

# THE HUSKY HOWLER

Brought to you by the Heritage Lakes School PTA

Vol. XXVII No. 5  
C. Housour, Editor

December 2016  
[hlpta@ccsd93.com](mailto:hlpta@ccsd93.com)

As is true in the short weeks between Thanksgiving break and Winter break, the days are jam-packed with so much fun and festivities! The year has gone by so quickly, it's hard to believe 2017 is fast approaching! Cherish the time you have with family and friends during this joyous season. As we reminisce on the past year, it's amazing to see so many involved with the Heritage Lakes PTA! All of us on the executive board thank you for sharing your time and talents with our school! Your support is greatly appreciated!

Our annual School Dance was a HUGE success, the kids had a blast and we couldn't have done it without all of your help! THANK YOU!!!!

On December 10<sup>th</sup> we will be hosting our annual Pancake Breakfast and Holiday Workshop! Ticket order forms have been sent home, but you can also purchase tickets at the door. There is a flyer included in this newsletter with all of the information. We will be serving pancakes, bagels, fruit, sausage, milk, juice and coffee from 9-11am. Our Holiday Workshop will be open from 9-12 pm. All items are between \$1-\$6 with free gift wrapping. Tickets are \$4 per person with a maximum of \$15 per family. If you have some time to spare, please consider helping out with either event. Contact Tiffany Corona ([jtcorona@hotmail.com](mailto:jtcorona@hotmail.com)) to help serve, cook or clean up at the Breakfast. If you'd like to help our kiddos shop or help set up/break down for the Holiday Workshop, contact Alicia Kuhlman ([kuhlman.Alicia@gmail.com](mailto:kuhlman.Alicia@gmail.com))

Finally, our Winter Parties will be on Friday, December 16<sup>th</sup>. You should be hearing from your Room Captain with more details soon!

Thank you again for all you do for our school! There will NOT be a December PTA meeting. Our next meeting is on January 24<sup>th</sup> at 630 in LLC. We wish you a very happy and healthy Holiday and New Year!

Jen Frechmann  
PTA President

## *Holiday Workshop/Pancake Breakfast, December 10<sup>th</sup>, 2016*

Come and enjoy a hot pancake breakfast with friends (9-11a.m.)

Then shop the Holiday Workshop. (9-12p.m.)

### **Dec. 10<sup>th</sup> - Pancake Breakfast will be served from 9a.m.-11:00a.m. in Husky Den**

MENU INCLUDES: Pancakes, Bagels, Fruit, Sausage, Juice, Milk and coffee.

Tickets are \$4.00 per person, or \$15.00 maximum per family. Please complete the ticket request form below and submit payment by Friday Dec. 2<sup>nd</sup>. Tickets will be delivered to students on Dec. 8<sup>th</sup>. Walk ups are welcome, but we encourage pre-sale of tickets for purchasing reasons. We want to be sure we have enough delicious pancakes for everyone.

Questions Re: Pancake Breakfast contact Tiffany Corona: [jtcorona5@hotmail.com](mailto:jtcorona5@hotmail.com)/Bailey Emody: [bellatz34@aol.com](mailto:bellatz34@aol.com)

### **Dec. 10<sup>th</sup> - Holiday Workshop is open 9:00am -12:00pm in the Gym**

All the items in the **Holiday Workshop** will be reasonably priced between \$1-\$6.

Complimentary Gift Wrapping is available. We kindly ask that children pay by cash or check made out to Heritage Lakes PTA.

Parents must accompany children to the breakfast but are welcome to wait in the lobby while the children shop. Elves will be on hand to escort your child through the workshop and help them during the checkout process. This is a great opportunity for kids to buy family presents without disclosing the gifts before the big day. Questions: **Alicia Kuhlmann:**

[kuhlmann.alicia@gmail.com](mailto:kuhlmann.alicia@gmail.com) or 630-742-3149

**Raffle Baskets:** In addition to the work shop and back by popular demand, there will be a Raffle Table in the lobby. Details to follow.



### **Can you help? Parents, Teachers, and Staff we need you!**

**We have a small committee planning this event, but we need a lot of volunteers to work the event.**

**Set up: Friday, Dec. 9th, 6-8 p.m. in Gym/Husky Den. Saturday, Dec. 10th, Volunteers needed for day of Event:**

**Different shifts available;** cooks, servers, cashiers, gift wrappers and Elf shopper helpers. (To assist children with shopping) If you can lend a couple of hours that would be great. It is a fun family event and here are some ways you can make it successful.

