THE HUSKY HOWLER

Brought to you by the Heritage Lakes School PTA

Vol. XXVII No. 7 C. Housour, Editor

February 2017 hlpta@ccsd93.com

Happy Valentine's Day!!! February is the month of love and with love comes hearts. With that in mind, we're kicking off our month with our annual Hoops for Heart. This is a chance for all students to raise money for the American Heart Association. The kids are having a blast collecting donations and earning Zoo Crew items for all their hard work! Be sure to send your donation packets in with your kiddos so that they can get their rewards and help a wonderful cause! If you are available and willing to help out during your kiddos gym time, contact Mr. Gallina for more information.

Are you looking for some family fun this month? On February 8th, come on out to Culver's for some ice cream and good eats. A portion of the proceeds will come back to our school! Also, we will be hosting our annual Family Bingo and Ice Cream Social on February 17th. More details are included in this newsletter.

The yearbook is underway! Please send pictures from any school events you have taken to hlspta.yearbook@gmail.com.

Our fabulous PTA Secretary and Treasurer will be vacating their positions at the end of the school year. Our PTA can't function without these 2 important roles. If you are interested in filling these positions, please let me know.

Our next PTA meeting will be on Monday the 27th at 6:30 pm in LLC. We hope to see you there!

Jen Frechmann PTA President

CATS NEWS FOR JANUARY

MUSIC: MRS. ELLEN KALTENBACH ART: MISS STEPHANIE KUECKER PHYSICAL EDUCATION: MR. PATRICK HARRIS MR. ANTHONY GALLINA

ART NEWS

The art students have been working on artwork inspired from Asian Art.

•Kindergarten – Paintings of Cherry Blossom Trees

Kindergarten had fun using straws to blow paint to create the branches of a cherry blossom tree.

•1st grade: Origami and Folded Fans

First grade learned how to fold paper to make cat and dog origami images.

•2nd grade – Asian Sumi-e Brush Strokes

2nd grade used bamboo paint brushes in order to make beautiful images of bamboo.

•3rd grade – Indian Twirling/Shadow Puppets

3rd created puppets that were able to move. They put on puppet shows and were able to celebrate someone that they considered to be their "hero".

•4th grade – Chinese Dragon Illustration

4th grade is growing a deeper knowledge and learning about the elements and principles of art. They created Chinese dragons that demonstrated texture and value.

•5th grade - Mandala

5th grade is learning the importance of a mandala in various religions. They created mandalas and used a transfer method that used ebony pencil to make symmetrical designs.

MUSIC NEWS



Our Musical for this Month is Wicked. The students have been singing Popular and One Short Day.

Students in Grades 3, 4 and 5 have been working on playing the recorder. Students should always bring their recorder and music on music days.

Students in Grade 2 have been working on musical form. Grade 1 is working on playing and reading rhythms. Kindergarten students have been working steady beat and high and low sounds.

Singsations Junior Club is starting on Mondays in February for Grades 2 & 3. A complete list of dates is posted on Mrs. Kaltenbach's webpage, part of the Heritage Lakes School page. Students should have brought home a permission slip. If you didn't see a permission slip and your child is interested in joining, please contact Mrs.Kaltenbach, kaltene@ccsd93.com, by February 2nd.

PHYSICAL EDUCATION NEWS

Winter break has come and gone and we are busy in physical education!! All grade levels just completed a five-week unit in jump rope (both short and long rope). This is a great activity to develop all of the skill related parts of fitness: coordination, agility, speed, reaction time, power, and balance.

Friday, January 6, we kicked off our **15th** annual **Hoops for Heart Fund Raising Event**, sponsored by the **American Heart Association**. You should have received a letter and envelope explaining all the details of this event, which will take place during students Physical Education class time **February 2-3**. Our goal this year is to raise \$14,500, which is just shy of last year's goal.

Heritage Lakes PE is on Twitter! Follow us @HeritageLakesPE



Scoopie says it's the Cook's Night off



290 S. Schmale Road Carol Stream, IL

Wednesday, February 8

Please join us at Culver's of Carol Stream on the above date between 5 and 8 PM for a fundraiser! Culver's will donate a percent of ALL SALES during those three hours to our organization. The more sales, the higher the percentage, so every bit counts! Come on in and enjoy a great meal and help our School raise money!

