### THE HUSKY HOWLER Brought to you by the Heritage Lakes School PTA

Vol. XXVII No. 4 C. Housour, Editor

November 2016 hlpta@ccsd93.com

Happy November Heritage Lakes Families!

The Holidays are fast approaching! This time of year can be busy and overwhelming. I appreciate this month where we can reflect on all that we are thankful for. Heritage Lakes is blessed to have so many wonderful families that support our school and PTA.

We are thankful for all the parents that gave of their time and talents to get our Halloween parties coordinated and fun for our kiddos.

We are thankful for all the work our Fundraising committee did with our first 2 fundraisers for the year. And of course all the people that purchased Yankee Candles and Poinsettias!

We are thankful for all the support given during our 2 family fun nights at Rocco Vino's in October and Jersey Mikes (November 16<sup>th</sup> and 17<sup>th</sup>).

We are thankful for all the awesome teachers and staff we have at Heritage Lakes. Our first Staff Appreciation will be on the 18<sup>th</sup>.

We are thankful for our school dance committee. Our first school dance will be on Friday, November 11<sup>th</sup>, and will be a Hawaiian theme. So much fun! Don't forget to wear your grass skirts and Hawaiian shirts! Registration forms have been sent home. Cost is \$5 per child in advance and \$6 at the door.

Last, but not least we are thankful for all our PTA members! Our next meeting will be Monday, November 28<sup>th</sup> in the LLC at 6:30 pm. Mark your calendars; we would love to see you there! Free childcare is always provided and all Heritage Lakes families are welcome. You don't have to be a member to attend any meetings. <sup>(3)</sup>

Happy Thanksgiving!

Jen Frechmann PTA President <u>jfrechmann@comcast.net</u>

# **CATS NEWS FOR OCTOBER**

#### MUSIC: MRS. ELLEN KALTENBACH ART: MISS STEPHANIE KUECKER

#### PHYSICAL EDUCATION: MR. PATRICK HARRIS MR. ANTHONY GALLINA

### ART NEWS

All the art students have been making very creative works of art! Please e-mail me at <u>kueckes@ccsd93.com</u> if you are interested in hanging artwork in the hall.

**Kindergarten**: Unit II- Art from the Beginning of Time. Kindergarten worked on African Mud Paintings, using brown paint as mud.

**1**<sup>st</sup> **Grade** Unit II Cave Art. 1st grade worked on Rock Wall Painting and made basic animal shapes with natural colors such as red, black, brown. We also learned about the Lascaux Cave.

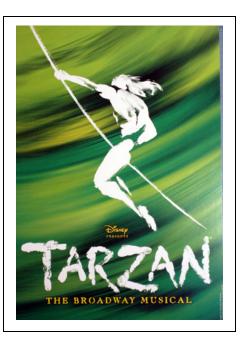
**2<sup>nd</sup> Grade** Unit II- Egyptian Art. 2nd grade created mummy cases that focused on pattern, repetition, balance, and color.

**3<sup>rd</sup> Grade** Unit II Greek Vases. The third grade created black and orange vases. They used pattern, balance, and images from Greek Mythology.

4th Grade Unit II-Roman Mosaics. The fourth grade designed mosaics of animals. They used triangles, squares, and rectangles made from construction paper.

**5**<sup>th</sup>**Grade** Unit II Medieval Illuminated Manuscript. The fifth grade drew an image that related to them and their initial.





#### **MUSIC NEWS**

Our Musical for this Month is Tarzan. The students have been singing Two Worlds and Trashin' the Camp.

Students in Grade 4 are preparing for their musical, Flakes. The students will perform their musical on Thursday, December 1st at 7:00 p.m.

Students in Grade 3 have learned tempo terms and about the composer, Haydn. Grade 5 students have been labeling beats and learning about Handel.

Students in Grade 2 have been working on half notes. Grade 1 is working on playing and reading rhythms including quarter notes and double eighth notes. Kindergarten students have been working on steady beat and using their singing voices.

