



District E-News

October 24, 2022

Newark CCSD 66

Newark Families and Staff,

www.ngsd66.org

815-695-5143

This week both schools celebrate **Red Ribbon Week!** Our team and students have scheduled daily dress up days and will take a pledge to remain drug and alcohol free! Thank you to PTO for sponsoring this event every year. NGS and MJH have different themes as noted below in updates and the flyer.

Speaking of PTO - thank you to all the families who brought in food/pop/water for the staff for conferences! Thank you PTO for Francesca's Pizza! It was delicious and we are so grateful to all of you for providing dinner both conference days!

Conferences - thank you to everyone who took time out of your busy day to visit with your teachers. We truly value our parent and family partnerships. Please don't hesitate to contact us if you need to. Thank you for your continued support at home!

We recess outside daily at both schools! As the weather turns cooler, please make sure your student has a jacket/layers for the cool mornings. It is time for our three things: Coat, hat, gloves!

School Board Elections are coming this Spring! We have three openings: one four year position and two - two year positions.. Petitions are picked up at the Kendall County Clerk's office. See flyer below!

Yearbook orders are now being accepted for the 22 - 23 Yearbooks! Josten's is promoting an early bird discount format. See flyer below for details. November 11 is the first early bird deadline. Yearbooks will go up to \$24 from November to January. Please order your yearbook online today!

Fall Pictures - we should have soccer, VB and XC pictures this week. Fall pictures are almost done. We hope to have them sent home to you by Halloween. Thanks for your patience.

After a beautiful weekend - the weather goes back to more Fall-like temperatures. Please dress accordingly for outside weather. Our 5th/6th Early Bird Basketball Tourney will be at MJH this Friday and Saturday. Good luck to Coach O'Connell and team! Thanks to all of our parents for working concessions, admissions, book and clock as we get the season underway! Don't forget we are still looking for Substitute Teachers for our maternity leave position (posted on our FB page). This week spirit wear orders are being taken through Friday for delivery in November. See Flyer below!

Have a wonderful week!
Partners in Education,
Mrs. Turman and Ms. Chase

Dates to Remember:

October 24 - October 28 - **Red Ribbon Week! Both Schools!**

October 25 - BB & Cheer pictures @ 3:00 pm

October 28 & 29 - 5th/6th Early Bird BBB tournament at MJH

October 31 - Happy Halloween! NGS Costume Parade @ 1:30 pm (open to families); Class parties to follow

November 1 - PTO meeting 6:30 @ MJH; Ornament orders due (see flyer)

November 3 - Time to Dine at Culver's

November 6 - Daylight Savings Time - Fall Back

November 7 - Title I Parent meeting @ 4:30 NGS

November 8 - No School - State Law for Election Day

November 11 - School Store

November 15 - Time to Dine @ Johnny K's

November 18 - Q2 Midterms

November 21 - BOE meeting 6:30 @ MJH

November 23 - Early Dismissal 11:15/11:30

November 24 - 25 - Thanksgiving Break

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 Jr. High Vikings Updates

Week of October 24-29

RED RIBBON WEEK

Monday, October 24

Morning Report: Bea

RED RIBBON WEEK: WEAR RED

Sports & Activities:

7th/8th BBB Practice 3:00-5:00

Cheer Practice 3:00-4:30

5/6th BBB Practice 6:00-7:30 PM

Tuesday, October 25

Morning Report: Tenley

RED RIBBON WEEK: WEAR NEWARK VIKING GEAR

Sports & Activities:

Homework Club 3-3:45 pm

BBB & Cheer Pictures 3-4 pm

7th/8th BBB Practice 3:00-5:00

Cheer Practice 3:00-4:30

5/6th BBB Practice 6:00-7:30 PM

Wednesday, October 26

Morning Report: Avery

RED RIBBON WEEK: DRESS LIKE A CELEBRITY

Student Sports & Activities:

7th/8th BBB @ Somonauk 4:30 pm

Speech Team Practice 3:00-4:30

Cheer Practice 3:00-4:30

Thursday, October 27

Morning Report: Natalie S.

