



**District E-News**

**May 2, 2022**

**Newark CCSD 66**

815.695.5143

[www.ngsd66.org](http://www.ngsd66.org)

Newark Families and Staff,

Friday was the closing of our Kane County Cougar Baseball reading requirement. Only students who completed all the requirements will be eligible to go. We will have teachers here for students who don't meet the requirements. Students will be expected to come to school on that day. Students have been given time in class to read too. We hope everyone read to get the home run!

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 on Tuesday!

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

PTO committee form: <https://forms.gle/xQ1qXCTAgyK131X48>

**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>

Summer School information will be coming home soon! We plan to offer summer school June 6th - June 30th at MJH for grades K - 7. 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 students need a 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.

This week we celebrate our teachers and staff for Appreciation Week! Our teachers and staff give their time and devotion all school year, sometimes taking away from their own families during the year. We thank you in advance for your support and appreciation of how much time and dedication our teachers and staff give to our school family and their students.

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 flyers below for each school!

**May 2 - 20** - Spring Map Testing Assessments (MJH May 2 - May 13; NGS May 9 - May 20)

**May 2 - 6** - Teacher/Staff appreciation week!

**May 3** - PTO meeting 6:00 pm

**May 8** - Happy Mothers' Day!

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

RSVP's for Sports Banquet Due to MJH

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

**May 13** - Physical forms due to office if your child is receiving one on May 23rd.

4th grade - park picnic field trip

**May 16** - Band Concert @ NCHS 7:00 pm

**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](http://www.ngsd66.org)

Youtube channel: Newark School District

**Millbrook Junior High School**  
**Activities Update**  
**May 2 - May 9**

*Congratulations to our Scholastic Bowl Team for their 2nd place Regional finish last week! We are proud of you!*

Mon, May 2            8th Graders report to NCHS for Spanish I and Algebra I 8:00 am  
Jr. 10 Track meet @ Indian Creek 4:00 pm - drop bus only

Tues, May 3            8th Graders report to NCHS for Spanish I and Algebra I 8:00  
Homework Club 3:00 - 3:45 pm  
Track practice 3:00 - 4:00 pm

Wed, May 4            8th Graders report to NCHS for Spanish I and Algebra I 8:00  
Track practice 3:00 - 4:00 pm

Thurs, May 5            8th graders report to MJH today  
Homework Club 3:00 - 3:45 pm  
Track Practice 3:00 - 4:00 pm  
Scholastic Bowl kids vs. parents -

Fri, May 6            8th Graders report to NCHS for Spanish I and Algebra I 8:00  
IESA sectional meet @ Seneca 4:00 pm - drop bus only

Sun, May 8            Happy Mothers' Day!

Please return the RSVP for Sports Banquet by Monday, May 9th.

Please return Sports Physical forms if your child is getting a sports physical on May 23rd.

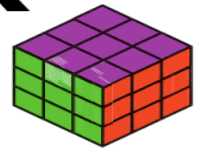


# Newark/Millbrook PTO Presents

# **NGS Teacher & Staff**

# **Appreciation Week**

**May 2nd - May 6th**



**Dear Students & Parents,**  
**We are celebrating our teachers and staff the first week of May.**  
**The theme this year is " They Rock like the 80's". Below are**  
**suggestion of ways you can contribute to the fun of showing our**  
**teachers and staff how much we appreciate them!**



## **Monday 2nd**

Dress like you  
are rocking out  
to the 80's

## **Tuesday 3rd**

Bring your teacher  
a yummy snack

## **Wednesday 4th**

Lunch provided  
by PTO for all  
teachers

## **Thursday 5th**

Fill out and bring  
in your teachers  
"rock" sheet

## **Friday 6th**

Wear your teachers  
favorite color!  
(below)



**The ideas above are just suggestions to get kids to participate**  
**in the special week. If you have other ideas or would like to**  
**show your appreciation to teachers and staff in different**  
**ways - please feel free!**



Teachers Favorite Colors:

Mrs. Schmidt (blue) Mrs. Cass (pink) Miss Cotel (red) Mrs. Brummel (blue)  
Miss Cirino (blue) Mrs. Sosolik (green) Miss Scott (green)



Newark/Millbrook PTO Presents

# MJH Teacher & Staff

## Appreciation Week

May 2nd - May 6th



**Dear Students & Parents,**

**We are celebrating our teachers and staff the first week of May. The theme this year is " They Rock like the 80's". Below are suggestion of ways you can contribute to the fun of showing our teachers and staff how much we appreciate them!**



### Monday 2nd

Dress like you  
are rocking out  
to the 80's

### Tuesday 3rd

Bring your homeroom  
teacher  
a yummy snack

### Wednesday 4th

Lunch provided  
by PTO for all  
teachers

### Thursday 5th

Choose a compliment  
card to fill out for your teachers  
and place them in the  
buckets at school

### Friday 6th

Your choice! Show your  
teachers how you  
appreciate them



**The ideas above are just suggestions to get kids to participate in the special week. If you have other ideas or would like to show your appreciation to teachers and staff in different ways - please feel free!**





