

# THE HUSKY HOWLER

Brought to you by the Heritage Lakes School PTA

Vol. XXVII No. 8  
C. Housour, Editor

March 2017  
[hlpta@ccsd93.com](mailto:hlpta@ccsd93.com)

Happy March! This year is going by so fast! It's hard to believe that in a few short months, the weather will be warmer and our school year will be finished. Spring Break is March 27<sup>th</sup> - March 31<sup>st</sup>. And there is no school on Friday, March 3<sup>rd</sup> or 17<sup>th</sup>.

We still have 2 board seats open for the 2017-2018 school year and a few committee openings. If you are interested in either serving on the board or chairing or even co-chairing a committee, please let me know! Committees will be filled on a first come first served basis. Board positions will be voted on at our following meeting.

Our yearbook committee is in need of any and all pictures you may have taken throughout the school year. Pictures of the first day of school, room parties, and other special events are needed! If you have any, please send them to [hlspta.yearbook@gmail.com](mailto:hlspta.yearbook@gmail.com)

If you haven't done so, please be sure to sign up for Spring conferences through the PTC wizard. Conferences are Thursday, March 2<sup>nd</sup> and Wednesday, March 8<sup>th</sup>.

Last month we hosted our annual Bingo night and Ice Cream Social. It was a great time with many great prizes from our Raffle Baskets and Bingo games and yummy pizza and of course ice cream! Thank you to EVERYONE who made this fun event a success!

Our teachers loved the taco bar we provided! We raised over \$150 at our Culver's dinner night. We have 2 more events planned for March. Chili's in Bloomingdale will donate a portion of all proceeds from the ENTIRE month of March to our school (vouchers are included in this newsletter). Potbelly's in Bloomingdale will also offer a portion of all proceeds on Thursday, 3/9 AND Friday, 3/10! Flyers will be coming home soon.

Treat Days have been a great chance to bring a smile to our students' faces! The next treat day is Thursday, March 16. Students who pre-ordered will enjoy a shamrock rice krispie treat!

Our next PTA meeting will be on Monday, March 20<sup>th</sup> at 6:30 pm in the LLC. If you are interested in filling a committee or learning more about our PTA, please join us! See you there!

Jen Frechmann  
PTA President  
[jfrechmann@comcast.net](mailto:jfrechmann@comcast.net)

# CATS NEWS FOR FEBRUARY

MUSIC: MRS. ELLEN KALTENBACH  
ART: MISS STEPHANIE KUECKER

PHYSICAL EDUCATION: MR. PATRICK HARRIS  
MR. ANTHONY GALLINA

## ART NEWS

**Unit 5 – Art Woven Through Time Kindergarten–** Students are learning about Artist Jim Dine and recreating his most famous piece, “*Four Hearts*”.

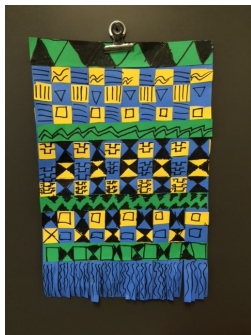
**1st Grade- Native American Basket weaving.** The students finished working on their Native American art pieces. First, they wove yarn around a plate to practice the over under technique of weaving. Second, they learned about Aboriginal art. Lastly, they created a Native American dream catcher.

**2nd grade – Guatemalan Weaving.** Students used paper to create a woven image of the children’s book, “*The Rainbow Fish*”. They wrote the names of items they share with their friends on each scale of their fish. This matched the theme of the book.

**3rd grade – Ashanti Kente Cloth.** Students are creating paper woven Kente cloths with various bright colors and designs.

**4th grade – Navajo Blankets** Students are using yarn to recreate Navajo blankets.

**5th grade – Coiled Basketry** Students are using yarn and coil to create beautifully designed baskets.



JAYVION, 3RD GRADE



## MUSIC NEWS

Our Musical for this Month is Hello Dolly. The students have been singing Hello Dolly and Put on Your Sunday Clothes.

Students in Grades 3 through 5 have been working on playing the recorder and earning their Recorder Karate Belts.