RED RIBBON WEEK: ANYTHING BUT BACKPACK DAY

Honor Roll Donut Day

Student Sports & Activities:

Homework Club 3-3:45 pm

7th/8th BBB Practice 3:00-5:00

Cheer Practice 3:00-4:30

5/6th BBB Practice 6:00-7:30 PM

Friday, October 28

Morning Report: Juliana

RED RIBBON WEEK: PAJAMA DAY

Student Sports & Activities:

5th/6th BBB Early Bird Tournament, NO CHEER

Speech Team Practice 3:00-4:30 pm



Saturday, October 29

MJH 5th/6th Boys Basketball Tournament, NO CHEER

Looking ahead to Halloween: All MJH students may wear Halloween costumes to school on Monday, October 31
NO MASKS & NO WEAPONS

Parent Volunteers ^{5/6} Boys Basketball Tournament

FRIDAY OCTOBER 28

3:30 pm-5:30 pm	Admissions Concessions	Nicky Kulbartz Corrine Clausel, Colleen Kailus, Erica Holmstrom
4 pm-6 pm	Book Clock	Dan Clausel Brian Redmond
5:30 pm-6:30 pm	Admissions Concessions	Kim Britz Jessica Labhart, Amy Bender, Desiree Cruz
6 pm-8 pm	Book Clock	Tim/Jen Christian Brian Redmond

SATURDAY OCTOBER 29

8 am-10 am	Admissions Concessions	Nicky Kulbartz Ryan/Carrie Anderson, Danielle Cieply
8:30 am-10:30 am	Book Clock	Jim Cieply Brian Redmond
10 am-12 pm	Admissions Concessions	Tim/Jen Christian Amy Bender, Heidi Severson, Desiree Cruz
10:30 am-12 pm	Book Clock	Heidi/Joe Severson Brian Redmond
12 pm-2 pm	Admissions Concessions	Kim Britz Jessica Labhart, Stefanie Linke, Samantha Seybold
	Book Clock	Carrie Anderson Brian Redmond
2 pm-4 pm	Admissions Concessions	Lisa Guardiola Stefanie Linke, Samantha Seybold, Stacey Maddox
	Book Clock	Wes Miller Brian Redmond
4 pm-6 pm	Admissions Concessions	Lisa Guardiola Stacey Maddox, Erica Holmstrom, Colleen Kailus
	Book Clock	Wes Miller Brian Redmond

email Mr. Anderson or Ms. Chase with any questions.

kanderson@ncsd66.org mchase@ncsd66.org



NGS Red Ribbon Week

October 24 - October 28th

You are invited to participate in Newark Grade School's Red Ribbon spirit week to celebrate your choice of being drug and bully free!

MONDAY

Proud to be Drug & Bully Free!
Wear red to kick off Red Ribbon Week!

TUESDAY

Follow Your Dream, Be Drug & Bully Free!
Come to school wearing your pajamas

WEDNESDAY

I have The Power To Be Drug & Bully Free!
Come to school dressed as your favorite superhero

THURSDAY

From Head to Toe, I'm Drug & Bully Free!
Come to school wearing crazy socks and/or hat

FRIDAY

NGS chooses to be Drug & Bully Free!
Come to school wearing NGS spirit wear



Design your own Christmas Ornament Fundraiser

**NEWARK-MILLBROOK PTO AND WAYCO DESIGNS ARE
TEAMING UP TO HELP YOU GET SOME CHRISTMAS
SHOPPING DONE!**

Do you have someone who loves personalized Christmas gifts but you just don't know what to get them? Look no further! Your child's art work can be turned into an adorable wooden ornament.

How it works:

- Your child will draw/write their creations using any sort or coloring item in the designated circle template provided.
- Turn your artwork into your home room teacher by **November 1st** with full payment.
- WayCo designs will work their magic and have it returned to you by mid November.
- \$9.00** per ornament with \$1 per ornament going back to the PTO!
- Payments: cash or check written to Katie Sosolik



