



District E-News

April 25, 2022

Newark CCSD 66

www.ngsd66.org

815.695.5143

Newark Families and Staff,

PTO news: please click on the google form links to sign up for committees next school year and to nominate officers for the 22 - 24 school years. Voting will take place at the May 2 meeting. We could use your help!

PTO candidate form: <https://forms.gle/qQfjKU69YLqCF9oQ8>

PTO committee form: <https://forms.gle/xQ1qXCTAqyK131X48>

Don't forget to pre-order your 5B's for May 10th! 4:30 - 6:30 at Newark Grade School:

5B's Pre-Order link - <https://forms.gle/Ww8aXePBaHWnRoUN6>

Did you hear the news? Please welcome Ms. Mindi Chase to our district family next year! Ms. Chase will be the new Principal at MJH beginning with the 2022 - 2023 school year! We are so excited to have her join our family full time!

Summer School information will be coming home soon! We plan to offer summer school June 6th - June 30th. If you are interested in signing your student up for summer school, please contact either office and let Mrs. Hauge and/or Mrs. Wood know you're interested.

Don't forget we still have snack every day and students still need a reusable water bottle daily!

We recess outside when it is not raining. Please dress students for the weather using your best parent judgment. Snow pants are no longer needed.

Reminder - REGISTRATION FOR 2022 - 2023 IS OPEN IN YOUR TEACHER EASE ACCOUNT.

Please login and register for next school year. Please call the office if you have any questions or need any help. Quarter 4 midterms are also live as of Friday, April 22nd.

Check out all that is going on! We have a busy 5 weeks ahead! Please don't hesitate to let us know if you have any questions. Don't forget to download our Mobile App and check out the website! Have a great week and stay healthy!

Partners in Education,
Mrs. Turman

Dates to Remember:

ABC Countdown has begun! Check out the days below for each school!

April 27th - Scholastic Bowl Regionals @ MJH

Thank you Mrs. Hauge, Mrs. Wood and Mrs. Menth - Professional Admin Assts Day!

April 28 - 3rd grade to Hoover Outdoor

April 29 - SIP Day 11:15/11:30 Dismissal

May 2 - 6 - Teacher/Staff appreciation week!

May 3 - PTO meeting 6:00 pm

May 10- 5B's Dinner fundraiser 4:30 - 6:30 pm (flyer below) Pre-orders open!

May 11 - SIP day 1:15/1:30 dismissal

May 16 - Band Concert @ NCHS

May 17 - BOE meeting @ NGS 6:30 pm
Band to Luigi's today

May 18 - K - 4 Kane County Cougar's Game

May 19 - MJH Sports Banquet 6:00 pm (flyer below and was sent home)

May 20 - MJH Awards Day 1:30 pm
MJH Jr. high Dance grades 6th - 8th @ MJH Gym 6:30 - 8:30

May 23 - 5th Orientation (4th to MJH): Annual sports Physicals for current grades 4, 6, 7 only (flyer below and forms were sent home)

May 25 - Xtreme Circus Day - NGS

May 26 - 8th Graduation @ MJH 7:00 pm

May 27 - Zoom on out! Dismiss 1:15/1:30
Foxy's Ice Cream Truck @ MJH

Download the Mobile APP! Search Newark CCSD 66, IL on Android or Apple.

Follow us on Facebook and Twitter and Instagram!

Website: www.ngsd66.org

Youtube channel: Newark School District

Millbrook Junior High School
Activities Update
April 25 - April 29

*Congratulations to Shawn Seyller - Silver medal! Sadie Clausel, Kaidden Bailey and Annalyse Creps
- all Bronze medal winners at the State Science Fair!*

Mon, April 25 8th Graders report to NCHS for Spanish I and Algebra I 8:00 am
Scholastic Bowl practice 3:00 - 4:15 pm
Track meet @ Sandwich 4:15 - drop bus only