- 1) Donate Wrapping paper, gift bags, tissue paper, gift boxes, gift tags, scissors, tape, etc. All donations should be brought to the HLS office beginning Nov. 14<sup>th</sup>, until Dec. 9<sup>th</sup>.
- 2) **Be a Volunteer, contact Tiffany Corona for Pancake Breakfast or Alicia Kuhlmann for Holiday Workshop**
- 3) Donations or workshop questions contact Alicia Kuhlmann: **630-742-3149**
- 4) Remember all items will be reasonably priced. All proceeds from the Holiday workshop go to cover expenses. This is not a fund raiser for the school, Just a FUN RAISER for your family and a great way to kick off the

**Tickets Order Form (Complete/Return w/payment to your teacher in envelope marked PANCAKE BREAKFAST by 12/2.**

Student's name \_\_\_\_\_ Teacher \_\_\_\_\_

Grade \_\_\_\_\_, # of tickets \_\_\_\_\_ @ \$4.00 per person, or \$15.00 maximum per family.

**Amount Enclosed \$ \_\_\_\_\_ Please make checks payable to HLS PTA.**

*Children ages 3 and up are asked to purchase a ticket for the breakfast.*



# CHRISTMAS SHARING!!

The Village of Carol Stream is sponsoring their annual Christmas Sharing Program for those residents who may be less fortunate. Please consider donating a non-perishable food item or a new unwrapped toy.

This program ends December 2, 2016.

## HOW YOU CAN HELP!!

Listed below are some items that are needed:

Boxed soup  
Cereal  
Oatmeal  
Candy  
Mac & Cheese  
Canned meat  
Flour  
Sugar  
Rice  
Unwrapped new toys

Pasta  
Sauce  
Cooking oil  
Paper towels  
Toilet paper  
Soap  
Detergent  
Hygiene products  
Pancake mix  
Syrup

Thank you for caring!!

# CATS NEWS FOR NOVEMBER

MUSIC: MRS. ELLEN KALTENBACH  
ART: MISS STEPHANIE KUECKER

PHYSICAL EDUCATION: MR. PATRICK HARRIS  
MR. ANTHONY GALLINA

## ART NEWS

Thank you for donating to the Cool Yule Holiday ornament project for DuPage county. We were very grateful for the supplies brought in to Heritage Lakes. We made wonderful ornaments, there are examples below. The ornaments will be on display in a large atrium area of DuPage County's Jack T. Knuefer Administration Building. The address is 421 N. County Farm Rd. Wheaton, IL. The atrium is on the northern end of the building and the tree can be viewed from the 1st floor outside the auditorium.

**The ornaments will be on the tree and around the atrium by November 30. Parents are welcomed to view the art between November 30th and December 30th. The viewing hours are Monday through Friday 8 a.m. to 4:30 p.m.**



5TH GRADE MOSAIC CD'S



4TH GRADE PARTY HAT TREES



## MUSIC NEWS

Our Musical for the Month of November is "Chitty Chitty Bang Bang." The students have been singing the songs, "Chitty Chitty Bang Bang" and "The Roses of Success." Fourth graders are preparing for their musical, "Flakes!." The musical will be performed on Thursday, December 1st at 7:00 P.M. Fifth graders and Third graders are reviewing note names in preparation for their recorder unit which begins in January. Second graders and First graders are working on tempo. Kindergarten is working on steady beat and recognizing high and low sounds.



1ST GRADE SNOWMEN



KINDERGARTEN REINDEER

## PHYSICAL EDUCATION NEWS

The holidays will be here before you know it! As soon as we return from Winter Break we will kick off our annual **American Heart Association Hoops for Heart** fundraiser; This will be our 15<sup>th</sup> year sponsoring the AHA. Our kick off assembly is scheduled for January 6, 2017. The actual event will take place **February 2nd and 3rd** during physical development class. Look for more information to come in December.

Currently all students grades K-5 are completing a unit in volleyball skills and lead up games. The focus will switch to jump rope skills the first week of December. We will spend the next five weeks learning to turn and perform skills with the long ropes and individual ropes. Jump rope is a great activity that incorporates all of the health and skill related parts of fitness.

Heritage Lakes PE is on [Twitter!](#)  
Follow us @HeritageLakesPE





## ONLINE PIZZA FUNDRAISER!

Order anything and Papa John's will give  
**Heritage Lakes Elementary PTA**

# 20% OF THE SALES

Promo Code:  
**FUND**



**DECEMBER  
8<sup>th</sup>-9<sup>th</sup>**

**CAROL STREAM • 572 W Army Trail Rd. • (630)784-1234**

**ORDER ONLINE @ PAPAJOHNS.COM**

Offer good for regular menu prices based on a limited time at participating Papa John's restaurants. Not valid with any other coupons or discounts. Limited delivery area. Delivery fees may apply and is not subject to discount offer. Customer responsible for all applicable taxes. ©2015 Papa John's International, Inc. All Rights Reserved.