*Singsations* has begun for 4th and 5th Graders. The students are working on holiday songs for a *performance on December 12th at 6:30 p.m.* 

#### PHYSICAL EDUCATION NEWS

All students grade K-5 have been spending time working on soccer skills and overhand throwing through various activities. We have spent time on throwing stations with all grade levels. Students grades 3-5 have also completed our football unit which culminated with our game of Quarterback Attack! We will finish up the month with Parachute, which gives students the opportunity to demonstrate teamwork and listening skills.

\*Quick Reminder\* The rain and muddy season is upon us! Please remind students to have clean Gym Shoes at school on days that they have PE!

Heritage Lakes PE is on **Twitter**! Follow us @HeritageLakesPE



Dear Heritage Lakes Families,

Hard to believe that October is almost over! As we approach Halloween I wanted to inform you of procedures for the Halloween parties and parade that will take place on October 28. Students should not come to school with costumes or faces painted on Friday, October 28. When choosing a costume please adhere to the school dress code. Toy weapons are not allowed. We are asking that you avoid dressing your children in the creepy clown costumes that may cause a disruption in school and/or the community. Simple makeup that can be put on by your child at school is allowed while hair color should be done at home and will not be allowed at school.

Weather permitting the Halloween parade will take place outside at approximately 2:15 on Friday, October 28. The parade will be <u>CANCELED</u> if it is raining due to space issues and student safety. We are hopeful for good weather. Please watch the weather channel. If it is cold we will still have the parade so please have your children wear jackets. We will do our best to communicate if the parade is canceled by updating the web page and/or you can follow me on Twitter #hlspta for updates.

Heritage Lakes' first priority is to keep students safe at school. We have many parent helpers on Halloween. There are parents signing students out and in to get them changed into their costumes. There are several things you can do to make the process smoother. Please make note of the following:

- Students come to lunch at the following times. 11:30-12:10 – Kindergarten, 1, and Mrs. Holy 12:10-12:50 – Grades 2, 3, and Mrs. Morley 12:45-1:25 – Grades 4, 5, Miss Opacian and Mr. Deguzman
  - When picking students up and dropping off please come during your child's lunch-time. If you have more then one child please pick them up and drop off during *their* lunch hours when possible.
  - Enter only through the front door to sign students in and out (Door # 1).
  - Room parents cannot go down to the classrooms before 2:30 and should check in through the gym.
  - View the parade from outside. Parents and/or family members may not enter through any of the side doors during the parade as it can pose safety concerns to students.
  - If you have prepared treats for a party drop them off early (marked with teacher name and room number) so runners will have time to run them to the classroom
  - If you are a room parent and have not registered with Raptor please come about 5-10 minutes early to register in the office (bring your license). Only assigned room parents may go to the classroom parties.

#### **Other Important Information**

Ideally, children should not be taken out of school for extended periods of time. Since the major opportunity for learning takes place in the classroom setting, make-up work cannot be considered a substitute for direct instruction. Every year we have some students who take extended vacations for a variety of reasons. While I understand the value of visiting family and/or vacationing with family I am encouraging families to try to take vacations when school is not in session. It is a challenge for students to get caught up after missing numerous days of instruction. If you are planning on taking your child out of school for more than two weeks your child may be unenrolled from the school district. You can enroll them in school where you are taking an extended leave.

If you have not signed up for a conference in PTC Wizard please make sure that you sign up. If you are not sure how to sign up please contact the office at (630)588-6200. Parent/Teacher Conferences will take place on November 21 and 22 from 12:00-8:00 p.m.

The fire department is going to observe a Fire Drill at Heritage Lakes on November 1. If you see students and fire trucks outside on November 1 please don't be alarmed as we are practicing a drill.

The trimester is coming to an end on November 4. Report cards will be distributed on November 11.

Please mark your calendars for the PTA Dance that will occur on November 11 from 6:00-8:00 p.m. We hope to see you there!! (More details to follow).