Tues, April 26 8th Graders report to NCHS for Spanish I and Algebra I 8:00
Homework Club 3:00 - 3:45 pm
Track practice 3:00 - 4:30 pm
Scholastic Bowl practice 3:00 - 4:15 pm

Wed, April 27 8th Graders report to NCHS for Spanish I and Algebra I 8:00
Track practice 3:00 - 4:30 pm
Scholastic Bowl REGIONALS! We are hosting!
Matches begin at 4:30, 5:30 and 6:30 - Concessions open from 3:45 - 4:30 only
Students will meet in the gym - Competition Rooms - 1 and 5 (Vienne and Hanson's rooms)

Thurs, April 28 8th graders report to MJH today
Homework Club 3:00 - 3:45 pm
Track Practice 3:00 - 4:30 pm

Fri, April 29 8th Graders report to NCHS for Spanish I and Algebra I 8:00
SIP Day - dismissal @ 11:15 am

Sat, April 30 7th/8th Oswego Track meet - Good luck!

ABC COUNTDOWN

				A 4/22 Animal Print Day
B 4/25 Bubble Day	C 4/26 College Day -Wear your favorite college gear or colors	D 4/27 Dress like your favorite Teacher Day	E 4/28 Exercise Day	F 4/29 Fancy Day
G 5/2 Game Day	H 5/3 Hat Day	I 5/4 Ice Pops Day	J 5/5 Jammie Day	K 5/6 Karaoke Day
L 5/9 Lollipop Day	M 5/10 Movie Day	N National School 5/11 Nurse Day- Celebrate Mrs. Sapsford	O 5/12 Orange Day- wear orange	P 5/13 Picnic Lunch Day
Q 5/16 Quiz Day	R 5/17 Rodeo Day- Dress in your best western attire	S 5/18 Stadium Day- Cougars Game Day	T 5/19 Thank You Notes Day	U 5/20 Unusual Fact Day
V 5/23 Viking Day- School Spirit	W 5/24 Wellness Day	X 5/25 Xtreme Circus Day	Y 5/26 A YEAR to remember with autographs Day	Z 5/27 Zoom into Summer Day

ABC COUNTDOWN

				A 4/22 Anything but a backpack Day
B 4/25 Baseball Day	C 4/26 College Day -Wear your favorite college gear or colors	D 4/27 Dress like your favorite Teacher Day	E 4/28 Exercise Day	F 4/29 Fancy Day
G 5/2 Game Day	H 5/3 Hat Day	I 5/4 Ice Pops Day	J 5/5 Jammie Day	K 5/6 Karaoke Day
L 5/9 Lollipop Day	M 5/10 Movie Day	N National School 5/11 Nurse Day- Celebrate Mrs. Sapsford	O 5/12 Orange Day- wear orange	P 5/13 Picnic Lunch Day
Q 5/16 Quiz Day	R 5/17 Rodeo Day- Dress in your best western attire	S 5/18 Surprise Day	T 5/19 Thank You Notes Day	U 5/20 Under the Table Day
V 5/23 Viking Day- School Spirit	W 5/24 Wellness Day	X 5/25 Xtra Recess Day	Y 5/26 A YEAR to remember with autographs Day	Z 5/27 Zoom into Summer Day



Millbrook Junior High Awards Banquet

Where: 8411 Fox River Drive – MJH Gymnasium

When: Thursday, May 19th @ 6:00 pm

Please RSVP by May 10th

Drinks and pizza provided by Sports Boosters

We look forward to seeing you!

**Award recognition for: Volleyball, Soccer, Basketball, Cheerleading,
Track, Scholastic Bowl, and Band**

***Honor Awards will be given on Friday, May 20th at 1:30 pm in the
gym. Parents are welcome!***

RSVP by Friday, May 10th!

