
• Can single parents have a decent quality of life?

Royal Oak Schools are proud to be recognized on this list. The district offers a variety of services to support all families.

The NerdWallet survey found places outside America’s largest cities seem to offer more for single moms to thrive: social stability, economic opportunity and affordable child care.

For more information on these and other cities check out NerdWallet Cities.

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Royal Oak High School Posts
MME Scores in Top Quartile of Oakland County

Students in the Royal Oak Schools scored well above state and county averages overall on the Spring 2014 administration of the state’s Michigan Merit Exam (MME) test. A five-year view of Royal Oak’s scores also shows an increase in scores, with steep increases in some subject areas. The MME test is administered annually to all high school juniors in five subject areas: Reading, Math, Science, Social Studies, and Writing.

Royal Oak High School Principal Mike Van Camp stated, “Students and staff at Royal Oak High School work hard and they work together to create a great learning environment that produces quality results.”

Royal Oak High School students have shown dramatic increases in scores in all five subject areas over the past five years (see table at right).

In addition to these score increases, scores of students at Royal Oak High School are in the top quartile of the 28 districts across the county in all five subject areas. “Teachers and high school students in Royal Oak are to be commended for their focused and disciplined approach to our district’s instructional goals and rigorous assessments,” stated Sarah Olson, the district’s Executive Director of Teaching and Learning.

Commenting on the scores, Shawn Lewis-Lakin, Superintendent of Schools, stated, “Excellence is the standard we set for ourselves as a district. The growth in student achievement demonstrated by these scores is incredibly positive and encouraging. Our challenge now is to work with this newly released data so that our analysis of it might continue to drive our improvement efforts.”

| Royal Oak High School MME Scores Percentage of Students Deemed Proficient |
|-----------------|----------------|
|                  | 2010 | 2014 |
| Reading          | 62   | 74   |
| Writing          | 54   | 71   |
| Math             | 29   | 47   |
| Science          | 26   | 41   |
| Social Studies   | 45   | 60   |

MME Scores – 5 Year Trend
Royal Oak High School
Royal Oak Schools Recognizes Retiring Employees

The Royal Oak Board of Education recognized 17 employees – two administrators, 12 teachers and three paraprofessionals – who retired at the end of the 2013-2014 school year. Collectively, these individuals represent 406 years of experience working in the Royal Oak Schools:

Nancy Adair, Royal Oak Middle School Teacher, 25 years
Mary Baiers, Royal Oak Middle School Paraprofessional, 16 years
Irene Caponi, Transportation Paraprofessional, 25 years
Kathy Eisched, Royal Oak High School English Language Arts Teacher, 23 years
Jo Fetsco, Royal Oak High School Spanish Teacher, 15 years
Vikki Forster, Upton Elementary 4th Grade Teacher, 26 years
Cheryl Goodgine, Executive Director, Administrative Services, 24 years
Sydney Kardon, Social Worker, 25 years
Gail Kearney, Northwood Elementary 3rd Grade Teacher, 40 years
Janis Kyle, Upton Elementary RTL Coordinator Teacher, 38 years
Thomas Layton, Royal Oak Middle School TC Teacher, 14 years
Zoe Marcus, Royal Oak Middle School Principal, 18 years
Charlene Rafferty, Royal Oak Middle School Paraprofessional, 30 years
Norma Sander, Elementary Vocal Music Teacher, 26 years
Marjory Santacreu, Royal Oak Middle School Art Teacher, 18 years
Elizabeth Sheckels, Royal Oak High School Math Teacher, 15 years
Patrick Stemas, Royal Oak High School Counselor, 28 years

Five of the retirees are graduates of Royal Oak Schools – Kathy Eisched, Gail Kearney, Janis Kyle, Charlene Rafferty and Marjory Santacreu.

Superintendent of Schools Shawn Lewis-Lakin thanked the retirees, saying "you have made a difference for students and our community. On behalf of the entire district, I say thank you and wish you all the best for a happy and fulfilling future."

Jane Flarity-Gram Appointed Royal Oak Schools Director of Special Education

Jane Flarity-Gram, Principal of Royal Oak's Addams Elementary and Addams Early Childhood Center, has been appointed Royal Oak Schools Director of Special Education.

In addition to being an experienced building administrator, Jane has over 20 years of special education teaching and leadership experience. She began her career in Hazel Park where she served in varied roles: kindergarten teacher, speech and language pathologist K-12, early childhood special education teacher and Project Find coordinator. Subsequently she served as an elementary principal for Lakeville Community Schools and the Swartz Creek School District.

Ms. Flarity-Gram received her undergraduate degree from Western Michigan University in Elementary Education & Speech & Language Pathology, a Master's degree from Michigan State University in Speech and Language Pathology, and an Education Specialist degree from Wayne State University in Administration.

The district's search for a new special education director was prompted by the resignation of former director, Michelle DeJaeger. The position's posting yielded over 40 applications. Six candidates participated in first round interviews and three candidates were invited back for second round interviews. According the Superintendent of Schools Shawn Lewis-Lakin, “Board members, parents, teachers, and board office leadership were all involved in a very thorough process that led to this decision. I am looking forward to continuing to work with Jane as she provides leadership for us in this critically important role.”