Students in Grade 2 have been working on counting and composing with half notes, half rests, quarter notes, quarter rests, and eighth notes. Grade 1 is working on identifying classroom instruments. Kindergarten students have been working on quarter and eighth notes.

Enrollment for Singsations Junior ended on February 2nd. This singing club is for 2nd and 3rd graders. Please check the music page on the school webpage for rehearsal and performance dates.



MON, 2ND GRADE

## PHYSICAL EDUCATION NEWS

Heartfelt thanks to all of our Heritage Lakes School students, staff and parents, for their tremendous effort towards this year’s **Hoops for Heart Event**. To date we have raised **\$14,952.75**. This is enough money to enable 12 hospitals to implement the AHA “Get With the Guidelines” program to improve outcomes for heart and stroke patients. You could also view it as enough funding to educate over 20,000 children how to avoid obesity and live longer, stronger lives with the AHA nutrition and exercise materials for schools. We would also like to recognize our top three fundraisers:

**Frank Jaszka \$2,905**

**Drew Allen \$795**

**Cheyenne Warricks \$305**

Working together, we have made a powerful and positive impact!

Students in grades 3-5 have completed their first FitnessGram criterion based fitness tests. The four tests administered were Pacer, Curl Ups, Push Ups, and Back Saver Sit and Reach. Your child will have a detailed summary report sent home in the near future.

All students grades K-5 are preparing to start the 3rd trimester with our Body Management/Stunts and Tumbling unit.

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



**Dear Parents,**

**I am looking for volunteers to hang the beautiful art that has been created in art class. Volunteers are needed during Parent Teacher Conferences on March 8th. Please e-mail me at [kueckes@ccsd93.com](mailto:kueckes@ccsd93.com) if you are interested in helping anytime between 4-8pm. I greatly appreciate your consideration.**

**Thank you!**

**Ms. Kuecker**



Thank you so much to all of the families and staff that made it out to the Heritage Lakes Family Fun BINGO and Pizza/Ice Cream Night on February 17th! It was a huge success with a great turnout! We had a lot of lucky winners go home with some really great BINGO prizes and raffle baskets and it was so much fun for all of the families to get together! Thank you so much to Mr. Yelaska and Mr. Kyle for joining in on the fun as well!

A big Thank You to the following people for all of their help volunteering for this event:

Joe and Laura Miller (Ice Cream), Alicia Kuhlmann and Jared Bozarth (pizza) Bailey Emody (raffle baskets)

Sara Nolan, Rosanna Michalski, The Frechmann family,  
Danielle Diciolla, Christine Craig, Susan Camberis,  
Amber Reid, Anil and Seema Saxena, Ignacio and Izel Michel,  
Kim Mikusch, Mark and Tanya Sillitti, Nicole Hentges, Susan  
Stelmach, Brooke Hall,  
Jeralyn Schumacher and Thank you to those that helped  
check BINGO cards!

Thank you to the maintenance staff and volunteers for setting up and breaking down the gym.

We could not have done it without all of your help!