Family Name: _____

Student Name (s): _____

of people attending: _____



SPORTS PHYSICALS

JENNIFER FRYE, FNP-BC – MORRIS HOSPITAL

AT MILLBROOK JUNIOR HIGH SCHOOL

MAY 23, 2022

BEGINNING AT 1:00 PM @ MJH

MILLBROOK JUNIOR HIGH

COST: \$20.00

(MORRIS HOSPITAL DONATES ALL PROCEEDS BACK TO MJH FOR OUR SPORTS/HEALTH PROGRAMS)

Sports physicals are for incoming 5th, 7th and 8th graders in the 2022 - 2023 school year.

Incoming 6th graders need to have a full physical and any necessary immunizations. 6th grade physicals will also count as a sports physical.

Please let the office know by May 13th if your child will have a sports physical. Fill out the parent portion on the attached physical form and return to school along with a check for \$20.00 made out to Morris Hospital.

Transportation to MJH for 4th graders will be provided to MJH.

POST CARD PROJECT

This month in Social Studies the students are studying the 50 states. We have decided to try and collect a postcard from each of the 50 states by the end of the school year. We are looking for some help collecting these. If you know of anyone outside of Illinois or even the United States that would be willing to send the students a post card from their home state, we would be so excited!

Please share the following address below with the individual(s) that are willing to help us with our Post Card Project.

Newark Grade School
Mrs. Sosolik's Class
503 Chicago Rd.
Newark, IL 60541

Thank you so much for helping us reach our goal!

-Mrs. Sosolik

KANE COUNTY COUGARS READING CLUB INFORMATION



Dear Families,



We are beginning the Kane County Cougars Reading Club at school. It will run from February 28th - April 29th. We will be doing things a little differently with this than in the past. Instead of your child entirely completing the reading program at home and you receiving tickets to go to a game in your own time, we will be taking an entire school field trip on a school day to the game! (More information about the field trip will go home closer to the date) Our school's field trip is scheduled to take place on Wednesday, May 18th. However, with the uncertainty that these past few years have brought, we are also going to be planning a fun alternative activity for that day, should the game get cancelled.

Students must work to earn their field trip by reading. Your child's teacher will send home specifics as to how the program will be working in their classroom.

Students will be working towards 1st base, 2nd base, 3rd base, and "home run." For 1st - 3rd base they will earn a small prize once reached, and when they have filled their entire chart and hit the "home run" base, they will have earned their field trip!

If you have any questions regarding the reading tracking process, please feel free to reach out to your child's teacher. When we have more information about the field trip, another letter will be sent home. We appreciate your participation in this exciting event, and look forward to all the wonderful reading that will take place over the next few months!

2022 CHAMPION VOLLEYBALL CAMPS

June 6th–10th, 2022

Newark High School Gym

All Camps are run by:

PJ McKinney – Head Volleyball Coach, Newark High School
Kristy Carlson – Assistant Volleyball Coach, Newark High School
and Lady Norsemen Volleyball Players

Boys AND
Girls
are
WELCOME!

Boys AND
Girls
are
WELCOME!

"Mini-Spikers"

Entering Grades K-3

8:00 - 9:15 am

\$45.00

(*includes t-shirt)

This camp teaches basic volleyball concepts and skills on a modified court for our little volleyball enthusiasts!

Intermediate Camp

Entering Grades 4-6

9:15 - 10:30 am

\$45.00

(*includes t-shirt)

This camp focuses on the basic skills of the game, including serving, passing, setting, attacking, and court play. Girls wanting to play on their school's 5th-8th grade team will benefit from this camp!

Junior Camp

Entering grades 7-8

10:30 am - Noon

\$45.00

(*includes t-shirt)

This camp focuses on skills, strategy, and court play preparing girls for their upcoming season as well as the next level of volleyball

Setters Clinic

Entering grades 7-12

2:00 - 3:30 pm

\$45.00

(*includes t-shirt)

This camp trains the high school level setter as well as 7th and 8th graders who are very interested in being a setter at the high school level..

Transition Camp (for Incoming Freshmen) 12 - 2:00 pm \$60 (*includes t-shirt)

This camp is designed for our incoming freshmen. We will spend the week preparing them for High School volleyball, learning offensive and defensive systems, serve receive patterns, as well as skill work.