Heritage Lakes' students are making ornaments in art class for the DuPage County's Administrative Building to decorate their trees and we need your help!! Heritage Lakes is in need of used/recycled materials. Below is list of types of materials we are looking for. All varieties of holiday or craft items are welcome.

Items will be collected until Tuesday, November 1. You may send them with your child or drop them off in the front office. We appreciate any and all donations that you may have!!

Toilet Paper Rolls Old CD's String Pine Cones Scrabble Tiles from an old game Ribbon Spools Felt Craft Wire Used Paint Brushes (from hardware store) Paper Towel Rolls Google Eyes Popsicle Sticks Glitter Ribbon, all colors and sizes Burlap Puzzle Pieces Craft Glue Tissue Paper Used Children's Party Hats Yarn Old Holiday Cards Pom Pom's

Or anything else you may have that you aren't using that would encompass this theme!!

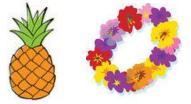
Thank you!!

# SAVE THE DATE FOR THE HERITAGE LAKES LUAU!



### HLS PTA School Dance Friday, November 11<sup>th</sup> 6-8 pm

Dance will be held in the school gym!



Tickets paid in advance - \$5.00 per child Tickets paid at the door- \$6.00 per child

Admission is free for parents and siblings under the age of 3 Children must be accompanied by an adult



For information please Contact Jolee Degnan (630)254-7135 Jolee.Degnan@gmail.com

Parents interested in volunteering please return this portion in an envelope labeled PTA DANCE

Name:\_\_\_\_\_

Email:\_\_\_\_\_











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#### 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/Bailey Emody: 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: <u>kuhlmann.alicia@gmail.com</u> 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.



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 au	ges 3 and up are asked to purchase a ticket for the breakfast.					

#### **MANNA EXPRESS IS BACK!!**

Looking to start your Holiday Shopping? We've got something for you. A chance to purchase ALL the gift cards you want to give away (or use for yourself) this Holiday season. These are the same gift cards available in stores and include nationally known retailers like Jewel, JCPenney, Kohls, Best Buy, Shell, Speedway, Starbucks, Target, Wal-Mart, The Home Depot, Panera, Michael's, Sports Authority, American Girl, Subway and much more!!!!

How can these retailers help us raise money? It's simple...partnered vendors agree to sell gifts cards to our organization at a discount. The HLS PTA will buy the cards at a discount, but YOU GET THE FULL VALUE!! You spend only what you originally intended, where you originally intended AND HLS PTA earns money!! NO SELLING INVOLVED!!

Put your everyday and Holiday shopping dollars to work for us. Simply purchase gift cards through this program and earn money for our school WITHOUT spending anything additional AND getting exactly what you want.

Information packets, vendor lists and order forms will be sent home the first week of November. All gift cards will be distributed in plenty of time for the Holidays.

THIS WILL BE THE ONLY ORDER BEFORE THE HOLIDAYS!!

Contact Sara Nolan at <u>sara.nolan@gmail.com</u> with any questions.

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







## Lights, Cameras, Smile 🕑

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We are so fortunate here at Heritage Lakes to have so many generous PTA Volunteers who give of their time and talents to help with special school programs. We'd like to acknowledge those ladies who helped so much with our "Picture Day" on September 22. Thanks go to Tiffany Corona, Bailey Emody, Carrie Christopher, Kim Mikusch, Julie Caputo, and Janella Holshouser. Thank you all for giving us a hand -- we couldn't have done it without you! You are so appreciated!

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#### SAY CCCHHHHEEEESSSEEEE!!!