Thank you again!  
Jolee Degnan  
Family Fun Events

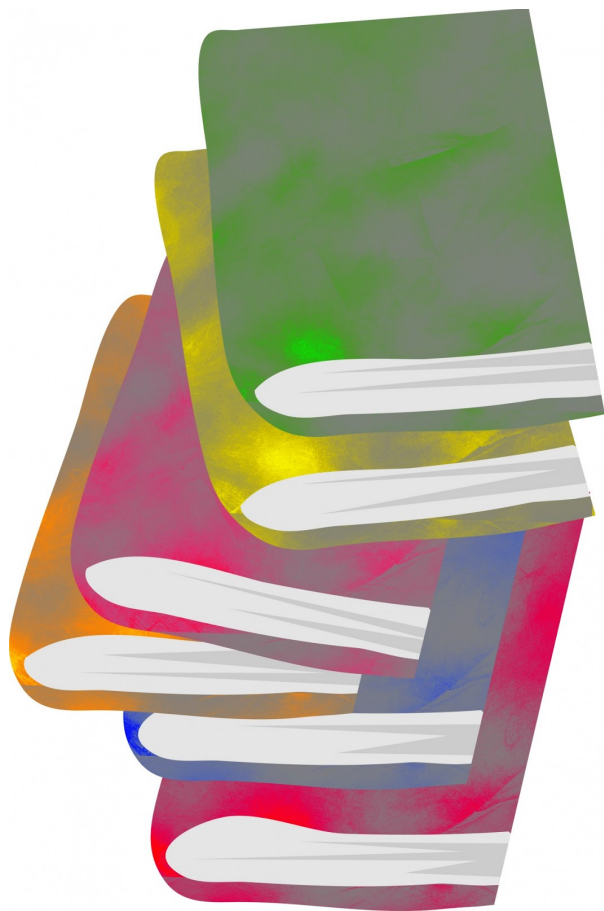
# **BRING A BOOK, GET A BOOK!**

Come visit the library during  
Conference Nights from 4-4:30 or  
from 5-7:45 to visit our Heritage  
Lakes BOOK SWAP!

If you or your child would like to  
participate, bring a gently used  
children's book (children's books  
only please!) to donate. You can  
then pick a gently used book to take  
home. It's as easy as that!

Limit 3 books exchanged per  
student. Books must be in useable  
condition, and should be books for  
reading (no coloring books, sticker  
books or workbooks, please)

When: Conference Nights -  
Thursday March 2 & Wednesday  
March 8  
Time: 4:00-4:30pm ; 5:00-7:45pm







## CHILI'S® GIVE BACK PROGRAM

BRING THIS VOUCHER WHEN YOU VISIT  
(DINE IN OR TO GO) THE CHILI'S LOCATION  
IDENTIFIED BELOW AND **15%** OF YOUR  
PRE-TAX PURCHASE WILL BENEFIT:

HERITAGE LAKES SCHOOL PTA

Group/Charity

3/1/17 - 4/1/17

Event/Exp. Date

One coupon per person, per visit at participating Chili's restaurants only.  
Cannot be combined with any other offer. Offer ends per expiration date above.

310 W. ARMY TRAIL RD., BLOOMINGDALE, IL  
630-894-9966

Chili's Locations

#99999000007695



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# PBIS TIER 2 NEWS

## What is a Tier 2 Celebration?

***Once a trimester*** we bring together all of the children who have participated in CICO for a celebration! The celebration is designed to acknowledge their successful graduation from the program. All the students who graduated in the trimester are brought together for a little snack, some games, and a pat on the back for graduating from the program.

## Who participates?

***Howling Huskies*** who graduated in the trimester just ended get to come to the celebration. Students who are still actively in the program are celebrated at the *next* trimester celebration.

## Why is it only once a trimester?

***Yes, it is a long time*** to wait, especially for younger students, but we find that the larger celebrations are more fun for students, when we can organize games and have a large group. The energy is fantastic! Also, since the celebration is during the school day, we have to be respectful of how much time we take from teachers and from student instructional time.

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

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



## From the Nurses Office

### Stress

The future of any society depends on its ability to foster the healthy development of the next generation. Extensive research on the **biology of stress** now shows that healthy development can be derailed by excessive or prolonged activation of stress response systems in the body (especially the brain), with **damaging effects on learning, behavior, and health** across the lifespan.

Learning how to cope with adversity is an important part of healthy child development. When we are threatened, our bodies prepare us to respond by increasing our heart rate, blood pressure, and stress hormones, such as cortisol. When a young child's stress response systems are activated within an environment of supportive relationships with adults, these physiological effects are buffered and brought back down to baseline. The result is the development of healthy stress response systems. However, if the stress response is extreme and long lasting, and buffering relationships are unavailable to the child, the result can be damaged, weakened systems and brain architecture, with lifelong repercussions. It's important to distinguish among three kinds of responses to stress: *positive*, *tolerable*, and *toxic*. As described below, these three terms refer to the stress response systems' effects on the body, not to the stressful event or experience itself:

**Positive stress response** is a normal and essential part of healthy development, characterized by brief increases in heart rate and mild elevations in hormone levels. Some situations that might trigger a positive stress response are the first day with a new caregiver or receiving an injected immunization.