T-SHIRT DEADLINE: To receive the camp t-shirt, your registration **MUST BE RECEIVED** by **FRIDAY, MAY 6th!**

Registrations **WILL BE ACCEPTED** up until the first day of camp.

PLEASE NOTE: USE A SEPARATE REGISTRATION FORM FOR EACH CAMPER YOU ARE REGISTERING!

Camper Name: _____
Address: _____
Phone: _____
Email: _____

Grade entering in Fall '22: _____

T-Shirt Size: Please check _____ Youth Medium _____ Small
_____ Youth Large _____ Medium
_____ Large
_____ X-Large

Please check: _____ Mini-Spiker Camp \$45 _____ Setter Camp \$45
_____ Intermediate Camp \$45 _____ Transition Camp \$60
_____ Jr. Camp \$45

School You Attend: _____

****If more than one child is attending from the same immediate family, you can deduct \$5.00 for each child after the first one. ****

I agree to allow my child to participate in the 2022 Champion Volleyball Camps and understand that there is a risk of injury involved in their participation. I agree that I will not hold Newark High School, the coaching staff or related facilities responsible for any injuries sustained while traveling to/from camp or during camp.

Parent/Guardian Name (please print): _____
Parent/Guardian Signature: _____
Date: _____

Emergency Contact: _____
Emergency Phone: _____

Please fill out and detach **one form per participant**, include payment (checks payable to PJ McKinney), and send to:

PJ McKinney 343 Pensacola St. Yorkville, IL 60560

Questions? Call 630 947 5331 or email pmckinney@ndhs18.org

2022 Basketball Camps

Register at kabasketball.com

Email: kyleanders12@kabasketball.com

KA BASKETBALL 4 DAY CAMP

This 4 day Camp will challenge players of all skill levels. Players will learn the fundamentals and skills to excel on offense and defense. Players will have the opportunity to use these skills in fun/challenging games and competitions. Must be registered by June 1 to guarantee receiving a t-shirt.

June 20, 21, 22, 23

Location: Helmar Lutheran Church. 11935 Lisbon Rd, Newark, IL 60541

Age: Entering 1st-9th Grade Girls and Boys

\$70/Camper

8:00 AM - 11:00 AM 1st - 4th Grade

11:30 AM - 1:30 PM 5th - 9th Grade

KA BASKETBALL ELITE CAMP

This camp is for players who are looking to take their offensive abilities to the next level. Every minute of this camp will be devoted to improving each players ability to score on the offensive end. Players will compete in different variations of 1 on 1 and 3 on 3 everyday. Must be registered by June 6 to guarantee receiving a t-shirt.

June 27, 28, 29

Location: Helmar Lutheran Church. 11935 Lisbon Rd, Newark, IL 60541

Age: Entering 4th - 9th Grade Girls and Boys

\$80/Camper

9:30 AM - 12:30 PM 4th - 9th Grade

COACHES

Dylan and Kyle have been around the game of basketball all their lives. Dylan was part of the 2016 Newark 4th place state team. He averaged over 25 points per game his senior year. in college he played for Upper Iowa and Southeastern University and is the current Newark JV coach. Kyle was part of the Newark 2011 state championship team. He is Newark's all time leading scorer with 2280 points. He was a four year starter at the University of Delaware and played professionally in Europe. Kyle has trained athletes of all ages for the past 5 years. Both Dylan and Kyle love helping kids grow in their abilities on the court.





April 2022

What is happening in PTO

Monthly PTO Meeting

Tuesday, April 5th @ 6pm
Newark Grade School

Time to Dines

4/7 - Salsa Verde in Yorkville - all day
(bring flyer with you, show on your phone or mention us)

4/19 - Johnny K's in Sandwich -4pm-9pm
(bring flyer with you, show on your phone or mention us)

5/10 - 5B's 4:30pm - 6:30pm NGS Drive Thru

5/27 - Foxy's Ice Cream Truck - MJH

Upcoming Events

Newark Family Night with the Chicago Wolves

Saturday, April 2nd @ 7pm - tickets being sent home
the week of 3/28

Teacher Appreciation Week!