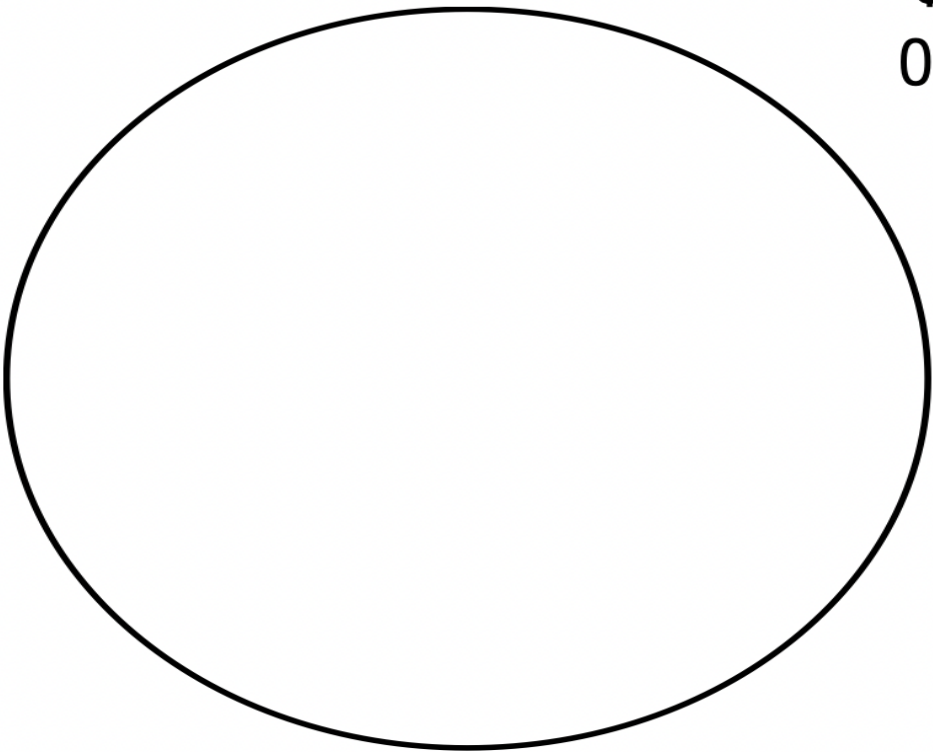
NEWARK /
MILLBROOK
PTO

WAYCO
DESIGNS

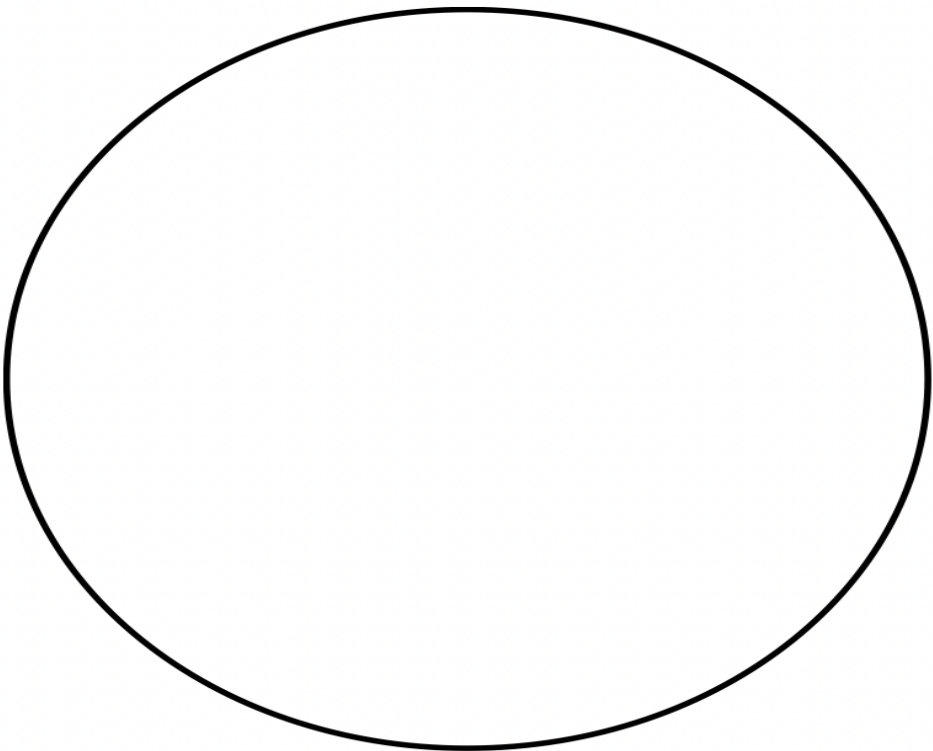
STUDENT NAME:_____

HOMEROOM:_____

ORDERS DUE:
NOVEMBER 1ST
\$9.00 PER
ORNAMENT



FRONT



BACK



School Board Members Needed!