Thank you so much to all of the students and parents that attended the  
Heritage Lakes Luau on Friday, November 11<sup>th</sup>!

The Luau was a HUGE success and I would like to thank Mr. Yelaska and  
Mr. Kyle for their support throughout all of the planning.

A special thank you to the following parents that donated items and/or  
volunteered for this event! We could not have done this without all of  
your help!

A big thank you goes out to Dina Vrankovich, Sara Nolan and Bailey  
Emody for their help planning and also a big thank you to  
Jennifer Rawls for all of the printing and posters!

Thank you to:

Dina Vrankovich, Sara Nolan, Bailey Emody, Jennifer Rawls,  
Rosanna Michalski, Lori Guglielmi, Christine Housour, Todd Nolan,  
Rob Vrankovich, Mike Michalski,  
Tina Bierman, Tiffany Bachar, Laura Miller, Christine Craig,  
Kim Mikusch,  
Carrie Christopher, Anna Boryszewski, Mandy Moses, Lana Dickow,  
Amanda Otte, Janella Holshouser, Dana Robertson, Susan Camberis,  
Danielle Diciolla, Jen Schoep, Alicia Kuhlmann,  
Angie Lewandowski, Heidi Nelson, Kim Bastidas, Kristen Pierce,  
Mary Vivacqua, Anna Arreguin, Tiffany Corona, Sibil Kuruvilla,  
Dawn Medina and Freddy Medina

I would also like to thank Bark Kenney and Sharon Ramey for their  
assistance and thank our night custodians, Mr. Haziraj and Mrs.  
Milojevic for all of the help they provided throughout the night!

Family Fun Committee  
Jolee Degnan



Wow! What an amazing spread! Thank you! Helen Bibber  
 Thanks so much! Terri Campbell  
 Thank you! Stephanie Kuecker  
 Thank you! Lisa Allman Thank you!  
 Thank you; it was awesome! Kristen Martozzo  
 -Charise  
WITH SINCERE  
THANKS!!  
 I thank! -Muriel Dukeysen  
 Awesomeness! Fast! Sooooo nice of you -Cecilia Mednash  
 Thank you! Denise Gonzalez  
 We want to thank our fabulous PTA for their thoughtfulness for a delicious breakfast on November 18. Everything was delicious!! The table you set was beautiful!! Our PTA is simply amazing! Thank you so very much!  
 THANK YOU SO MUCH RICH DEVAZHAN  
 Well appreciated! What an awesome treat! Thanks so much! Marilyn & Considine  
 Thank you!! Christine Hayes  
 Thank you so much! Jennifer Zimm  
 What a great treat! Thank you! Lynn Hardy  
 Thank you for all that you do! -Steven  
 Thanks so much -Conister Wampler  
 Thank you! Lindsay Miller  
 So many yummmie! Thank you! Michelle Kozarski  
 Thanks for all you do for us! Rachael John  
 Everything wonderful! Thanks!! Judy Adante  
 Delicious! Thank you! -Cory S.  
 Thank you! Lisa Sapiary  
 Appreciate you all you do! Hanna Surber  
 Thank you so much! Dink Spring  
 All of you are so sweet & wonderful! Kim Graft

*WITH SINCERE*

THANKS!!

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Well appreciated! What an  
Thanks so much! awesome treat!  
Marilyn <sup>ü</sup> Thank you!!  
condine <sub>so</sub> ♀

Thank you so much!  
Jennifer Zimm

Thank You!  
Lusi Sapiary  
appreciate all  
you do!  
Haura surker  
Thank you so much!  
Dnb  
are so ♥  
dental Kim  
craft

All of you are so ♥  
sweet & wonderful! Kim Craft

## Treat Days are Coming!

On five special days kids will have the opportunity to receive a tasty and fun treat. Past treats have included Dunkin Donuts long johns, cookies, and much more. This PTA sponsored program is not a fundraiser, but rather a chance to make your student feel extra special when he or she receives a treat at lunchtime.

Each treat costs one dollar and parents need to order them the first week in January. There will be one treat day a month, January through May of next year. The order form will come home with your child on Tuesday, January 3.

The PTA looks forward to helping you provide extra smiles to your amazing student in the new year!