Monday May 2nd - Friday May 6th

(more info to come on how the kids and parents can help participate)

The Circus is coming to town!

Wednesday, May 25th - more details to come!

PTO Election Time --- Google doc being sent out, please fill
out and send back no later than May 2nd



5B'S DRIVE THRU Time to Dine Fundraiser



Newark School District #66 and
Newark Millbrook PTO would like to give a

BIG THANK YOU
to **5B'S CATERING SERVICE** and **YOU!**

TUESDAY, MAY 10th
4:30PM-6:30PM @ NGS

Please stay in your cars, volunteers will be outside to direct you!
Pre-order by clicking the ticket information link below or on the
Newark/Millbrook PTO page

<https://docs.google.com/forms/d/e/1FAIpQLSez1dzDI7THMxYK43T0etNeqE8Q81rgcSvLkEquYZpYtU7gng/viewform?vc=0&c=0&w=1&flr=0>

This guarantees you get a meal that night and helps us with the wait times.



Each ticket gives you:
2 Pork Chops --- \$15
OR
1/2 Chicken --- \$15
OR
Combination Meal ---- \$15
OR
Hot Dog Meal ---- \$6

MEAL SIDES: Applesauce, Baked Beans, Coleslaw, Dinner Roll & Butter.

PAYMENT is due at time of pickup. Cash or Check made out to Newark/Millbrook PTO

The current funds being raised will be going to:

NGS – playground repairs

MJH – playground repairs

Thank you for your support!

Helmar Lutheran Food Pantry

Are you having trouble making ends meet? These are certainly challenging times with gas, food, medicine, and utilities all climbing higher and higher. Whether you're trying to meet your own needs or those of a family, it can be stressful. Helmar Lutheran Food Pantry can help stretch those dollars by offering free food at our distributions twice a month.

We serve the Kendall County area but will never turn anyone away in need of food, no matter your location. Matthew 25:35, "For I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink, I was a stranger and you invited me in,..."

Should you, your family or someone you know need food assistance, please come to:

Helmar Lutheran Food Pantry
11935 Lisbon Road
Newark, IL 60541

Distribution*:

2nd Friday of each month from 5-7pm

4th Monday of each month from 3-5pm

Please bring with you the following:

2 proof of residency: Driver's License, State ID, Utility Bill, etc.

1 proof of dependent children: SS Card, Birth Certificate, report card, etc.

Any questions, please call (815)695-5489 and choose Food Pantry option.

*Distribution may be adjusted near a holiday

Newark CCSD 66 | 2021-2022 CALENDAR

4 Independence Day

JULY '21						
S	M	T	W	Th	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
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JANUARY '22						
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16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

3 Teacher Institute
4 Students return
14 SIP 1:15/1:30
17 M.L. King Day – No School

3 – late registration 1:00 – 6:00 pm
16 Teacher Institute
17 Teacher Institute
18 First Day of Student attendance

AUGUST '21						
S	M	T	W	Th	F	S
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29	30	31				

FEBRUARY '22						
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20	21	22	23	24	25	26
27	28					

18 SIP 1:15 /11:30
21 Presidents' Day – No School

6 Labor Day No School
9 SIP day 11:15/11:30

SEPTEMBER '21						
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26	27	28	29	30		

MARCH '22						
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20	21	22	23	24	25	26
27	28	29	30	31		

18 SIP 1:15/1:30
21 – 25 Spring Break
28 School resumes

8 Teacher Institute
11 Columbus Day – No School
20 PT conferences 4 – 7
21 1:15/1:30 Dismissal
PT conferences 2 – 7
22 No School
31 Halloween

OCTOBER '21						
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24	25	26	27	28	29	30
31						

APRIL '22						
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10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

