

# Algonquin Parent News

December 2022

## The Algonquin Way

*The educators at Algonquin will actively commit to creating a stimulating, language-rich classroom environment that is developmentally appropriate, implements best practices, and is differentiated to meet the needs of every student. The classroom will capture the individuality of the whole child, encourage students' curiosity and creativity, and prepare them for future success.*



## Holiday tips to lessen the stress

The holiday season is upon us and as you know the holidays can bring both joys and challenges. For young children, the holidays are exciting, but also a bit overwhelming. With all of the new experiences, new people, and unexpected events, their behavior is sometimes a bit unexpected too. Below are a few holiday tips that might just lessen the stress a bit:

- **Set clear expectations;** sit down and talk with your child(run); calm conversations and reminders can set the tone for a good day.
- **Consider your child's temperament;** consider the needs of your child at school or at a social event. Introverted children may need a quiet place, while extroverts thrive in a social environment, but may have a meltdown when leaving a social event or during transition times.
- **Don't Rush;** Allowing young children more time to get ready is super smart. Rushing at the last minute to put shoes on and fix hair, just adds stress to the day for everyone. Kids sense when you are stressed and often do not respond well when that happens.



Follow the link to Combine Family Time and Learning:  
<https://www.pbs.org/parents/thrive/7-family-time-and-learning-tips-for-the-holidays>

**PARK FOREST-CHICAGO HEIGHTS  
SCHOOL DISTRICT 163  
EST. 1951**

**Algonquin Prekindergarten  
Center Presents...**

***Holidays Around  
The World***

**FRI 16 DEC  
9:15AM & 1:15PM**

**Location**

**Michelle Obama School of Technology & the Arts**

**530 Lakewood Blvd., Park Forest, IL 60466**

**Principal - Mrs. Chinn  
708-668-9200**

**Superintendent - Dr. Caletha White**

## Algonquin's Winter Program

The excitement is mounting as our students are learning their songs and dances for the program. Parents the attire for the program is "Sunday's Best". We are all dressing up for this special event. The program will be hosted at the Michelle Obama School. We will utilize district busses to transport our students. We will send a reverse permission slip. The reverse permission slip should only be signed if you do not want your child transported by the school district busses. We will have two shows; we will need all children for both shows. If you are planning to take your children home after the afternoon presentation, students must be signed out of school.





## 7 Family Time and...

[www.pbs.org](http://www.pbs.org)

Combine quality time with learning time this holiday season.