Todd Noonan Named ROMS Principal

Todd Noonan, a former teacher at Royal Oak High School, is returning to the district as the new Principal of Royal Oak Middle School. He taught Social Studies at Royal Oak High School, as well as served as Dean/Student Accounting Advisor. Subsequently, he was an Assistant Principal in the Plymouth-Canton School District.

Noonan received a Bachelor of Arts Degree in Political Science and Spanish from Kalamazoo College and a Master of Arts Degree in Educational Leadership from Wayne State University. He was also selected for the Oakland County Aspiring Principals’ Leadership Academy, an internship-based professional development program.

The Royal Oak Middle School position was open following the retirement of Mrs. Zoe Marcus. In filling the position, the district reviewed nearly 200 applications, interviewed ten candidates in the first round, and had second round interviews with three finalists. In commenting on the process, Superintendent of Schools Shawn Lewis-Lakin said: “Through this rigorous process – which included board members, parents, teachers, and board office leadership – Mr. Noonan rose to the top. I am looking forward to working with him.”
2014-2015 Food Service Information

New applications for free and reduced price meals will be mailed in late August. Please only use the new version as previous versions cannot be accepted.

The new application is also available at www.royaloakschools.org, at each school, and at the Board of Education/Administration building. Note that the application is a “Family” application requiring only one application per family. This application must be filled out accurately and completely to be processed.Incomplete applications will delay the application process.

Students who were eligible for free or reduced price meals at the end of 2013-2014 school year will retain their eligibility for the first 30 school days of the 2014-2015 school year. Please submit the new application by October 6 to avoid a lapse in meal benefits. Families are responsible for paying for meals between the 30 day grace period and the time a new application is processed.

The National School Lunch Program requires the use of the Paid Lunch Equity tool provided by the USDA to ensure the price of paid meals meets the requirements in Section 205 of the Healthy Hunger-Free Kids Act of 2010. The result of the calculations provided by the tool require Royal Oak Schools to increase the paid lunch prices for the 2014-2015 school year as follows: Elementary School $2.45, Middle and High School $2.70.

High school and middle school students will need to use their ID badge or enter their student number on a key pad to receive a lunch, pay for a lunch, pay for a la carte items, or use money in their food service account. Elementary students do not carry ID cards but are identified by the classroom teacher, the lunch monitor, and the food service cashier.

Elementary school lunches must be pre-ordered a day in advance in the classroom at the beginning of the day. Your child’s teacher will handle the ordering of school lunch and pass along the order to Food Service. The first day of school and the first day after winter break are exceptions to this rule and although pre-orders will be taken, they are not required.

You can add money to a Food Service account; online through Parent Connect, check or cash at any cash register or in a clearly marked envelope with your child’s first and last name (for elementary students).

The district has a no-charge policy for school lunches. An alternate meal consisting of a fruit, a vegetable, a milk and a cheese sandwich will be offered to students who have a negative balance on their account and no a la carte purchases will be allowed until the balance is positive.

Breakfast is available at all schools every day school is in session including half days, exam days, and late start days. Breakfast normally starts one half hour before the start of the school day. Elementary school students do not need to pre-order breakfast. The price for breakfast at all schools is $1.25 for paid, $.30 for reduced and free for free eligible.

Chartwells continues to be ahead of the curve regarding healthy choices for students and will continue to offer whole grains, fresh fruits and vegetables, skim flavored and 1% white milk daily.

If you have any questions, please contact the Food Service office at (248) 435-8500, Ext. 1122.

New USDA Rules for 2015

- Students are required to select at least one serving of fruit or vegetable at breakfast (100% juice counts as fruit).
- Smart Snacks in School, the USDA’s “All Foods Sold in Schools” Standards ensure kids are only offered tasty and nutritious foods during the school day.

Nutrition Standards for All Foods Sold in Schools

Any food sold in schools must:
- Be a whole grain rich grain product; or
- Have as the first ingredient a fruit, vegetable, dairy product or protein food; or
- Be a combination food that contains at least ¼ cup of fruit and/or vegetable; or
- Contain 10% of the Daily Value of one of the nutrients (calcium, potassium, vitamin D, or dietary fiber)

Foods must also meet several nutrient requirements:
- Calorie limits: snacks - 200 calories; entrees - 350 calories
- Sodium limits: snacks - 230 mg; entrees - 480 mg
- Fat limits: total fat 35% of calories; saturated fat 10% of calories; trans fat zero grams
- Sugar limit: 35% of weight from total sugars in foods

*Note: These guidelines also pertain to fundraising programs.
Instructional Swim Program

Registration:
Wednesday, September 3, 5:15-6:30 p.m. at Royal Oak High School Pool Entrance
If classes are not filled on this date, registration will continue at the pool prior to the start of the first lesson.