15 Good Friday – No School
17 Easter Sunday
18 No School – East Monday
29 SIP 11:15/ 11:30

23 SIP day 1:15/1:30
24 No School
25 Thanksgiving Day
26 No School

NOVEMBER '21						
S	M	T	W	Th	F	S
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28	29	30				

MAY '22						
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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

08 Mother's Day
11 SIP 1:15/1:30
27 Last Day of Student Attendance 1:30 dismiss
30 Memorial's Day

17 SIP Day 1:15/1:30
20 First Day of Winter Break
25 Christmas Day

DECEMBER '21						
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12	13	14	15	16	17	18
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JUNE '22						
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12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

19 Father's Day

Calendar Template © calendarlabs.com

NEWARK CCSD 66 | 2022-2023 CALENDAR

JULY '22						
S	M	T	W	Th	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

4 Independence Day

JANUARY '23						
S	M	T	W	Th	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

9 Teacher Institute
10 School resumes
13 SIP 1:15/1:30 pm
16 M.L. King Day -No School

AUGUST '22						
S	M	T	W	Th	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

15 – Teacher Institute
16 – Teacher Institute
17 – First Day of attendance

FEBRUARY '23						
S	M	T	W	Th	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				

17 SIP 1:15/1:30 pm
20 Presidents' Day -No School

SEPTEMBER '22						
S	M	T	W	Th	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

5 Labor Day
8 SIP Day 11:15/11:30

MARCH '23						
S	M	T	W	Th	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

24 SIP 1:15/1:30 pm
27 – 31 Spring Break

OCTOBER '22						
S	M	T	W	Th	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

7 SIP Day 1:15/1:30
10 Columbus Day- No School
19 Conferences 4 – 7 pm
20 Conference 2 – 7 pm
Dismiss 1:15/1:30
21 No School
31 Halloween

APRIL '23						
S	M	T	W	Th	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

03 School Resumes
07 Good Friday
09 Easter Sunday
10 No School
28 SIP 1:15/1:30 pm

NOVEMBER '22						
S	M	T	W	Th	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

8 No School – Elections
22 Dismiss 1:15/1:30
23-25 Thanksgiving Holiday

MAY '23						
S	M	T	W	Th	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

05 SIP 1:15/1:30 pm
07 Mother's Day
26 Last Day 1:15/1:30 pm
29 Memorial's Day

DECEMBER '22						
S	M	T	W	Th	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

21 Dismiss 1:15/1:30
22 Dismiss 1:15/1:30
23 No School
25 Christmas Day

JUNE '23						
S	M	T	W	Th	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

18 Father's Day
19 Juneteenth

Calendar Template © calendarlabs.com



Wellness Weekly

Why slow, deep breathing?

The diaphragm is the most efficient muscle for breathing. It's a large, dome-shaped muscle located at the base of your lungs. Your abdominal muscles help move the diaphragm and give you more power to empty your lungs. Deep breathing is also called abdominal breathing, belly breathing or diaphragmatic breathing.



During diaphragmatic breathing, you consciously use your diaphragm to take deep breaths. When you breathe normally, you don't use your lungs to their full capacity. Diaphragmatic breathing allows you to use your lungs at 100% capacity to increase lung efficiency.

Benefits of Deep, Slow Breathing

Mindful breathing practices can produce what Harvard cardiologist Dr. Herbert Benson called the relaxation response. You have a natural stress response that's designed to help you deal with dangerous situations. This fight-or-flight response can help you survive but can take a toll on your health when it's overused for everyday worries.

This stress response suppresses your immune system and can cause other health problems, including high blood pressure, depression, and anxiety. The relaxation response interrupts this stress response with a profound sense of rest. Other benefits may include:

Reduced anxiety. A study of college students showed that practicing deep breathing reduced test anxiety in students. Another study of senior citizens showed decreased anxiety after two months of deep breathing exercises.

Lower blood pressure. Slow deep breathing for five minutes has been shown to reduce blood pressure and heart rate in people who practice it.

Improved sleep. One of the negative side effects of stress can be trouble sleeping. It can be almost impossible to fall asleep when your body is caught up in the stress response. Practicing deep, slow breathing techniques can trigger your body's relaxation response and help you get to sleep.