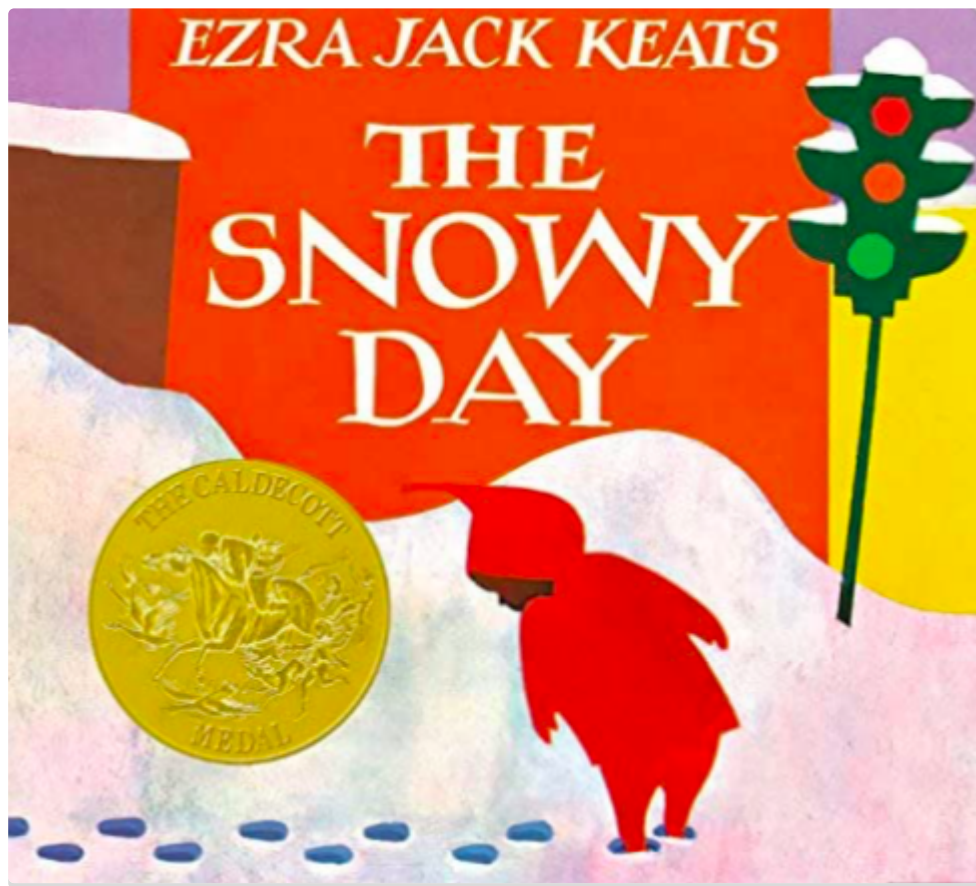


**Our Bookworm need 100 book titles!!!!**



**Parent Help Needed!!!! We have a school challenge of reading 100 books by the 100th day of school!!! Please Dojo your child's teacher the name of any books that are being read at home this month. We need your help to reach our goal!!!!**





## Monthly Book Giveaway

It's that time again!!!! Thank you to all of the parents who sent a picture of your child reading last months book. The featured book for at home this month is a Caldecott Medal book. This medal is awarded to the illustrator. These medals are considered the most prestigious American children's book awards.

This month if someone at home is reading November's book at home, please snap a picture and send it to us on class dojo. We will add the picture to our growing school bookworm. If there are other books that you are reading at home, we would love a picture of those books being read as well. As we receiving pictures of our students being read to at home we will add them daily. We look forward to your help in reaching our goal of 100 books read by the 100th day of school (February).

## Candy Cane Hunt Positive Behavior Incentive!!!



**This month all teachers will begin rewarding dojo points for positive behavior. Please help us encourage positive behavior by building up the excitement for the Candy Cane Hunt incentive to promote positive behavior.**