# Take note **YOU ROCK**

My teachers name is \_\_\_\_\_

My favorite thing about  
my teacher is \_\_\_\_\_

My teacher helped me  
learn \_\_\_\_\_

I appreciate my  
teacher because \_\_\_\_\_

**Thank you for all you do!**

From, \_\_\_\_\_

Please bring this back to your teacher on Thursday, May 5th

# ABC COUNTDOWN

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



# ABC COUNTDOWN

				<b>A</b> 4/22 Anything but a backpack Day
<b>B</b> 4/25 Baseball Day	<b>C</b> 4/26 College Day -Wear your favorite college gear or colors	<b>D</b> 4/27 Dress like your favorite Teacher Day	<b>E</b> 4/28 Exercise Day	<b>F</b> 4/29 Fancy Day
<b>G</b> 5/2 Game Day	<b>H</b> 5/3 Hat Day	<b>I</b> 5/4 Ice Pops Day	<b>J</b> 5/5 Jammie Day	<b>K</b> 5/6 Karaoke Day
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<b>Q</b> 5/16 Quiz Day	<b>R</b> 5/17 Rodeo Day- Dress in your best western attire	<b>S</b> 5/18 Surprise Day	<b>T</b> 5/19 Thank You Notes Day	<b>U</b> 5/20 Under the Table Day
<b>V</b> 5/23 Viking Day- School Spirit	<b>W</b> 5/24 Wellness Day	<b>X</b> 5/25 Xtra Recess Day	<b>Y</b> 5/26 A YEAR to remember with autographs Day	<b>Z</b> 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!***

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**RSVP by Friday, May 10th!**

**Family Name:** \_\_\_\_\_

**Student Name (s):** \_\_\_\_\_

**# of people attending:** \_\_\_\_\_





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## SPORTS PHYSICALS

JENNIFER FRYE, FNP-BC – MORRIS HOSPITAL

AT MILLBROOK JUNIOR HIGH SCHOOL

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**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)

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

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

Please let the office know by May 13<sup>th</sup> 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 4<sup>th</sup> graders will be provided to MJH.

# 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](http://kabasketball.com)

Email: [kyleanders12@kabasketball.com](mailto: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 10<sup>th</sup>**  
**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!*

***Last Day of School-Foxy's Ice Cream Truck  
Fundraiser at the Millbrook Jr. High School***

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

**BIG THANK YOU**  
**to Foxy's Ice Cream and YOU!**

They will be hosting a fundraiser for us and a percentage of all sales for the below date will be donated as a benefit back to our schools.

**FRIDAY, MAY 27<sup>th</sup>**  
**1:30PM-3:30PM**

Cash or Credit will be accepted  
FIRST COME FIRST SERVE

**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\*:

2<sup>nd</sup> Friday of each month from 5-7pm

4<sup>th</sup> 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
18	19	20	21	22	23	24
25	26	27	28	29	30	31

JANUARY '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					

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
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				

FEBRUARY '22						
S	M	T	W	Th	F	S
6	7	8	9	10	11	12
13	14	15	16	17	18	19
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						
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		

MARCH '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		

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						
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						

APRIL '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

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
	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				

MAY '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				

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						
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	

JUNE '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		

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

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# Triple Berry Smoothie with Yogurt

*Sweet, creamy and high in protein there is nothing like this delicious fruity smoothie for a nutritious breakfast or snack.*

- **Author:** MOMables.com
- **Prep Time:** 5 mins
- **Total Time:** 5 mins
- **Yield:** 1 serving
- **Diet:** Gluten Free

## Ingredients

- 1 banana, frozen
- 1 cup milk, water, or 100% fruit juice of choice
- ½ cup Greek yogurt
- ½ cup blueberries, frozen
- ¼ cup strawberries, frozen
- ¼ cup raspberries, frozen
- Handful of spinach (optional)



## Instructions

1. Place all ingredients in a blender.
2. Blend until smooth, adding more liquid if necessary.

## Nutrition

- |                                   |                               |
|-----------------------------------|-------------------------------|
| • <b>Serving Size:</b> 1 smoothie | • <b>Trans Fat:</b> 0g        |
| • <b>Calories:</b> 317            | • <b>Carbohydrates:</b> 60.9g |
| • <b>Sugar:</b> 40.5g             | • <b>Fiber:</b> 8.5g          |
| • <b>Sodium:</b> 159.8mg          | • <b>Protein:</b> 20.3g       |
| • <b>Fat:</b> 1.6g                | • <b>Cholesterol:</b> 9.2mg   |
| • <b>Saturated Fat:</b> 0.4g      |                               |

## TIPS FOR THE BEST BERRY YOGURT SMOOTHIE

Got your ingredients? Perfect, now here are a couple tips to help make sure you end up with the best smoothie ever.

- **Liquid first** – *For best blending results, always pour your liquid ingredients in the blender first, before adding the rest of your smoothie mix-ins.*
- **Reducing your liquids** – *Using yogurt in your smoothie means that you should hold back a little bit on the other liquids so that you still get a rich, thick, sip-able smoothie. For this reason, be sure to grab a smoothie recipe that already includes yogurt or be ready to adjust accordingly if you're adding yogurt to a smoothie that doesn't have yogurt already on the ingredients list.*
- **Use frozen fruit** – *Another way to be sure your smoothies are thick and delicious is to use frozen fruit. And I'm not just talking about the berries! I always keep a banana or two in my freezer specifically for smoothie recipes. You can avoid adding ice by using frozen fruit too.*
- **Sneak in those veggies** – *Smoothies are a great opportunity to add some good greens in your and your family's day. Even if your child turns their noses up at a leafy salad, I've yet to see a kid say no to a creamy berry smoothie!*

<https://www.momables.com/triple-berry-smoothie/>