No flyer necessary; all sales count. Good with Dine in or Drive thru orders, 5PM to 8 PM.

Holiday Workshop

I wanted to say thank you to all the people who helped make the Dec. 10^{th} Holiday Workshop a success. We hope all the families who attended had a chance to let their little ones shop in the Holiday Workshop while they enjoyed some pancakes. Thank you to ALL the volunteers for their contributions whether it was a donation, help with set up, be a shopping helper, cashier or gift wrapper. We couldn't have pulled it off without the group effort of the following people:

Sara Nola, Leah Notarus, Rosanna Michalski, Jennifer Frechmann, Becky Lerdmann, Amy Sabalaskey, Tina Baldwin, Brooke Hall, Sapna Patel, Melissa Gromala, Mary Vivacqua, Meegan Gerace and Jared Bozarth.

I would also like to say thank you to Mr. Yeleska for always being so supportive of this event, the custodial staff for making set up and break down so easy for me every year and finally Mr. Galena for helping make the day a little more special for the kids.

This is my last year overseeing this committee, so thank you to all who have helped me in the past make this a successful event!! I wouldn't have been able to do this without all of your help and support

Alicia Kuhlmann



HERITAGE LAKES PTA SPONSORED FAMILY FUN NIGHT!!

Friday, February 17th 6-8 p.m.

Come join your fellow Husky friends and family members for a free night of BINGO and ice cream!

- BINGO in the gym with fun prizes!
- Ice Cream will be served in the Husky Den!

Enter for your chance to win a raffle basket to places such as:

Chic-fil-A & Starbucks

A Police Car Ride to School

A Fire Truck Ride to school

and many more!

Raffle tickets are \$1.00 each or \$5.00 for six tickets
A flyer regarding more detailed raffle information will be sent home closer to this event

So we can estimate how many people are attending, please return the RSVP in an envelope labeled **BINGO NIGHT** by Friday, February 10th

Name _	
E-mail_	
	# of family members attending
	Would you be willing to scoop ice cream for a 20 minute period?
	Yes No

Any questions please contact Jolee Degnan at jolee.degnan@gmail.com

HERITAGE LAKES PTA MEMBERSHIP

Your membership enables the PTA to enrich your child's school experience with fun programs and extra-curricular activities. Members will also receive a school directory.

Single Memb	ership: \$6.00 Double Membe	ership: \$10.00				
Member's	Name:					
Member's	Member's Name:					
Student Name	Grade Level	Teacher				

Please return this form with your dues in a sealed envelope marked: <u>PTA Membership</u>. If paying by check, please make it out to: <u>Heritage Lakes School PTA</u>,

JOIN THE PTA, IT'S THAT EASY!

Please note, if you volunteer within the school, you must be a paid member. (This would include room parties and field trips.)

PTA Meeting Dates 2016/2017 school year All meetings are at 6:30 pm in the LLC

February 27 March 20 April 24 May 22

We hope to see you there!

PBIS TIER 2 NEWS



You might hear teachers or parents throwing around terms like "Check In Check Out", "Tier 2", "Howling Huskies", and "CICO"- (chico)......

It can be really confusing. What is what?

Check In and Check Out and "CICO - (Chico)" are the same thing - Chico (or as we abbreviate it - CICO) is just a short name for the Check In Check Out program. Check In and Check Out is one of the key components of PBIS Tier 2 - the "first level" of helping students learn how to self-correct their day. Students on CICO meet with their coach at the beginning and end of the day, and check in with their teachers several times during the day.

Howling Huskies is the name we use for students who participate in CICO - it is like a club name so the students feel like they belong to a group.

Tier 2 or PBIS Tier 2 - PBIS stands for Positive Behavior Intervention and Supports. At Heritage Lakes we have Tier 1 and Tier 2 - Tier 1 is all about establishing a positive culture at the school for everyone. Tier 2 is about connecting students who need a little extra positive support with a coach, and giving their teachers a way to give them positive feedback.

We hope this cleared up some confusion about the terms we use!

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

https://youtu.be/wxgli-5gQPc





Summer Activity Fair Sponsored by Stratford Middle School PTA

Stratford Middle School PTA will be hosting a Summer Activities Fair. The purpose is to highlight programs thoughout our community that offer summer activities. Exhibitors will present summer camps, programs and services available to students of all ages. Families will have the unique opportunity to one stop shop and enroll students in various programs. We are hoping this event will help families find the most suitable summer activities for their children and teens. Admission is free to the public.