**7 Days of Holiday Cheer**



## **Breakfast & Lunch School Menus**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>1</b>	<b>2</b>
			<ul style="list-style-type: none"> <li>WG Cereals Mini (240 Cal, 40g Carbs) <b>E</b></li> <li>Seasonal Fruit</li> <li><b>Daily Milk</b></li> <li>Milk T1, low fat, 8 fl oz, (100 Cal, 13g Carbs)</li> <li>Chocolate Low Fat Milk (140 Cal, 15g Carbs)</li> <li>Cereal Option Offered Daily</li> </ul>	<ul style="list-style-type: none"> <li>Mini Waffles (200 Cal, 25g Carbs) <b>E</b></li> <li><b>E</b></li> <li>Seasonal Fruit</li> <li><b>Daily Milk</b></li> <li>Milk T1, low fat, 8 fl oz, (100 Cal, 13g Carbs)</li> <li>Chocolate Low Fat Milk (140 Cal, 15g Carbs)</li> <li>Cereal Option Offered Daily</li> </ul>
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
<ul style="list-style-type: none"> <li>Wheat Bagel (160 Cal, 33g Carbs) <b>E</b></li> <li>Seasonal Fruit</li> <li><b>Daily Milk</b></li> <li>Milk T1, low fat, 8 fl oz, (100 Cal, 13g Carbs)</li> <li>Chocolate Low Fat Milk (140 Cal, 15g Carbs)</li> <li>Cereal Option Offered Daily</li> </ul>	<ul style="list-style-type: none"> <li>Biscuits (210 Cal, 32g Carbs) <b>E</b></li> <li>Turkey Sausage (70 Cal, 1g Carbs)</li> <li>Animal Crackers (120 Cal, 22g Carbs) <b>E</b></li> <li>Seasonal Fruit</li> <li><b>Daily Milk</b></li> <li>Milk T1, low fat, 8 fl oz, (100 Cal, 13g Carbs)</li> <li>Chocolate Low Fat Milk (140 Cal, 15g Carbs)</li> <li>Cereal Option Offered Daily</li> </ul>	<ul style="list-style-type: none"> <li>Bagelful Strawberry Cream Cheese (240 Cal, 42g Carbs) <b>E</b></li> <li>Seasonal Fruit</li> <li><b>Daily Milk</b></li> <li>Milk T1, low fat, 8 fl oz, (100 Cal, 13g Carbs)</li> <li>Chocolate Low Fat Milk (140 Cal, 15g Carbs)</li> <li>Cereal Option Offered Daily</li> </ul>	<ul style="list-style-type: none"> <li>Pancake sausage on a Stick (200 Cal, 17g Carbs)</li> <li>Seasonal Fruit</li> <li><b>Daily Milk</b></li> <li>Milk T1, low fat, 8 fl oz, (100 Cal, 13g Carbs)</li> <li>Chocolate Low Fat Milk (140 Cal, 15g Carbs)</li> <li>Cereal Option Offered Daily</li> </ul>	<ul style="list-style-type: none"> <li>Blueberry Muffins (160 Cal, 26g Carbs) <b>E</b></li> <li>Mozzarella String Cheese (60 Cal, 1g Carbs)</li> <li>Seasonal Fruit</li> <li><b>Daily Milk</b></li> <li>Milk T1, low fat, 8 fl oz, (100 Cal, 13g Carbs)</li> <li>Chocolate Low Fat Milk (140 Cal, 15g Carbs)</li> <li>Cereal Option Offered Daily</li> </ul>
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