**Tolerable stress response** activates the body's alert systems to a greater degree as a result of more severe, longer-lasting difficulties, such as the loss of a loved one, a natural disaster, or a frightening injury. If the activation is time-limited and buffered by relationships with adults who help the child adapt, the brain and other organs recover from what might otherwise be damaging effects.

**Toxic stress response** can occur when a child experiences strong, frequent, and/or prolonged adversity—such as physical or emotional abuse, chronic neglect, caregiver substance abuse or mental illness, exposure to violence, and/or the accumulated burdens of family economic hardship—without adequate adult support. This kind of prolonged activation of the stress response systems can disrupt the development of brain architecture and other organ systems, and increase the risk for stress-related disease and cognitive impairment, well into the adult years.

**When toxic stress response occurs continually, or is triggered by multiple sources, it can have a cumulative toll on an individual's physical and mental health**—for a lifetime. The more adverse experiences in childhood, the greater the likelihood of developmental delays and later health problems, including heart disease, diabetes, substance abuse, and depression. Research also indicates that supportive, responsive relationships with caring adults as early in life as possible can prevent or reverse the damaging effects of toxic stress response.



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NEVER frozen

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4-Star Schod  
Lunch Provider!



March. Breakfast. Menu.

CCSD93



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Mozzarella String Cheese Goldfish Crackers 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	3 No School
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 Strawberry Oatmeal Bar Goldfish Grahams Just Picked Fresh Fruit 100% Fruit Juice Ice Cold Milk Pint	14 Bagel w/Cream Cheese 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 Whole Grain Cereal Bowl Just Picked Fresh Fruit 100% Fruit Juice Ice Cold Milk Pint	17 No School
20 Whole Grain Animal Crackers Just Picked Fresh Fruit 100% Fruit Juice Ice Cold Milk Pint	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 No School	28 No School	29 No School	30 No School	31 No School

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

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



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Marzo. Desayuno. Menú

CCSD93



Precio de  
habitaciones para  
estudiantes: \$1.25  
Reducida: \$0.30

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Queso mozzarella Galletas Goldfish Escogido sólo fruta fresca Jugo de fruta 100% Pinta de leche fría de hielo	2 Tazón de cereales de grano entero Escogido sólo fruta fresca Jugo de fruta 100% Pinta de leche fría de hielo	3 No hay clases
6 Galletas de animalitos de grano entero Escogido sólo fruta fresca Jugo de fruta 100% Pinta de leche fría de hielo	7 Tazón de cereales de grano entero Escogido sólo fruta fresca Jugo de fruta 100% Pinta de leche fría de hielo	8 Yogur de fresa plátano Galletas Goldfish Escogido sólo fruta fresca Jugo de fruta 100% Pinta de leche fría de hielo	9 PASTELERIA tarta de pop Escogido sólo fruta fresca Jugo de fruta 100% Pinta de leche fría de hielo	10 Tazón de cereales de grano entero Escogido sólo fruta fresca Jugo de fruta 100% Pinta de leche fría de hielo
13 Barra de avena fresa Goldfish Grahams Escogido sólo fruta fresca Jugo de fruta 100% Pinta de leche fría de hielo	14 Bagel w/crema queso Escogido sólo fruta fresca Jugo de fruta 100% Pinta de leche fría de hielo	15 PASTELERIA tarta de pop Escogido sólo fruta fresca Jugo de fruta 100% Pinta de leche fría de hielo	16 Tazón de cereales de grano entero Escogido sólo fruta fresca Jugo de fruta 100% Pinta de leche fría de hielo	17 No hay clases
20 Galletas de animalitos de grano entero Escogido sólo fruta fresca Jugo de fruta 100% Pinta de leche fría de hielo	21 Tazón de cereales de grano entero Escogido sólo fruta fresca Jugo de fruta 100% Pinta de leche fría de hielo	22 Queso mozzarella Galletas Goldfish Escogido sólo fruta fresca Jugo de fruta 100% Pinta de leche fría de hielo	23 PASTELERIA tarta de pop Escogido sólo fruta fresca Jugo de fruta 100% Pinta de leche fría de hielo	24 Tazón de cereales de grano entero Escogido sólo fruta fresca Jugo de fruta 100% Pinta de leche fría de hielo
No hay clases	No hay clases	No hay clases	No hay clases	No hay clases

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March. Lunch. Menu.