Please contact Julia Jones with any questions: [julia827@aol.com](mailto:julia827@aol.com)





## **CONGRATULATIONS TO OUR TRIMESTER 1 HOWLING HUSKY GRADUATES!!**



We were so excited to celebrate our students from the first trimester! Students who successfully completed Check In Check Out before the Trimester ended got to share donuts, and play several spirited games of “Pirate Ship” in the gym. Way to go students! We are so proud of you!

### **MEET THE PEOPLE OF HERITAGE LAKES PBIS TIER 2**

#### **MRS. GIDCUMB**

Reading Specialist & Tier 2 Team Member/Coach

**SOMETHING YOU SHOULD KNOW ABOUT ME:** I have sweet little twin toddlers at home. Their favorite picture book is **Dear Zoo**.

**MY FAVORITE THING ABOUT PBIS TIER 2:** I love getting to know students outside of a reading scope. It is so rewarding to form bonds with students throughout the school and encourage students who are demonstrating good character.

**STILL WONDERING WHAT TIER 2 IS? WATCH OUR SHORT VIDEO!**

<https://youtu.be/wxqli-5gQPc>





## **Library Volunteers Needed**

Looking for a fun way to be involved but only have 1-2 hours a week or 1-2 hours a month?

Volunteer during your child's library check out time!

Contact me for more information

Desiree Early

630-341-1546

[dearly0228@att.net](mailto:dearly0228@att.net)

## **From the Nurses Office**

### **Sleep Disorders**

A sleep disorder can create havoc for children, adolescents and adults alike. Not sleeping well can make you late in the morning or not able to make it to school or work at all. You are not alert which can affect driving and performance in school or on the job. As those of us who have lost a night's sleep know you can't think as well. Symptoms of sleep disorder can also present as Attention Deficit Hyperactivity Disorder. When you don't sleep well you are more likely to get sick, have respiratory symptoms, allergies and asthma. You can also suffer anxiety, depression and mood instability.

How much sleep do we need? School age children should get ten to eleven hours of sleep a night. Adolescents should get nine. It should be noted that a teenager will experience a shift in their circadian rhythm. Before puberty begins your child's body will urge him/her to fall asleep around eight or nine P.M. When puberty begins, that rhythm shifts to a couple hours later, usually ten or eleven P.M. Adults need seven to nine hours of sleep.

Symptoms of a sleep disorder occur in nearly one-fifth of elementary kids. That number goes up to one-third of children who receive special education. It occurs in one-third of high risk pre-schoolers.

What questions need to be asked to determine if a child might be suffering from a sleep disorder?

1. Does your child have difficulty falling asleep or staying asleep at night?
2. Does your child snore lightly or loudly in sleep?
3. Does your child gasp, choke or snort during sleep?
4. Does your child ever stop breathing during sleep?
5. Does your child ever kick their legs or twitch frequently during sleep?
6. Does your child roll around the bed often during sleep?
7. Does your child seem tired or fall asleep frequently during the daytime?
8. Does your child complain of aching, tingling or crawly feelings in their legs?
9. Is your child difficult to awaken in the morning?

If a sleep disorder is suspected, it is important to see a sleep specialist before a sleep disorder study is done.

What can be done to ensure a good night's sleep?

1. Have a regular bedtime
2. Don't have items in your bedroom that can keep you awake (televisions, clocks)
3. Do relaxing activities every night before you go to bed
4. As you go to sleep, think about all the good things you did all that day.
5. Exercise during the day, but finish at least three hours before bedtime
6. Don't watch TV or play video games right before bed. Too much noise and excitement make it hard for you to sleep.
7. Don't drink soda or eat chocolate before bed. Caffeine and sugar can disturb your sleep. Caffeine stays in your system for up to ten hours.

Artificial  
Ingredients,  
Additives,  
Preservatives

High Fructose  
Corn Syrup

Fried Foods  
Mystery Meats

ALWAYS fresh  
NEVER frozen

\*\*\*\*  
4-Star School  
Lunch Provider!