<ul style="list-style-type: none"> <li>WG Cake Donut (150 Cal, 23g Carbs) <b>E</b></li> <li>Seasonal Fruit</li> <li>Mozzarella String Cheese (60 Cal, 1g Carbs)</li> <li>Seasonal Fruit</li> <li><b>Daily Milk</b></li> <li>Milk T1, low fat, 8 fl oz, (100 Cal, 13g Carbs)</li> <li>Chocolate Low Fat Milk (140 Cal, 15g Carbs)</li> <li>Cereal Option Offered Daily</li> </ul>	<ul style="list-style-type: none"> <li>English Muffin</li> <li>Turkey Sausage (70 Cal, 1g Carbs)</li> <li>Animal Crackers (120 Cal, 22g Carbs) <b>E</b></li> <li>Seasonal Fruit</li> <li><b>Daily Milk</b></li> <li>Milk T1, low fat, 8 fl oz, (100 Cal, 13g Carbs)</li> <li>Chocolate Low Fat Milk (140 Cal, 15g Carbs)</li> <li>Cereal Option Offered Daily</li> </ul>	<ul style="list-style-type: none"> <li>Strawberry Oatmeal Bars (140 Cal, 23g Carbs)</li> <li>Animal Crackers (120 Cal, 22g Carbs) <b>E</b></li> <li>Seasonal Fruit</li> <li><b>Daily Milk</b></li> <li>Milk T1, low fat, 8 fl oz, (100 Cal, 13g Carbs)</li> <li>Chocolate Low Fat Milk (140 Cal, 15g Carbs)</li> <li>Cereal Option Offered Daily</li> </ul>	<ul style="list-style-type: none"> <li>French Toast (100 Cal, 1g Carbs) <b>E</b></li> <li>Seasonal Fruit</li> <li><b>Daily Milk</b></li> <li>Milk T1, low fat, 8 fl oz, (100 Cal, 13g Carbs)</li> <li>Chocolate Low Fat Milk (140 Cal, 15g Carbs)</li> <li>Cereal Option Offered Daily</li> </ul>	<ul style="list-style-type: none"> <li>Banana Muffin (150 Cal, 30g Carbs) <b>E</b></li> <li>Mozzarella String Cheese (60 Cal, 1g Carbs)</li> <li>Seasonal Fruit</li> <li><b>Daily Milk</b></li> <li>Milk T1, low fat, 8 fl oz, (100 Cal, 13g Carbs)</li> <li>Chocolate Low Fat Milk (140 Cal, 15g Carbs)</li> <li>Cereal Option Offered Daily</li> </ul>
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
<ul style="list-style-type: none"> <li>Raisin Bagel (170 Cal, 34g Carbs) <b>E</b></li> <li>Plain Cream Cheese (80 Cal, 1g Carbs)</li> <li>Seasonal Fruit</li> <li><b>Daily Milk</b></li> <li>Milk T1, low fat, 8 fl oz, (100 Cal, 13g Carbs)</li> <li>Chocolate Low Fat Milk (140 Cal, 15g Carbs)</li> <li>Cereal Option Offered Daily</li> </ul>	<ul style="list-style-type: none"> <li>Apple Fritter (210 Cal, 36g Carbs) <b>E</b></li> <li>Seasonal Fruit</li> <li><b>Daily Milk</b></li> <li>Milk T1, low fat, 8 fl oz, (100 Cal, 13g Carbs)</li> <li>Chocolate Low Fat Milk (140 Cal, 15g Carbs)</li> <li>Cereal Option Offered Daily</li> </ul>	<ul style="list-style-type: none"> <li>WG Trix Cereal (170 Cal, 24g Carbs)</li> <li>Mozzarella String Cheese (60 Cal, 1g Carbs)</li> <li>Seasonal Fruit</li> <li><b>Daily Milk</b></li> <li>Milk T1, low fat, 8 fl oz, (100 Cal, 13g Carbs)</li> <li>Chocolate Low Fat Milk (140 Cal, 15g Carbs)</li> <li>Cereal Option Offered Daily</li> </ul>		
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>