There will be overnight camps and day camps. Spend a week at horsebackriding camp or a farm camp or to football camp at Glenbard North.

Monday, March 6, 2017 from 6:00-8:00 P.M. Stratford Middle School, 251 Butterfield Drive, Bloomingdale

For more information, please contact Karen at stpta@ccsd93.com



CCSD93 CCSD93 Kinder German Kinder German Kinder Control of the Control o Registration

For children who will be 5 years of age on or before September 1, 2017

When: Tuesday, February 21, 2017 - 6:30 p.m.



Heritage Lakes School 925 Woodhill Drive Carol Stream, IL 60188 (630) 588-6200

Western Trails School 860 Idaho Trail Carol Stream, IL 60188 (630) 588-6400

Carol Stream School 422 Sioux Lane Carol Stream, IL 60188 (630) 588-5400

Roy DeShane School 475 Chippewa Trail Carol Stream, IL 60188 (630) 588-6300

Elsie Johnson School 1380 Nautilus Lane Hanover Park, IL 60133 (630) 671-8800

Cloverdale School 1182 Merbach Drive Carol Stream, IL 60188 (630) 588-5300

What to bring:

- Child's official county birth certificate (Original or certified copy with seal)
- Current mortgage or rent statement with in-district address
- Current utility bill or home insurance policy with in-district address
- Current driver's license/state I.D. with in-district address
- Your calendar to register for a kindergarten screening date

Are you interested in your child becoming fluent in English & Spanish?

If so, consider CCSD93's Dual Language Program. More info will be available at Kindergarten Registration. Scan this QR code or visit www.ccsd93.com for a video about the program.



Kindergarten registration is a parents-only evening, kindergartners may visit at a later date.





CCSD93 Matrícula de Kindergarten

Para niños que cumplirán los 5 años de edad en o antes del 1ro de septiembre de 2017

Cuando: Martes, 21 de febrero, 2017 - 6:30 p.m.



Escuela Heritage Lakes 925 Woodhill Drive Carol Stream, IL 60188 (630) 588-6200

Escuela Western Trails 860 Idaho Trail Carol Stream, IL 60188 (630) 588-6400

Escuela Carol Stream 422 Sioux Lane Carol Stream, IL 60188 (630) 588-5400 Escuela Roy DeShane 475 Chippewa Trail Carol Stream, IL 60188 (630) 588-6300

Escuela Elsie Johnson 1380 Nautilus Lane Hanover Park, IL 60133 (630) 671-8800

Escuela Cloverdale 1182 Merbach Drive Carol Stream, IL 60188 (630) 588-5300

Cosas que tiene que traer:

- Certificado de Nacimiento Oficial (Original o copia certificada sellada)
- Factura de hipoteca o alquiler con dirección dentro del distrito
- Factura reciente de agua, electricidad o gas o póliza de seguro de la propiedad con dirección dentro del distrito
- Licencia de conducir/I.D. Estatal actualizado con dirección dentro del distrito
- Su calendario para planear la cita para el examen de kindergarten (jardin de infantes)

¿Está usted interesado en que su estudiante de kindergarten hable inglés y español con fluidez?

Si es así, considere el Programa de Lenguaje de CCSD93. Más información disponible durante la Inscripción para Kindergarten. Escánee éste código QR o visite la página www.ccsd93.com para ver un vídeo sobre el programa.







Colds versus the Flu

Many people want to know...What's the difference between a cold and the flu??? (information from the Illinois Department of Health)

<u>Colds:</u> More than 100 viruses can cause colds, the world's most common illness, so few people escape being exposed to at least one of them. In the United States, most people average about three colds every year. Once it enters the body through the nose or throat, the cold virus begins to multiply, causing any of a number of symptoms; sore throat, sneezing, runny nose, watery eyes, aches and pains, mild fever, nasal congestion and coughing. A cold usually lasts a week or two.

The best way to treat a cold is to take a mild pain reliever, avoid unnecessary activity, get as much bed rest as possible and drink plenty of fluids, especially fruit juice. Over-the counter cough and cold remedies relieve some of the symptoms, but they will not prevent or even shorten the course of the illness. One of the best ways to lessen your chance of coming down with the illness is to avoid direct contact with those who have colds and wash your hands frequently.