This year brings the opportunity for anyone interested in serving on our Board of Education! We would be honored for you to join us! Petitions can be obtained at the Kendall County Clerk's Office. Circulation period 9/20/22 through 12/12/2022.

We have three openings: 2 -Two year terms and 1 - Four year term **Qualifications:** A Board of Education member must be, on the date of election or appointment, a United States citizen, at least 18 years of age, a resident of Illinois and the District for at least one year immediately preceding the election, and a registered voter.

Reasons making an individual ineligible for Board membership include holding an incompatible office and certain types of State or federal employment. A child sex offender, as defined in State law, is ineligible for Board of Education membership.

What does a School Board Member do?

- 1. Organizing the Board after each consolidated election by electing officers and establishing its regular meeting schedule and, thereafter, taking action during lawfully called meetings to faithfully fulfill the Board's responsibilities in accordance with State and federal law.*
- 2. Formulating, adopting, and modifying Board policies, at its sole discretion, subject only to mandatory collective bargaining agreements and State and federal law.*
- 3. Employing a Superintendent and other personnel, making employment decisions, dismissing personnel, and establishing an equal employment opportunity policy that prohibits unlawful discrimination.*
- 4. Directing, through policy, the Superintendent, in his or her charge of the District's administration.*
- 5. Approving the annual budget, tax levies, major expenditures, payment of obligations, annual audit, and other aspects of the District's financial operation; and making available a statement of financial affairs as provided in State law.*
- 6. Entering into contracts using the public bidding procedure when required.*
- 7. Providing, constructing, controlling, and maintaining adequate physical facilities; making school buildings available for use as civil defense shelters; and establishing a resource conservation policy.*
- 8. Establishing an equal educational opportunities policy that prohibits unlawful discrimination.*
- 9. Approving the curriculum, textbooks, and educational services.*
- 10. Evaluating the educational program and approving School Improvement and District Improvement Plans.*
- 11. Presenting the District report card and School report card(s) to parents/guardians and the community; these documents report District, School and student performance.*
- 12. Establishing and supporting student discipline policies designed to maintain an environment conducive to learning, including deciding individual student suspension or expulsion cases brought before it.*
- 13. Establishing attendance units within the District and assigning students to the schools.*
- 14. Establishing the school year.*
- 15. Requiring a moment of silence to recognize veterans during any type of school event held at a District school on November 11.*
- 16. Providing student transportation services pursuant to State law.*
- 17. Entering into joint agreements with other boards to establish cooperative educational programs or provide educational facilities.*
- 18. Complying with requirements in the Abused and Neglected Child Reporting Act. Specifically, each individual Board member must, if an allegation is raised to the member during an open or closed Board meeting that a student is an abused child as defined in the Act, direct or cause the Board to direct the Superintendent or other equivalent school administrator to comply with the Act's requirements concerning the reporting of child abuse.*
- 19. Communicating the schools' activities and operations to the community and representing the needs and desires of the community in educational matters.*

YEARBOOK ORDER FORM

ORDER BY:
11/11/2022

To purchase online, go to
jostensyearbooks.com.

STEP 1: SELECT YOUR PACKAGE

YEARBOOK \$22.00

SIGNATURE PACKAGE \$39.00

Includes Yearbook, 1 Line of Personalization, Color Autograph Section and 5 Multicolor Signing Markers

STEP 2: PERSONALIZE YOUR YEARBOOK FOR \$7.00

☐ NAME

(29 characters max.)

STEP 3: ADD ICONS* FOR \$0.00 EACH

***IMPORTANT:** To add icons, you must first purchase personalization in Step 2.
Enter the 4-digit icon code from the chart below into the boxes provided.

Icon 1

Icon 2

Icon 3

Icon 4



If you have questions, please call Customer Service at 1-877-767-5217.