Foods marked with a **E** on this menu have incomplete special diet info.

**E** Egg, **W** Wheat, **S** Soy, **P** Peanuts, **T** Tree Nuts, **GF** Gluten Free

ALL MENUS ARE SUBJECT TO CHANGE DUE TO PRODUCT AVAILABILITY.

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>1</b>	<b>2</b>
			<ul style="list-style-type: none"> <li>Turkey Taco Meat (100 Cal, 2g Carbs)</li> <li>• Tortilla Shell (100 Cal, 10g Carbs)</li> <li>• Black Beans (109 Cal, 20g Carbs)</li> <li>• Corn (67 Cal, 10g Carbs)</li> <li>• Seasonal Fruit</li> </ul>	<ul style="list-style-type: none"> <li>Pizza With Cheese Topping (296 Cal, 33g Carbs)</li> <li>• California Blend (29 Cal, 5g Carbs)</li> <li>• Baby Carrots (20 Cal, 5g Carbs)</li> <li>• Seasonal Fruit</li> </ul>
			<b>Milk</b>	<b>Milk</b>
			<ul style="list-style-type: none"> <li>Milk 1%, low fat, 8 fl oz, (100 Cal, 13g Carbs)</li> <li>• Chocolate Low Fat Milk (140 Cal, 15g Carbs)</li> </ul>	<ul style="list-style-type: none"> <li>Milk 1%, low fat, 8 fl oz, (100 Cal, 13g Carbs)</li> <li>• Chocolate Low Fat Milk (140 Cal, 15g Carbs)</li> </ul>
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
<ul style="list-style-type: none"> <li>Orange Glaze (32 Cal, 8g Carbs)</li> <li>• Popcorn Chicken (220 Cal, 13g Carbs)</li> <li>• Vegetable Fried Rice (184 Cal, 21g Carbs)</li> <li>• Broccoli (26 Cal, 5g Carbs)</li> <li>• Red Pepper (20 Cal, 5g Carbs)</li> <li>• Hummus (183 Cal, 22g Carbs)</li> <li>• Seasonal Fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Sloppy Joe (145 Cal, 16g Carbs)</li> <li>• BBQ Burger Bun (100 Cal, 11g Carbs)</li> <li>• Baked Beans (140 Cal, 29g Carbs)</li> <li>• Carrots (27 Cal, 8g Carbs)</li> <li>• Seasonal Fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Macaroni and Cheese (125 Cal, 33g Carbs)</li> <li>• Green Peas (70 Cal, 13g Carbs)</li> <li>• WG Breadstick (70 Cal, 14g Carbs)</li> <li>• Cherry Tomatoes (20 Cal, 7g Carbs)</li> <li>• Seasonal Fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Bisco Sticks (150 Cal, 15g Carbs)</li> <li>• Mixed Veggies (70 Cal, 12g Carbs)</li> <li>• Marinara (50 Cal, 10g Carbs)</li> <li>• Seasonal Fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Turkey Sausage (70 Cal, 1g Carbs)</li> <li>• Buttermilk Waffles (70 Cal, 22g Carbs)</li> <li>• Tater Tots (150 Cal, 19g Carbs)</li> <li>• Fresh Celery Sticks (0 Cal, 1g Carbs)</li> <li>• Seasonal Fruit</li> </ul>
<b>Milk</b>	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>
<ul style="list-style-type: none"> <li>Milk 1%, low fat, 8 fl oz, (100 Cal, 13g Carbs)</li> <li>• Chocolate Low Fat Milk (140 Cal, 15g Carbs)</li> </ul>	<ul style="list-style-type: none"> <li>Milk 1%, low fat, 8 fl oz, (100 Cal, 13g Carbs)</li> <li>• Chocolate Low Fat Milk (140 Cal, 15g Carbs)</li> </ul>	<ul style="list-style-type: none"> <li>Milk 1%, low fat, 8 fl oz, (100 Cal, 13g Carbs)</li> <li>• Chocolate Low Fat Milk (140 Cal, 15g Carbs)</li> </ul>	<ul style="list-style-type: none"> <li>Milk 1%, low fat, 8 fl oz, (100 Cal, 13g Carbs)</li> <li>• Chocolate Low Fat Milk (140 Cal, 15g Carbs)</li> </ul>	<ul style="list-style-type: none"> <li>Milk 1%, low fat, 8 fl oz, (100 Cal, 13g Carbs)</li> <li>• Chocolate Low Fat Milk (140 Cal, 15g Carbs)</li> </ul>
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