<u>Flu:</u> a contagious respiratory infection, influenza (or flu for short), is not a serious health threat for most people. However, for the elderly or those who have a chronic health problem, the flu can result in serious complications, such as pneumonia. Symptoms of the flu usually develop suddenly, about three days after being exposed to the virus. They include fever, chills, cough, sore throat, runny nose and soreness and aching in the back, arms and legs. Although these are similar to those caused by cold viruses, flu symptoms tend to be more severe and to last longer. Abdominal cramps, vomiting or diarrhea symptoms of what is commonly called stomach or intestinal flu do not accompany influenza.

The flu is highly contagious and if it occurs in your family or community, there is no practical way to avoid exposure to the virus. Flu shots may give some immunity against the flu. Bed rest, mild pain reliever and lots of fluids are the best treatment. (Caution: Unless advised by a physician, a child or teenager with flu-like illness should not take aspirin. Its use in the presence of flu is linked with an increased risk of Reye Syndrome.

Instead use another mild pain reliever that does not contain aspirin).

Antibiotics are not effective against flu viruses.

In Illinois, the flu season usually begins in November and last until April.

Resfriados vs la Influenza

Muchas personas quieren saber...; Cuál es la diferencia entre la gripe y la influenza??? (Información del Departamento de Salud del Estado de Illinois)

Resfriados: Más de 100 virus pueden causar resfriados, la enfermedad más común en el mundo, y muy pocas personas se escapan de estar expuestas a al menos uno de ellos. En los Estados Unidos, muchas personas tienen un promedio de tres resfriados al año.

Una vez entra en el cuerpo a través de la nariz o la garganta, el virus del resfriado comienza a multiplicarse, causando cualquier número de síntomas; dolor de garganta, estornudos, agua nasal, ojos llorosos, cuerpo adolorido, fiebre baja, congestión nasal y tos. Los resfriados usualmente duran de una a dos semanas. La major manera de tratar un resfriado es tomar un analgésico leve, evitar la actividad innecesaria, descansar en cama tanto como sea possible y tomar muchos líquidos, especialmente jugo de frutas. Remedios para la tos y el resfriado que se venden sin receta médica alivian algunos de los síntomas, pero no previenen o acortan el curso de la enfermedad. Una de las mejores maneras de disminuir la posibilidad de contagiarse es el evitar el contacto directo con aquellos que tienen resfriados y lavarse las manos frecuentemente.

Influenza: una infección de las vias respiratorias contagiosa, la influenza (o el flú), no es una amenaza seria para muchas personas. Si embargo, para los envejecientes o aquellos con problemas crónicos de salud, el flú puede resultar en complicaciones serias, tales como la pulmonía. Los síntomas del flú usualmente se desarrollan de repente, como tres días después de haber estado expuesto al virus. Estos pueden incluír la fiebre, escalofríos, tos, dolor de garganta, agua nasal y dolor en la espalda, brazos y piernas. A pesar de que estos síntomas se parecen a los de los virus de resfriados, los síntomas del flú tienden a ser más severos y duran más. Los calambres abdominales, y los vómitos y diarrea, de lo que normalmente se conoce como el flú estomacal, no acompañan la influenza.

El flú es my contagioso y si ocurre en su familia o comunidad, no hay manera práctica de evitar el estar expuesto al virus. Las vacunas contra la influenza pueden darle alguna inmunidad contra el flú. El descanso en cama, analgésicos leves y muchos líquidos es el major tratamiento. (Precaución: A menos que se lo recomiende un médico, los niños o adolescentes con enfermedes como el flú no deben de tomar aspirina. El uso de la aspirina en presencia del flú está asociada con un aumento en el riesgo del síndrome de Reye. En vez de aspirina, use otro analgésico que no contenga aspirina). Los antibióticos no son efectivos conra los virus de la influenza.

En Illinois, la temporada del flú usualmente comienza en noviembre y dura hasta abril.