Less pain. A study of 16 healthy people found that those who practiced relaxed deep breathing experienced less pain than those who practiced deep breathing that required a lot of sustained attention. Both groups experienced less tension, anger, and depression.

Improved concentration. A 2017 study examined the effect of eight weeks of deep, slow, abdominal breathing on attention, emotions, and stress levels. After training, the people in the deep breathing group performed better on tests of attention and had fewer negative emotions.

How Deep, Slow Breathing Relaxes Your Body

Deep breathing techniques help calm your body by activating your parasympathetic nervous system. Your body's automatic functions, such as your heartbeat and digestion, are controlled by your autonomic nervous system. This system has two parts, the sympathetic nervous system and the parasympathetic nervous system.

The sympathetic nervous system controls your body's stress response. The parasympathetic nervous system controls your body's rest and relaxation response. When you activate one of these, you suppress the other. This is why deep breathing is so effective at causing the relaxation response.

The particular method of deep breathing you use doesn't matter. You should experience the relaxation response with any breathing method that is slow and deep.

How do I do diaphragmatic breathing exercises?

When you first learn the diaphragmatic breathing technique, it may be easier for you to follow the instructions lying down, but it can work just as well when sitting.

1. Lie on your back on a flat surface or in bed, with your knees bent and your head supported. You can use a pillow under your knees to support your legs. (Or sit comfortably with neck and shoulders relaxed)
2. Place one hand on your upper chest and the other just below your rib cage. This will allow you to feel your diaphragm move as you breathe.
3. Breathe in slowly through your nose so that your stomach moves out, causing your hand to rise. The hand on your chest should remain as still as possible.
4. Tighten your stomach muscles, so that your stomach moves in, causing your hand to lower as you exhale through pursed lips. The hand on your upper chest should remain as still as possible.

Do I need to practice deep breathing?

Yes, practicing deep breathing makes it easier. You may notice it takes an increased effort to use your diaphragm correctly initially but with continued practice, diaphragmatic breathing will become automatic. Creating a routine can be an excellent way to get in the habit of deep breathing exercises. Try the following to get into a habit:

- Do your exercises in the same place every day. Somewhere that's peaceful and quiet.
- Don't worry if you're not doing it right or enough. This may just cause additional stress.
- Clear your mind of the things that are stressing you out. Focus instead on the sounds and rhythm of your breathing or the environment around you.

Do breathing exercises at least once or twice daily. Try to do them at the same time each day to reinforce the habit. There are many other techniques for practicing deep breathing with very similar results. Two of these are explained next.

Box breathing

Box breathing is also known as square breathing. This is because each of the four steps involves breathing or holding the breath for 4 seconds, creating a 4×4 effect.

1. Sit upright.
2. Slowly exhale through your mouth, getting all the oxygen out of your lungs.
3. Inhale as you count slowly to four in your head, filling the lungs completely without strain.
4. Hold the breath while counting slowly to four.
5. Exhale and release the breath slowly to the count of four.
6. Hold the breath out for the count of four.
7. Repeat the cycle five to ten times.

4-7-8 breathing

The 4-7-8 breathing practice is based on an ancient yogic technique called pranayama. It was developed by Dr. Andrew Weil.

1. Let your lips part slightly. Make a whooshing sound, exhaling completely through your mouth.
2. Close your lips and inhale silently through your nose as you count to four in your head, filling the lungs completely without strain.
3. Hold your breath for 7 seconds.
4. Make another whooshing exhale from your mouth for 8 seconds.
5. Repeat for five to 10 rounds.

Do 4-7-8 breathing anytime you feel stressed. It will become more powerful as you use it. Practice doing it before you respond to an upsetting situation and whenever you're having trouble getting to sleep.

<https://my.clevelandclinic.org/health/articles/9445-diaphragmatic-breathing>

<https://www.webmd.com/balance/what-to-know-4-7-8-breathing>