STEP 4: ENTER YOUR INFORMATION AND TOTAL YOUR ORDER

Student Name: _____
Grade: _____
ID#: _____
Homeroom: _____
Contact Phone: _____
Contact Email: _____

	Price	Quantity	Total
Enter Your Package Price			
Personalization	\$7.00		
Icon(s) ea.	\$0.00 x QTY		
Autograph Section	\$3.75		
Clear Protective Cover	\$4.50		
Photo Pockets	\$4.50		
Donate a Yearbook	\$22.00		
Subtotal			
TOTAL			

YAY! THANKS FOR ORDERING!



49505 / 2023

Tax, service and delivery fee(s) will be added if applicable.

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Yearbook orders are being offered early this year to take advantage of any discounts! Now through November 10th - cost is \$22.00. After November 11th - cost is \$24.00 and after January the cost is \$26.00. 2022 - 2023 yearbooks will be available in July.

Newark/Millbrook Spirit Wear

Order Form

Shirt colors available in Blue, Light Gray, Dark Gray, White and Black. Youth Sizes XS - XL and Adult Sizes S - 5XL. Items will be delivered to your student within 2 weeks of close date.

Please be sure to look at the color of your design before choosing a shirt color.

Design #1



Design #2



Design #3



Design #4



Design #5



Design #6



Design #7



Basketball Design



Cheerleading Design
(can be done in glitter upon request)

New sport designs will be offered during each season.

T-Shirts	Design Option Front	Back Name/Number (Additional \$3 for plain or \$5 for glitter)	Shirt Color (Blue, Light Gray, Dark Gray, White, or Black)	Size	Price	Qty	Amount
Youth Short Sleeve (XS-XL)					\$18		\$
Youth Long Sleeve (XS-XL)					\$20		\$
Adult Short Sleeve (S-5XL)					\$20 (2XL and up +\$3)		\$
Adult Long Sleeve (S-5XL)					\$23 (2XL and up +\$3)		\$

Sweatshirts	Design Option Front	Back Name/Number (Additional \$3 for plain or \$5 for glitter)	Shirt Color (Blue, Light Gray, Dark Gray, White, or Black)	Size	Price	Qty	Amount
Youth Crewneck (XS-XL)					\$23		\$
Youth Hoodie (XS-XL)					\$27		\$
Adult Crewneck (S-5XL)					\$30 (2XL and up +\$3)		\$
Adult Hoodie (S-5XL)					\$35 (2XL and up +\$3)		\$

Turn over for tumblers pricing and options



Open Order Dates:	Estimated Delivery Date:
Aug. 9th- Aug. 30th	Sept. 13th
Sept. 26th- Sept 30th	Oct. 14th
Oct. 24th- Oct. 28th	Nov. 11th
Nov. 28th- Dec. 2nd	Dec. 16th
Jan. 9th- Jan. 13th	Jan. 27th
Feb. 6th- Feb. 10th	Feb. 24th
Mar. 6th- Mar. 10th	Mar. 24th
Apr. 3rd- Apr. 7th	Apr. 21st
May 1st- May 5th	May 19th

Accessories	Design Option	Color	Price	Qty	Amount
20 oz. Skinny Tumbler + straw (white, black, Lt. Blue)			\$15		\$
30 oz. Tumbler + straw (white, black, royal blue)			\$17		\$
32 oz. Flip Top Water Bottle (white, black, royal blue)			\$25		\$
Stadium Blanket (50"x60") (royal blue, black, sport gray)			\$40		\$

If there are different color options, please make a note and we will try to accommodate any custom changes. Any questions, please email Katie Sosolik @ waycodesigns13@gmail.com. A percentage of all sales will go back to the Newark/Millbrook PTO

Payment Options: Cash or Check (to Katie Sosolik).
Payment must be made in full at time of order.

Student Name : _____

Teachers Name : _____

NGS or MJH : _____

Phone Number: _____

Grand Total : _____



Preservation Pantry Party

Hosted by Wilder Farmers' Market



Tuesday November 1st, 2022
4PM-6PM

Charles B. Phillips Library Newark, IL 60541



SAMPLE SWAP

This is a mini market's market experience and we need you to bring samples of your creations to swap. If you made it. Bring it.

The purpose of the event is to grow our community full of foragers, wild crafters, canners, bakers, gardeners, artists, crafters, naturalists, homesteaders, herbalists and ect. This will give us a chance to meet other like minded individuals as ourselves to share our skills and products. Don't have anything to share, that's ok too. Light refreshments will be served. Kids welcome.