February. Breakfast. Menu. CCSD93



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









MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
		1 Pop Tart Pastry Just Picked Fresh Fruit 100% Fruit Juice Ice Cold Milk Pint	2 Cinnamon Breakfast Bar Just Picked Fresh Fruit 100% Fruit Juice Ice Cold Milk Pint	3 Whole Grain Cereal Bowl Just Picked Fresh Fruit 100% Fruit Juice Ice Cold Milk Pint	
6 Whole Grain Animal Crackers Just Picked Fresh Fruit 100% Fruit Juice Ice Cold Milk Pint	7 Whole Grain Cereal Bowl Just Picked Fresh Fruit 100% Fruit Juice Ice Cold Milk Pint	8 Strawberry Banana Yogurt Goldfish Crackers Just Picked Fresh Fruit 100% Fruit Juice Ice Cold Milk Pint	9 Pop Tart Pastry Just Picked Fresh Fruit 100% Fruit Juice Ice Cold Milk Pint	10 Whole Grain Cereal Bowl Just Picked Fresh Fruit 100% Fruit Juice Ice Cold Milk Pint	
13 Whole Grain Breakfast Bar Goldfish Grahams Just Picked Fresh Fruit 100% Fruit Juice Ice Cold Milk Pint	14 Strawberry Oatmeal Bar Just Picked Fresh Fruit 100% Fruit Juice Ice Cold Milk Pint	15 Pop Tart Pastry Just Picked Fresh Fruit 100% Fruit Juice Ice Cold Milk Pint	16 Cinnamon Breakfast Bar Just Picked Fresh Fruit 100% Fruit Juice Ice Cold Milk Pint	17 Whole Grain Cereal Bowl Just Picked Fresh Fruit 100% Fruit Juice Ice Cold Milk Pint	
20 No School Presidents Day	21 Whole Grain Cereal Bowl Just Picked Fresh Fruit 100% Fruit Juice Ice Cold Milk Pint	22 Mozzarella String Cheese Goldfish Crackers Just Picked Fresh Fruit 100% Fruit Juice Ice Cold Milk Pint	23 Pop Tart Pastry Just Picked Fresh Fruit 100% Fruit Juice Ice Cold Milk Pint	24 Whole Grain Cereal Bowl Just Picked Fresh Fruit 100% Fruit Juice Ice Cold Milk Pint	
27 Whole Grain Animal Crackers Just Picked Fresh Fruit 100% Fruit Juice Ice Cold Milk Pint	28 Strawberry Oatmeal Bar Just Picked Fresh Fruit 100% Fruit Juice Ice Cold Milk Pint				

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













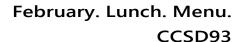


















	h-Fructose
Со	rn Syrup







MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
		Roasted Baked Potato w. Cheese Topping Super Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	2 Crispy Chicken Tenders Super Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	3 DoughBro's Cheese Super Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	
6 Brunch for Lunch! Egg & Cheese Biscuit Crispy Tator Tots Just Picked Fresh Fruit Ice Cold Milk Pint	7 Chicken Slider Sandwich Super Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	Filled Cheese Please! Super Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	9 Taco Supreme Super Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	10 DoughBro's Cheese Super Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	
13 Grilled Chicken Sandwich Super Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	14 Sloppy Joe Sandwich Super Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	15 Fettuccini Alfredo Super Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	16 Baked Chicken Nuggets Super Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	17 Doughbro's Cheese Pizza Super Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	
20 No School Presidents Day	21 MmmBurger w. Cheese Super Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	22 Brunch for Lunch! Waffles Natural Turkey Sausage Crispy Tator Tots Just Picked Fresh Fruit Ice Cold Milk Pint	23 Grilled Ham & Cheese Super Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	24 Doughbro's Cheese Pizza Super Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	
27 Brunch for Lunch! Whole Grain Pancakes Natural Turkey Sausage Crispy Tator Tots Just Picked Fresh Fruit Ice Cold Milk Pint	28 Pasta Mia Marinara Super Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint				

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- Cheese Filled **Breadsticks** 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





















February 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 HL Hoops for Heart	3 HL Hoops for Heart	4
				The risops for flear	112 1100ps to 11care	
5	6	7	8 Family Fun Night - Culvers	9 7pm BOE(DO)	10 6:30pm Jay Stream Talent Show	11
12	13	14 Valentines	15	16	17 6-8pm Bingo Night Second Trimester Ends	18
19	No School President's Day	21	22	23 7pm BOE (DO)	24	25
26	6:30 pm PTA Meeting	28				