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Roasted Baked Potato w. Cheese Topping 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	3 No School
6 Brunch for Lunch! Egg & Cheese Muffin Crispy Tator Tots Just Picked Fresh Fruit Ice Cold Milk Pint	7 MmmBurger w. Cheese Super Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	8 Grilled 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 Brunch for Lunch! Whole Grain Pancakes Natural Turkey Sausage Crispy Tator Tots Just Picked Fresh Fruit Ice Cold Milk Pint	14 Sloppy Joe Sandwich Super Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	15 Baked Mostaccioli Super Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	16 DoughBro's Cheese Super Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	17 No School
20 Brunch for Lunch! Waffles Natural Turkey Sausage Crispy Tator Tots Just Picked Fresh Fruit Ice Cold Milk Pint	21 Hot Ham and Cheese Sub Super Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	22 Cheese Quesadilla Super Steamed Veggies Just Picked Fresh Fruit Ice Cold Milk Pint	23 Chicken Fajita 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 No School	28 No School	29 No School	30 No School	31 No School

**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



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4-Star Schod  
Lunch Provider!



Marzo. Almuerzo. Menú

CCSD93



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

		1 Patata asada al horno w. Topping de queso de Verduras al vapor super Escogido sólo fruta fresca Pinta de leche fría de hielo	2 Pizza de queso de Doughbro Verduras al vapor super Escogido sólo fruta fresca Pinta de leche fría de hielo	3 No hay clases
6 Brunch para el almuerzo! Egg & Muffin de queso Tator crujiente Tots Escogido sólo fruta fresca Pinta de leche fría de hielo	7 MmmBurger w. queso Verduras al vapor super Escogido sólo fruta fresca Pinta de leche fría de hielo	8 Queso a la parrilla por favor! Verduras al vapor super Escogido sólo fruta fresca Pinta de leche fría de hielo	9 Taco Supremo Verduras al vapor super Escogido sólo fruta fresca Pinta de leche fría de hielo	10 Pizza de queso de Doughbro Verduras al vapor super Escogido sólo fruta fresca Pinta de leche fría de hielo
13 ¡Brunch para el almuerzo! Panqueques integrales Salchicha de pavo natural Tator crujiente Tots Escogido sólo fruta fresca Pinta de leche fría de hielo	14 Sloppy Joe Sandwich Verduras al vapor super Escogido sólo fruta fresca Pinta de leche fría de hielo	15 Mostaccioli cocido al horno Verduras al vapor super Escogido sólo fruta fresca Pinta de leche fría de hielo	16 Pizza de queso de Doughbro Verduras al vapor super Escogido sólo fruta fresca Pinta de leche fría de hielo	17 No hay clases
20 ¡Brunch para el almuerzo! Gofres Salchicha de pavo natural Tator crujiente Tots Escogido sólo fruta fresca Pinta de leche fría de hielo	21 Jamón caliente y queso Sub Verduras al vapor super Escogido sólo fruta fresca Pinta de leche fría de hielo	22 Quesadilla de queso Verduras al vapor super Escogido sólo fruta fresca Pinta de leche fría de hielo	23 Fajitas de pollo Verduras al vapor super Escogido sólo fruta fresca Pinta de leche fría de hielo	24 Pizza de queso de Doughbro Verduras al vapor super Escogido sólo fruta fresca Pinta de leche fría de hielo
27 No hay clases	28 No hay clases	29 No hay clases	30 No hay clases	31 No hay clases

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Wed- All Beef Hot Dog  
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Fri- Doughbro's Pepperoni  
Pizza

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# March 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 4-8pm Parent Teacher Conferences	3 Teacher Institute No School	4
5	6	7	8 4-8pm Parent Teacher Conferences	9 7pm BOE (DO)	10	11
12 	13	14	15	16	17 No School	18
19	20 6:30pm PTA mtg.	21	22	23 7pm BOE (HL)	24	25
26	27	28	29	30	31	
-----SPRING BREAK-----						