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This "Thank You" goes out to our awesome volunteer who helped make picture retake day another smooth success. Thank you very much Bailey Emody and Mary Vivacqua! This day went very smooth because of you both. We couldn't have done it without you<sup>©</sup>

### **Meet the People of Heritage Lakes PBIS TIER 2**



Mrs. YOHN 3rd Grade Teacher & Tier 2 Team Leader/Coach

**SOMETHING YOU SHOULD KNOW ABOUT ME:** I enjoy musical theater, tennis, yoga, singing and hanging out with my cats!

**MY FAVORITE THING ABOUT PBIS TIER 2:** I love implementing the Tier 2 program inside of my classroom! I have seen *firsthand* how it can positively impact not only a student's behavior, but their attitude, self-esteem and confidence! Students begin to see that they are in control of their day, and they approach all tasks with a more positive attitude. We all make mistakes, and those mistakes don't define who we are! They know they can turn things around! **There is so much power behind a positive comment or a bit of encouragement!** 

#### Mrs. BIBLer

Innovation Media Specialist (your friendly school librarian) / Tier 2 Team Member/Coach

**Something you should know About me:** I read over 100 books a year! I read all kinds of books - adult, children's, nonfiction, memoirs, young adult, fairy tales, fantasy, realistic fiction.... The list goes on!

**MY FAVORITE THING ABOUT PBIS TIER 2:** I like bringing positive attention to students. I have coached 5th graders, 2nd graders and 3rd graders. I love greeting them in the morning, and sending them home with a positive message at the end of the day. I like that no matter what kind of day the student had, my job as a coach is to give them a positive person who is always happy to see them, and ready to cheer them on. I also like that I get to know kids in a whole different way than their "library" selves!

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

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



### <u>Childhood Obesity</u> Revised from article by Mayo Clinic Staff

Childhood obesity is a serious medical condition that affects children and adolescents. It occurs when a child is well above the normal weight for his/her age and height. It can cause health concerns such as diabetes, high blood pressure and high cholesterol. It can lead to poor self-esteem and depression. Other complications are an increased tendency for asthma and sleep disorders as well as fatty liver disease and early puberty.

The doctor can tell if your child is at the normal weight for his height and age. This is done using a BMI chart and looking at growth patterns and family growth patterns.

The best strategy to reduce childhood obesity is to improve diet and exercise habits of the whole family. Too many calories and not enough exercise play main roles in obesity. But genetic diseases and hormonal disorders can also contribute to obesity as well. Psychological factors also influence eating as people respond to stress or boredom.

# What you can do if your child is being evaluated for childhood obesity:

- Be aware of blood work and fasting requirements prior to blood work
- Write down any symptoms your child may be experiencing
- Ask another family member or friend to join you to accurately remember all the information covered during the appointment
- Bring a notebook and pen to write down information
- Write down questions for the doctor prior to the appointment
- Bring any growth measurements you have to show your child's growth pattern
- Bring heights and weights of siblings and parents
- Bring a food diary for your child

### Treatment for overweight children

- Children under two years of age and adolescents who are overweight might be placed on a weight-maintenance program to slow the progress of weight gain. This allows child to add inches and not pounds as they grow Children who are ages 6-11 and who are obese may be placed on diet to lose no more than one pound a month
- Older children or adolescents who are obese or severely obese may be on a diet that aims for weight loss of up to 2 pounds per week

### Healthy Eating:

- When food shopping choose fruits and vegetables
- Cut back on convenience foods
- Limited sweetened beverages-this includes fruit juice
- Limit fast food
- Sit down for family meals
- Serve appropriate portion sizes

### **Physical Activity**

- Limit television and computer
- Emphasize activity, not exercise-children should be moderately to vigorously active at least an hour a day
- Find activities your child likes to do

### Medications

Medications must be prescribed by doctor. A consultation to a dietician may be made. The dietician will help plan a healthy diet.

### Other:

- Be a role model
- Involve the whole family
- Be sensitive to your child's needs and feelings
- Find reasons to praise your child's efforts
- Don't make food a reward or withhold for a punishment
- Focus on positive goals and abilities
- Be patient



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November. Breakfast. Menu.