Questions? Email me at:
wilderfarmersmarket@gmail.com



@wilderfarmersmarket



@wilderfarmersmarket



@wilderfarmersmarket



Please join us for a
Mother/Daughter
Tea and Pottery Painting

Arts on Fire

217 E South Street - Plano, IL
Sunday, November 13th
10am - Noon

Pricing: 1 mother & 1 daughter
\$49 total (mother & daughter)
Additional daughters \$22 each

<https://www.artsonfireplano.com/events/newark-millbrook-tea-party-fundraiser-2>

Tea (lemonade) and Snack foods will be served.

Moms will be painting mugs and the girls will be painting 3 holiday ornaments. There is a max capacity of 50 people, and will be a first come first serve event to sign up for. This event is open to school aged children that attend Newark Grade School or Millbrook Junior High. Any questions please contact Gilly Fordyce gillyfordyce@gmail.com



KENDALL COUNTY HEALTH DEPARTMENT

811 W. John Street, Yorkville, IL 60560-9249

630/553-9100



Public Health
Prevent. Promote. Protect.

Public Service Announcement

WWW.KENDALLHEALTH.ORG

Date: August 19, 2022

Contact: Arissa Hunt

The Kendall County Health Department announces the start of the Energy Assistance Program for residents of Kendall and Grundy counties

LIHEAP is available for ALL income qualified households beginning September 1, 2022.

The Kendall County Health Department, as administrator of the Home Energy Assistance Program in Kendall and Grundy County, is pleased to announce that funds are available to assist income-eligible households with their natural gas, propane, electric bills and furnace assistance.

The program will begin **September 1, 2022** for all income-eligible households. Applications will be taken on a first-come, first-served basis through May 31, 2023. There will be no priority groups this program year. Households in need are encouraged to apply.

Households must be at or below 200% of the federal poverty level to receive a benefit from the LIHEAP Program. The 30-day income guidelines for LIHEAP are based on Federal Poverty Guidelines, State Median Income and the number of persons living in the household. The income guidelines are as follows: 1-\$2,265, 2-\$3,052, 3-\$3,838, 4-4,625. Go to www.kendallhealth.org to know income limits for households with 5 members and more.

The Low Income Home Energy Assistance Program (LIHEAP) provides one-time benefits to income eligible homeowners and renters to help with energy bills and for reconnection of energy service. Propane customers are encouraged to apply when the program opens in September to take greater advantage of lower propane prices. Propane prices typically increase during the winter months so by applying early, propane customers will see their LIHEAP benefit go further.

The documentation required at the time of application:

1. Proof of gross income from all household members for the prior 30-day period beginning with the date of application.
2. Proof of Social Security numbers or Individual Taxpayer Identification Number (ITIN) for all household members. Individuals without an SSN or ITIN can still apply and the Kendall County Health Department will advise accordingly.
3. A copy of current heat and electric bills issued within the last 30 days.
4. A copy of rental agreement (if renting) showing that utilities are included, the monthly rental amount, and landlord contact.
5. Other documents may be needed based on your household situation. If you have questions regarding this, please call our office.

Water and sewer cost assistance is available this year in the Low Income Household Water Assistance Program (LIHWAP). You can apply for water and sewer assistance on the same application as LIHEAP. Bring your water

bill(s) with you to your LIHEAP appointment. Help with arrearages is available as well as rate reduction assistance of \$100-\$400, depending upon your income level. Prior year recipients are eligible to re-apply.

Applications will be taken at the Kendall County Health Department, located 811 W John St. Yorkville, IL and the Grundy office located at 1802 N Division St. Morris, IL. There will be other sites available in Plano, Coal City, and Gardner to also apply. Kendall County residents must call 630-553-9100 to make an appointment while Grundy County residents can call 815-941-3262.

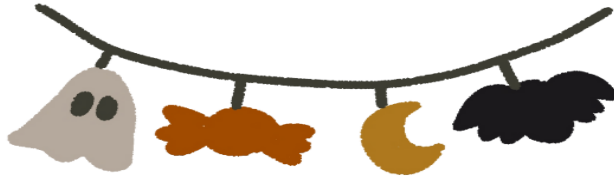
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All students need a healthy snack and water bottle each day for snack time at both schools. Please be aware of peanut allergies.

