

EACH CHILD A PROMISE

VOLUME VI, ISSUE 6

MARCH 2010

SCHIESHER ELEMENTARY SCHOOL
DR. LINDA KOTALIK, PRINCIPAL

Principal's Corner

Dear Tate Woods and Schiesher Families,

As we enter March, we take time to reflect on all the wonderful things we've accomplished at Tate Woods and Schiesher this year and send a warm thank you for all your support as parents and caregivers.

We also use March to begin planning for the 2010-2011 school year. One of the most important things we do to prepare is create our class lists. A great deal of thought and hard work goes into the process of placing students in classrooms. Placement decisions involve team (teachers, specials teachers, student services and administration) input and are completed with great care. As class assignments are finalized, a wide variety of factors such as individual learning styles and needs, peer relations, gender, personalities, behavior, special needs, overall class composition and class size are considered. Final classroom / teacher placement is a team decision and is not made by any one individual, including the principal. This process helps to insure that student needs are met and that all children are treated equitably. Please be mindful that our teachers are knowledgeable professionals who teach to students of all learning styles through a variety of differentiation techniques. Consequently, **parent requests to have your child placed with a particular teacher is not appropriate and will not be granted.** However, if a parent feels that there is an area of particular concern, that the school is unaware of, please feel free to share it with your Principal.

We will be sending additional information regarding Step-Up Day activities in upcoming newsletters. Please watch for this information along with dates when we will announce class lists for the coming school year. Thank you for all you do and we look forward to another great school year at Tate Woods and Schiesher.

Sincerely,

Dr. Linda Kotalik
Schiesher Elementary

Mrs. Wesley Gosselink
Tate Woods Elementary

INSIDE THIS ISSUE:

Principal's Corner	1
No School	2
Testing at Schiesher	2
Notes From Nurse	3
Citizen of the Month	4
PAWs	4
March Calendar	5
2010-2011 Calendar	6

ISAT Testing At Schiesher

We will be giving your child state-required assessments on March 2 through March 12, 2010. Students in grades three and five will be tested in reading and mathematics. Students in grade four will be tested in reading, mathematics and science. The tests are a part of the Illinois Standards Achievement Test (ISAT), and are being given to all eligible students at this time. The results of this assessment will be reported to you on the School Report Card by the end of October 2010. We will review these results along with information from our local assessments to help us improve our school program. In addition, you will receive information about your child's performance on the state tests he or she took.



"Most people are about as happy as they make up their minds to be."
Abraham Lincoln

You can help your child do his/her best on the test by:

- ♣ making sure, if possible, that your child attends school on the days of testing;
- ♣ making sure your child gets a good night's sleep the night before testing;
- ♣ providing breakfast on the mornings of testing;
- ♣ reminding your child to ask the teacher questions if he/she does not understand the test directions;
- ♣ letting your child know that you have confidence in his/her ability to do his/her best; and
- ♣ advising your child not to worry about the test – just do the best he/she can.

Please call your child's teacher if you want additional information or have further questions about these tests.

NO SCHOOL

There will be No School on Friday, February 26th due to a Teacher Institute day and No School Monday, March 1st for Casimir Pulaski's Birthday.



Notes From The Nurse

Entering into March each year, we begin to think about spring with its warmer, longer days. Yet as educators, the staff also thinks about the ISAT's (Illinois State Achievement Tests). The teachers at Schiesher have prepared the students academically to do their best. As parents, you can also prepare your child to achieve their best by taking a few simple steps at home.

The first thing you can do for your child is to make sure he/she has had a good night's sleep. Elementary aged students should be sleeping between nine and eleven hours each night. During our sleep, many important processes take place. Our bodies repair/rebuild tissues allowing physical growth to occur, and there is a "recharging and review" in the part of the brain that deals with our emotions and memory. This recharge/review allows us to be ready for the next day's social contacts or situations, and also replays what was learned that day. This replaying that is done while we sleep moves the information from our short term memory into our long term memory. The best start to any morning begins with a good night's rest.

Secondly, a healthy breakfast will give your child the essential fuel they need to have a successful day. It's true what they say, "You are what you eat". Food not only affects our body physically but also has an impact on our moods and emotions. The food we eat plays a role in the production of neurotransmitters, the chemicals in our brain, which have a profound effect on mood, memory and behavior. One of these chemicals is dopamine. Dopamine causes people to think more quickly, react more rapidly and feel more motivated. Some foods that are linked to an elevated dopamine level are protein rich like meat, eggs, milk and cheese. Protein, being a brain energizing food, makes it especially important to include daily in breakfast.