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	1 Strawberry Oatmeal Bar Just Picked Fresh Fruit 100% Fruit Juice Ice Cold Milk Pint	100% Fruit Juice	3 Cinnamon Breakfast Bar Graham Crackers Just Picked Fresh Fruit 100% Fruit Juice Ice Cold Milk Pint	4 Whole Grain Cereal Bowl Just Picked Fresh Fruit 100% Fruit Juice Ice Cold Milk Pint	Student Breakfast Price: \$1.25 Reduced: \$0.30
7 Whole Grain Breakfast Bar Goldfish Grahams Just Picked Fresh Fruit 100% Fruit Juice Ice Cold Milk Pint		Goldfish Crackers Just Picked Fresh Fruit	10 Whole Grain Strawberry Pop Tart Just Picked Fresh Fruit 100% Fruit Juice Ice Cold Milk Pint	11 Whole Grain Cereal Bowl Just Picked Fresh Fruit 100% Fruit Juice Ice Cold Milk Pint	
14 Whole Grain Breakfast Bar Goldfish Grahams Just Picked Fresh Fruit 100% Fruit Juice Ice Cold Milk Pint	Just Picked Fresh Fruit 100% Fruit Juice	Bagel w. Cream Cheese Just Picked Fresh Fruit 100% Fruit Juice	17 Cinnamon Breakfast Bar Graham Crackers Just Picked Fresh Fruit 100% Fruit Juice Ice Cold Milk Pint	18 Whole Grain Cereal Bowl Just Picked Fresh Fruit 100% Fruit Juice Ice Cold Milk Pint	
21 No School Parent Teacher Conferences		No School	24 No School Happy Thanksgiving!	25 No School	
28 Whole Grain Breakfast Bar Goldfish Grahams Just Picked Fresh Fruit 100% Fruit Juice Ice Cold Milk Pint	Strawberry Oatmeal Bar Just Picked Fresh Fruit 100% Fruit Juice	30 Mozzarella String Cheese Goldfish Crackers Just Picked Fresh Fruit 100% Fruit Juice Ice Cold Milk Pint			



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



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November. Lunch. Menu.

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Student Lunch
ligh-Fructose Corn Syrup		Super Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	w. Salsa Super Steamed Veggies Just Picked Fresh Fruit	3 BBQ Grilled Chicken Sandwich Super Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	4 DoughBro's Cheese Super Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	With Milk: \$2.80 Reduced: \$0.40 Milk: \$0.50 ELEMENTARY Daily Lunch Choices Include:
ried Foods lystery Meats	7 Brunch for Lunch! French Toast Natural Turkey Sausage Crispy Hash Browns Just Picked Fresh Fruit Ice Cold Milk Pint	Just Picked Fresh Fruit	Pasta Primavera Super Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	10 Chicken & Cheese Quesadilla w. Salsa Super Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	11 DoughBro's Cheese Super Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	-Daily Special -Weekly Rotating Special -Turkey Sub -Sun Butter & Jelly -Veggie Salad
ALWAYS fresh	14 Chicken & Cheese Biscuit Sandwich Tasty Tator Tots Just Picked Fresh Fruit Ice Cold Milk Pint	Super Steamed Veggies Just Picked Fresh Fruit	Grilled Cheese Please! Super Steamed Veggies Just Picked Fresh Fruit	17 Chicken Slider Sandwich Super Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	18 Doughbro's Cheese Pizza Super Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	ELEMENTARY Weekly Rotating Choices: Mon- Signature Cheese Calzone Tues- Hot Cheese Nachos Wed- All Beef Hot Dog
NEVER frozen	21 No School Parent Teacher Conferences	22 No School Parent Teacher Conferences	No School	24 No School Happy Thanksgiving!	25 No School	Thurs- 4 Star Mac & Cheese Fri- Doughbro's Pepperoni Pizza MIDDLE SCHOOL Daily Choices Include:
4-Star Schod LunchProvider!	28 Whole Grain Pancakes Natural Turkey Sausage Crispy Hash Browns Just Picked Fresh Fruit Ice Cold Milk Pint	Super Steamed Veggies	30 Baked Mostaccioli Super Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint			-Daily Special -Weekly Rotating Choice -Cheese /Pepperoni Pizza -Nacho Supreme -Turkey Sub -Veggie Salad -Sun Butter & Jelly



















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