# December. Breakfast. Menu.

CCSD93



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Cinnamon Breakfast Bar Just Picked Fresh Fruit 100% Fruit Juice Ice Cold Milk Pint	2 Whole Grain Cereal Bowl Just Picked Fresh Fruit 100% Fruit Juice Ice Cold Milk Pint
5 Whole Grain Breakfast Bar Goldfish Grahams Just Picked Fresh Fruit 100% Fruit Juice Ice Cold Milk Pint	6 Whole Grain Cereal Bowl Just Picked Fresh Fruit 100% Fruit Juice Ice Cold Milk Pint	7 Mozzarella String Cheese Goldfish Crackers Just Picked Fresh Fruit 100% Fruit Juice Ice Cold Milk Pint	8 Pop Tart Pastry Just Picked Fresh Fruit 100% Fruit Juice Ice Cold Milk Pint	9 Whole Grain Cereal Bowl Just Picked Fresh Fruit 100% Fruit Juice Ice Cold Milk Pint
12 Whole Grain Breakfast Bar Goldfish Grahams Just Picked Fresh Fruit 100% Fruit Juice Ice Cold Milk Pint	13 Strawberry Oatmeal Bar Just Picked Fresh Fruit 100% Fruit Juice Ice Cold Milk Pint	14 Pop Tart Pastry Just Picked Fresh Fruit 100% Fruit Juice Ice Cold Milk Pint	15 Cinnamon Breakfast Bar Just Picked Fresh Fruit 100% Fruit Juice Ice Cold Milk Pint	16 Whole Grain Cereal Bowl Just Picked Fresh Fruit 100% Fruit Juice Ice Cold Milk Pint
19 No School Winter Break	20 No School Winter Break	21 No School Winter Break	22 No School Winter Break	23 No School Winter Break
26 No School Winter Break	27 No School Winter Break	28 No School Winter Break	29 No School Winter Break	30 No School Winter Break

**Student Breakfast**  
**Price: \$1.25**  
**Reduced: \$0.30**

Each meal includes rBST-free skim or 1% milk.



In accordance with Federal law and United States Department of Agriculture Policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, and disability.

Artificial  
Ingredients,  
Additives,  
Preservatives

High Fructose  
Corn Syrup

Fried Foods  
Mystery Meats

ALWAYS fresh  
NEVER frozen

\*\*\*\*  
4-Star Schod  
LunchProvider!



## December. Lunch. Menu.

CCSD93



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Chicken & Cheese Quesadilla w. Salsa Super Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	2 DoughBro's Cheese Super Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint
5 Brunch for Lunch! French Toast Natural Turkey Sausage Crispy Hash Browns Just Picked Fresh Fruit Ice Cold Milk Pint	6 MmmBurger w. Cheese Tasty Tator Tots Just Picked Fresh Fruit Ice Cold Milk Pint	7 Pasta Primavera Super Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	8 Sloppy Joe Sandwich Super Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	9 DoughBro's Cheese Super Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint
12 Whole Grain Pancakes Natural Turkey Sausage Crispy Hash Browns Just Picked Fresh Fruit Ice Cold Milk Pint	13 Taco Supreme Super Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	14 Baked Mostaccioli Super Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	15 Chicken Slider Sandwich Super Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	16 Doughbro's Cheese Pizza Super Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint
19 No School Winter Break	20 No School Winter Break	21 No School Winter Break	22 No School Winter Break	23 No School Winter Break
26 No School Winter Break	27 No School Winter Break	28 No School Winter Break	29 No School Winter Break	30 No School Winter Break

**Student Lunch  
With Milk: \$2.80  
Reduced: \$0.40  
Milk: \$0.50**

### ELEMENTARY Daily Lunch Choices Include:

- Daily Special
- Weekly Rotating Special
- Turkey Sub
- Sun Butter & Jelly
- Veggie Salad

### ELEMENTARY Weekly Rotating Choices:

- Mon- Signature Cheese Calzone
- Tues- Hot Cheese Nachos
- Wed- All Beef Hot Dog
- Thurs- 4 Star Mac & Cheese
- Fri- Doughbro's Pepperoni Pizza



### MIDDLE SCHOOL Daily Choices Include:

- Daily Special
- Weekly Rotating Choice
- Cheese /Pepperoni Pizza
- Nacho Supreme
- Turkey Sub
- Veggie Salad
- Sun Butter & Jelly



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# December 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 7pm 4 <sup>th</sup> grade musical	2	3
4	5	6	7	8 7pm BOE (DO) 12-2pm Creating a Safe Digital Culture (DO) Newsletter Articles Due	9	10 9am-11am Pancake Breakfast 9am-12pm Holiday Workshop
11	12 6:30pm JS Choir concert (JS)	13 6:30pm JS Band concert (JS)	14	15	16 Winter Classroom Parties	17
18	19	20	21 	22	23	24
Winter Break						
			 First Day of Winter		Christmas	Hanukkah Begins
25	26	27	28	29	30	31
Winter Break – School does not resume until Tuesday, January 3						
Christmas	Kwanzaa Begins					New Year's Eve