Thank you!



October



What is happening in PTO

- **10/12 NED assembly for both schools at MJH 1:30-2:15**
- **10/13 PTO meeting at 6:00 at MJH**
- **10/14 School store at NGS during lunch**
*Reminder that \$1 or \$2 is plenty
- **10/18 5B's fundraiser from 4:30-6:30 at NGS**

Coming soon:

11/1 - 11/14

Rosatis Gift Certificate Fundraiser

11/13

Mother/Daughter Tea Party



If you shop at Amazon, you can have .5%
of your purchase price go to the

Newark/Millbrook Schools

It's simple....

Go to smile.amazon.com and select
Newark-Millbrook PTO

As your charity!

If you are already an Amazon Prime
Member, it will recognize you and update
your existing account.

Newark / Millbrook PTO

2022/2023 School Year



Come and join the fun and meet other families as we work together with our teachers to support the ones that matter most..... Our Students!

As a parent/guardian of a NGS or MJH student, we encourage you to participate in any way you can, even if that means volunteering just one hour of your time once a month to participate in the PTO monthly meetings.

The PTO meetings are organized for the purpose of supporting the education of our children in both the NGS and MJH and building relationships among the school, parents, teachers and community; while providing financial support for programs funded outside the annual school budget.

MEETING DATES: We meet the 1st Tuesday of each month at 6pm in the NSG Cafeteria or Millbrook Junior High

2022

- **September 7th**
- **October 13th**
- **November 1st**
- **December 6th**

2023

- **January 11th**
- **February 7th**
- **March 7th**
- **April 4th**
- **May 2nd**

*** Children are welcome to come play in the gym during the meeting***

SIGN UP TO RECEIVE UPDATES ON WHAT'S HAPPENING IN PTO!
Send an email to newarkmpto@gmail.com with your email address.



Newark/Millbrook PTO Officers

President	Gilly Fordyce
Vice President	Amber Schmitt
Treasurer	Alyson Cass
Secretary	Karen Greer



SEEK HELP BEFORE HARM

WHAT IS SAFE2HELP IL?

Safe2Help IL is a program with a multifaceted approach to help prevent suicides, bullying, school violence, or other threats to school safety. The program offers a website with self help resources and videos, a classroom resource kit to help change the culture in Illinois schools, and a 24/7 **confidential** way to share information regarding safety issues impacting you or your friend's safety. Our goal is for students to **"Seek Help Before Harm."**



DID YOU KNOW?

70%

of teens have experienced struggles with mental health.



1 in 6 students experienced a major depressive episode in 2020.



1 in 5 high schools students report being bullied in school.



of adolescents increased their use of alcohol.

Source: NAMI- https://www.nami.org/NAMI/media/NAMI-Media/Infographics/NAMI_2020MH_ByTheNumbers_Youth.pdf

HOW TO SHARE INFORMATION



844-4-SAFEIL



SAFE2 (72332)



[SAFE2HELPIL.COM](https://www.safe2helpil.com)



HELP@SAFE2HELPIL.COM



Download on the
App Store

GET IT ON
Google Play

Follow Us:



For more information visit our website at [Safe2HelpIL.com](https://www.Safe2HelpIL.com)

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



Wellness Weekly

Reprint from fall 2020

There is a lot of information available to us from many different sources about how to live a healthful lifestyle. It can be overwhelming to try to follow all the recommendations of “experts” and to know what will work for each of us. The goal of “Wellness Weekly” is to highlight one possible thing to try to move each of us toward better health. No shame. Changing habits takes place slowly. Any of us can develop a healthier lifestyle by adopting small changes over time. Let’s try some of these suggestions together.

The American Heart Association (a great resource for ideas about healthful living!) has started a Healthy for Good movement. <https://www.heart.org/en/healthy-living>

Healthy for Good™

Healthy for Good is a revolutionary healthy living movement to inspire you to create lasting change in your health and your life, one small step at a time. The approach is simple: Eat smart. Move more. Be well.

Eat Smart

Healthy eating starts with healthy food choices. You don’t need to be a chef to create nutritious, heart-healthy meals your family will love. Learn what to look for at the grocery store, restaurants, your workplace and any eating occasion.