<ul style="list-style-type: none"> <li>• Beef Hot Dog (100 Cal, 21g Carbs)</li> <li>• Hot Dog Bun (100 Cal, 21g Carbs)</li> <li>• Baked Beans (140 Cal, 29g Carbs)</li> <li>• Green Bell Peppers</li> <li>• Seasonal Fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Salisbury Steak (196 Cal, 6g Carbs)</li> <li>• Mashed Potatoes (102 Cal, 13g Carbs)</li> <li>• Zucchini (15 Cal, 3g Carbs)</li> <li>• Rois (79 Cal, 30g Carbs)</li> <li>• Seasonal Fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Cheese Quesadilla (18g Carbs)</li> <li>• Spanish Rice (89 Cal, 14g Carbs)</li> <li>• Refried Beans (70 Cal, 20g Carbs)</li> <li>• Salsa (68 Cal, 8g Carbs)</li> <li>• Seasonal Fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken Chili</li> <li>• Corn (67 Cal, 10g Carbs)</li> <li>• Wheat Cracker (70 Cal, 10g Carbs)</li> <li>• Fresh Carrot Sticks (58 Cal, 12g Carbs)</li> <li>• Seasonal Fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Alfredo Pasta (100 Cal, 13g Carbs)</li> <li>• Broccoli (26 Cal, 5g Carbs)</li> <li>• Cherry Tomatoes (20 Cal, 7g Carbs)</li> <li>• WG Breadstick (70 Cal, 14g Carbs)</li> <li>• Seasonal Fruit</li> </ul>
<b>Milk</b>	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>
<ul style="list-style-type: none"> <li>Milk 1%, low fat, 8 fl oz, (100 Cal, 13g Carbs)</li> <li>• Chocolate Low Fat Milk (140 Cal, 15g Carbs)</li> </ul>	<ul style="list-style-type: none"> <li>Milk 1%, low fat, 8 fl oz, (100 Cal, 13g Carbs)</li> <li>• Chocolate Low Fat Milk (140 Cal, 15g Carbs)</li> </ul>	<ul style="list-style-type: none"> <li>Milk 1%, low fat, 8 fl oz, (100 Cal, 13g Carbs)</li> <li>• Chocolate Low Fat Milk (140 Cal, 15g Carbs)</li> </ul>	<ul style="list-style-type: none"> <li>Milk 1%, low fat, 8 fl oz, (100 Cal, 13g Carbs)</li> <li>• Chocolate Low Fat Milk (140 Cal, 15g Carbs)</li> </ul>	<ul style="list-style-type: none"> <li>Milk 1%, low fat, 8 fl oz, (100 Cal, 13g Carbs)</li> <li>• Chocolate Low Fat Milk (140 Cal, 15g Carbs)</li> </ul>
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
<ul style="list-style-type: none"> <li>Nacho Supreme</li> <li>• Turkey Taco Meat (100 Cal, 2g Carbs)</li> <li>• WG Doritos (130 Cal, 20g Carbs)</li> <li>• Shredded Cheddar Cheese (70 Cal, 1g Carbs)</li> <li>• Salsa (70 Cal, 2g Carbs)</li> <li>• Corn (67 Cal, 10g Carbs)</li> <li>• Black Beans (109 Cal, 20g Carbs)</li> <li>• Seasonal Fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Pizza With Cheese Topping (296 Cal, 33g Carbs)</li> <li>• Cucumber Tomato Salad</li> <li>• Hummus (183 Cal, 22g Carbs)</li> <li>• Seasonal Fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken Drumstick (220 Cal, 4g Carbs)</li> <li>• Sweet Potatoes (90 Cal, 21g Carbs)</li> <li>• Greens</li> <li>• Rois (79 Cal, 30g Carbs)</li> <li>• Seasonal Fruit</li> </ul>		
<b>Milk</b>	<b>Milk</b>	<b>Milk</b>		
<ul style="list-style-type: none"> <li>Milk 1%, low fat, 8 fl oz, (100 Cal, 13g Carbs)</li> <li>• Chocolate Low Fat Milk (140 Cal, 15g Carbs)</li> </ul>	<ul style="list-style-type: none"> <li>Milk 1%, low fat, 8 fl oz, (100 Cal, 13g Carbs)</li> <li>• Chocolate Low Fat Milk (140 Cal, 15g Carbs)</li> </ul>	<ul style="list-style-type: none"> <li>Milk 1%, low fat, 8 fl oz, (100 Cal, 13g Carbs)</li> <li>• Chocolate Low Fat Milk (140 Cal, 15g Carbs)</li> </ul>		
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• Egg, • Wheat, / Soy, / Peanuts, • Tree Nuts, GF Gluten Free

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**DATES TO REMEMBER**

## Important Dates

12/2 Preschool Screening

12/9 10:45 Early Release

12/14 7 Days of Cheer begins

12/16 Algonquin's Holiday Program (Attire is Sunday's Best)

12/19 Book Donations from the Leach Foundation & Friends of Algonquin

12/19 Hanukkah Begins

12/22-1/4 Winter Break-No School



## COVID Testing

We are beginning a new process of testing all students, except for parents who choose to opt-out. The testing will be done by StreamLabs. Testing begins November 28, 2022. If parents choose to opt out they must complete an opt out form and submit it to the school office (Health Assistant; Mrs. McKinney). The forms were sent home with all students; the week of November 14th. If you are in need of another form, it is attached at the bottom of this newsletter.

## COVID Letters



Parent StreamLab letter nov 22.pdf

[Download](#)

734.4 KB





covid testing students weekly opt out form.pdf

[Download](#)

803.3 KB