It is also important to maintain a steady level of glucose in our blood so the brain can work properly. The brain uses one-third of the energy we eat so it should not be a surprise that a hungry brain is not a happy brain. Highly refined foods loaded with sugar like doughnuts, sugary cereals, white bread and processed baked goods cause a person's blood sugar (glucose) to fall dramatically a couple of hours later. This can lead to many physical complaints such as stomach and headaches, as well as affecting mood, and learning. Complex carbohydrates supply glucose, the brain's main energy supply, at a gradual and steady pace, not like the roller coaster effect of refined-sugary foods. Good choices would include whole grain breads and cereals, brown rice and pasta. The best breakfast you can offer your child every day to maximize their school experience should contain a protein, complex carbohydrate and fruit or vegetable for necessary vitamins.

Finally, encourage good hydration. Water is essential for our body to work properly. It helps with breathing, digestion, and in forming proteins; giving our brain the necessary oxygen, food and protein structures to make new connections between brain cells which form when we are learning.

Ensuring that your child has the proper sleep, breakfast and sufficient amounts of water through out their day will help them to achieve academically, socially and emotionally not only during ISAT testing but every day.



FEBRUARY CITIZEN OF THE MONTH

The following students were honored as Citizens of the Month for February: Brittany Blystone, Maggie Dooley, Zach Miller, Lacey Fassbender, Kevin Stears, Emmett Malavia, Tina Thornton, Aaron Cail, Jacqueline Sedlacek, Joel Clancy, Ariyanna Reece, Erin Spangler, Cole Faulstich, Mya Manns, Taryn Haldeman.



PAWS

The **PAWS** Program is a way to continue with our good citizen of the month program. We believe that there is also a need to recognize students and their good deeds in some way on a daily basis.

Congratulations to the following students who have received a **PAW**:

Trustworthy: Nick Martin, Cameron, Antahvia, Faith Zielinski, Alitzel Gonzolez, Zachary, Sayra Meza, Marisa Aguilar.

Respectful: Antanyia Rice, Zach Zikuda, Crystal, Nicolas, Jacob Wilk, Raquel, Anthony, Josh, Lydia, Mrs. Green's Room.

Responsible: Ashlyn Jachim, Francesca Wagoner, Kira Springer, Emily Mao, Carlo Lopardo, Zach Miller, Noah Turcic, Lexi Burrell, Ivory Angio, Alexa Fasone,

Jocelyn Fredrickson, Ayoha, Emily Bute, Joseph Krebaum, Bridget Brock, Arianna Rice, Gabby Arellano, Sequan, Lydia Walquist, Katie Krestan, McKenzie Weaver, Kevin Paz, Audrey, Matt Penick, Luke Pankow, Sammy Russo, Griffin, Tristan, Zach, Zikuda, Bryce Coleman.

Fair: Noah Lieberenz, Bridget Brock, Tyrek Anderson, Kyle Belina, Alexis, Lauren, Alondra Sanchez, Meredith Rittenhouse, Crystal M.

Caring: Kiley Swatkowski, Levi, Trevor Haen, Suhani Patel, Kevin Stears, Emily Bute, Cole Faulstich, Eva Schoell, Jacob Wilk, Griffin Myslewicz, Maya, Dan, Daniel, Jake Fox, Alexa Fasone, Faith Zielinski, Jake, Jay McGrath, Jordyn, Gabby Arellano, Katie Krestan, Matt Gwilliam, Yana Strebkova, Zion McCall, Jacob Wilk,

Kaela Khan, Fernando Gutierrez, Emily Baur, Josh, Lucas, Kevin Stears, Darnell Campbell, Tristen, Tina Thornton, Isaac, Renee Armitage.

A Good Citizen: Amelia Fredrickson, Matthew Sharley, Brittany Blystone, Sierra Schei, Lauren, Francisco Lomeli, Abbey Kretman, Emily Mao, Tarun Vellanki, Joseph Chan, Rachel Loveless, Zach Miller, Ashlyn Jachim, Faith Manns, Emily Woltmann, Ethan Whitfield, Joseph Krebaum, Andy Saul, Kevin Paz, Yana Strebkova, Max Sokolowski, Alexa Fasone, Michael Cracco, Katie Romo, Tina Thornton, Gabby Arellano, Anum, Leila Yasin, Christian, Hailey Andrzejewski, Arianna, Lesley, and Brittany.

*“Teaching is the
greatest act of
optimism”
Colleen Wilcox*