Move More

A good starting goal is at least 150 minutes a week, but if you don’t want to sweat the numbers, just move more! Find forms of exercise you like and will stick with and build more opportunities to be active into your routine.

Be Well

How do you want to live? Along with eating right and being active, real health includes getting enough sleep, practicing mindfulness, managing stress, keeping mind and body fit, connecting socially, and more.

The focus on health this week is staying hydrated. What are the health benefits of water?

Water is your body’s principal chemical component and makes up about 50% to 70% of your body weight. Your body depends on water to survive. Every cell, tissue and organ in your body needs water to work properly. For example, water:

- Gets rid of wastes through urination, perspiration and bowel movements
- Keeps your temperature normal
- Lubricates and cushions joints
- Protects sensitive tissues

Lack of water can lead to dehydration — a condition that occurs when you don’t have enough water in your body to carry out normal functions. Even mild dehydration can drain your energy and make you tired. If your urine is a dark yellow or amber color, you may be dehydrated. There are other signs that can signal you may be dehydrated. They include:

- Little or no urine.
- Urine that is darker than usual.
- Dry mouth.
- Sleepiness or fatigue.
- Extreme thirst.
- Headache.
- Confusion.
- Dizziness or lightheadedness.
- No tears when crying.

To prevent dehydration and make sure your body has the fluids it needs, make water your beverage of choice

How much water do you need?

So how much fluid does the average, healthy adult living in a temperate climate need? The U.S. National Academies of Sciences, Engineering, and Medicine determined that an adequate daily fluid intake is:

- About 15.5 cups (3.7 liters) of fluids a day for men
- About 11.5 cups (2.7 liters) of fluids a day for women
- A good rule of thumb: Your weight in pounds \div 2 = number of ounces of water per day. For example: If you weigh 150 pounds, divide 150 by 2. 75 ounces of water should be your daily goal.

Your fluid intake is probably adequate if you rarely feel thirsty and your urine is colorless or light yellow.

Tips to drink more water

- Keep a bottle of water with you during the day. To reduce your costs, carry a reusable water bottle and fill it with tap water.
- Serve water during meals.
- If you don't like the taste of plain water, try adding a slice of lemon or lime to your water.
- Drink water before, during, and after a workout.
- When you're feeling hungry, drink water. Thirst is often confused with hunger. True hunger will not be satisfied by drinking water. Drinking water may also contribute to a healthy weight-loss plan. Some research suggests that drinking water can help you feel full.
- If you have trouble remembering to drink water, drink on a schedule. For example, drink water when you wake up, at breakfast, lunch, and dinner, and when you go to bed. Or, drink a small glass of water at the beginning of each hour.
- Drink water when you go to a restaurant. It will keep you hydrated, and it's free.

Is it possible to drink too much water?

Drinking too much water is rarely a problem for healthy, well-nourished adults. Athletes occasionally may drink too much water to prevent dehydration during long or intense exercise. When you drink too much water, your kidneys can't get rid of the excess water. The sodium content of your blood becomes diluted. This is called hyponatremia and it can be life-threatening.

References:

<https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/water/art-20044256>

<https://familydoctor.org/hydration-why-its-so-important/>

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				

09 - Teacher Institute
10 - School resumes
13 - Dismiss 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			

02 - Registration/Popsicles with Principal @ NGS ONLY 1 - 6 pm

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				

10 - Q3 Midterms
17 - Dismiss 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	

05 - Labor Day
08 - Dismiss SIP Day 11:15/11:30
16 - Q1 midterms

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	

17 - End of Q3
24 - Dismiss 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					

07 - Dismiss SIP Day 1:15/1:30
10 - Columbus Day- No School
14 - End of Q1
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 - No school
09 - Easter Sunday
10 - No School
28 - Dismiss SIP 1:15/1:30 pm;
Q4 midterms

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
18 - Q2 Midterms
23 - Dismiss 11:15/11:30
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 - Dismiss SIP 1:15/1:30 pm
14 - Mother's Day
26 - Last Day 1:15/1:30 pm; End of Q4
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 SIP1:15/1:30
22 - Dismiss 1:15/1:30; End of Q2
23 - No School
25 - Christmas Day
26 - 30 Winter Break

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

Amended Calendar on May 17, 2022