First Date of Fall Lessons:
Saturday, September 13, 2014
Royal Oak High School Pool

Classes:
Workout Programs for Competitive Swimmers, Ages 7-17 (9 lessons)
Boys & Girls, Ages 6-14 (9 lessons)
Tiny Tots, Ages 3-5 (without parent, 9 lessons)
Tiny Tots, Ages 1-5 (with parent, 6 lessons)
Adaptive Swim, All Ages (6 lessons)
Private Lessons, All Ages (min. 5 lessons)

Fall Open Swim Program

Schedule:
Mondays & Thursdays
September 8, 2014 - March 5, 2015
Royal Oak Middle School

Monday Evenings:
7:30-8:30 p.m. Children & Adults
8:30-9:45 p.m. Adults Only (Lap Lane)

Thursday Evenings:
8:45-10:00 p.m. Adults Only (Lap Lane)

Fee:
$5.00 for everyone over 5 years of age. Seniors are free with school district Senior Citizen Gold Card (available at Churchill Continuing Education Center).
Discount Cards are available at Open Swim locations for $40 (10 visits).

Pools are closed during school breaks and whenever school is not in session due to inclement weather or other emergency.

For more information, contact
Royal Oak Schools Athletic Department (248) 435-8500, Ext. 1148
or visit www.royaloakschools.org under Community, Pool Information
# Royal Oak Schools Directory

## ELEMENTARY SCHOOLS

<table>
<thead>
<tr>
<th>School</th>
<th>Address</th>
<th>Administrator</th>
<th>Secretary</th>
<th>Phone</th>
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<tbody>
<tr>
<td>Addams</td>
<td>2222 W. Webster 48073</td>
<td>Mr. Youanes</td>
<td>Ms. Nall</td>
<td>288-3100</td>
<td>288-3144</td>
</tr>
<tr>
<td>Helen Keller</td>
<td>1505 N. Campbell 48067</td>
<td>Mrs. Dryden</td>
<td>Ms. Murray</td>
<td>542-6500</td>
<td>541-1260</td>
</tr>
<tr>
<td>Northwood</td>
<td>926 W. 12 Mile Rd. 48073</td>
<td>Ms. Ashburn</td>
<td>Ms. Judd</td>
<td>541-0229</td>
<td>541-4709</td>
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<tr>
<td>Oakland</td>
<td>2415 Brockton 48067</td>
<td>Mr. Lynch</td>
<td>Ms. Kucyk</td>
<td>542-4406</td>
<td>542-9289</td>
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<tr>
<td>Oak Ridge</td>
<td>506 E. 13 Mile Rd. 48073</td>
<td>Mr. Parrott</td>
<td>Ms. Kaczkowski</td>
<td>588-8353</td>
<td>588-0750</td>
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<tr>
<td>Upton</td>
<td>4400 Mandalay Ave. 48073</td>
<td>Mr. Grzywack</td>
<td>Ms. Affeld</td>
<td>549-4968</td>
<td>549-0013</td>
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## ROYAL OAK MIDDLE SCHOOL

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<tr>
<th>Address</th>
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<tr>
<td>709 N. Washington 48067</td>
<td>541-7100</td>
<td>541-0408</td>
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## ROYAL OAK HIGH SCHOOL

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<tbody>
<tr>
<td>1500 Lexington Blvd. 48073</td>
<td>435-8500</td>
<td>288-8733</td>
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## OTHER FACILITIES

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<tr>
<td>Administrative Offices</td>
<td>1123 Lexington Blvd. 48073</td>
<td>435-8400</td>
<td>435-6170</td>
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<tr>
<td></td>
<td>Mr. Lewis-Lakin, Superintendent</td>
<td>Ext. 1228</td>
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<td>Ms. Sutterfield, Administrative Assistant</td>
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<tr>
<td></td>
<td>Ms. Olson, Exec. Dir., Teaching &amp; Learning</td>
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<td>Ms. Gray, Administrative Assistant</td>
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<td>Ms. Flarity-Gram, Director of Special Ed.</td>
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<td>Ms. Stein, SE Secretary</td>
<td>Ext. 1133</td>
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<td>Mr. West, Exec. Dir., Finance &amp; Operations</td>
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<td>Ms. Carlisle, AP Assistant</td>
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<td>Board of Education</td>
<td>Gary Briggs, President</td>
<td>435-8400</td>
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<td>Deborah Anderson, Vice President</td>
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<td>Marty Cardamone, Secretary</td>
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<td>Michael Hartman, Trustee</td>
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<tr>
<td>Churchill Community Education Center</td>
<td>707 Girard 48073</td>
<td>588-5050</td>
<td>588-2881</td>
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<tr>
<td>Continuing Education</td>
<td>Mr. Wolynski, Director</td>
<td>Ext. 1502</td>
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<td>Ms. Laird, Secretary</td>
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<td>Community High School</td>
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<tr>
<td>Addams Early Childhood Center</td>
<td>2222 W. Webster 48073</td>
<td>288-3220</td>
<td>288-3047</td>
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<td></td>
<td>Ms. Andersen, Supervisor</td>
<td>Ext. 3561</td>
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<tr>
<td>Maintenance / Transportation Center</td>
<td>1601 N. Campbell Road 48067</td>
<td>545-0064</td>
<td>545-0885</td>
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<tr>
<td></td>
<td>Mr. Murphy, Operations Manager</td>
<td>Ext. 3245</td>
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