



District E-News

November 7, 2022

Newark CCSD 66

Newark Families and Staff,

www.ngsd66.org

815-695-5143

Every year we are required to hold a Title I Parent meeting. Our district receives a little over \$20,000 which we utilize to pay our paraprofessionals. The annual meeting is on Monday at 4:30 at NGS in conjunction with Newark High School. Letters were sent home to families last week.

Thank you in advance to all of our parents who help with concessions, admissions, book and clock! We couldn't run the season without all of the help! It's another busy basketball week!

Pre-yearbook orders are being accepted online only for a discounted price. The price will increase \$2 after November 10 and another \$2 after January. Flyer is attached below.

Help us to remind students to wash hands, cover sneezes and coughs and please keep students home if they are sick. Flu season has come a bit early this year. We continue to clean high touch surfaces several times a day and ask students to wash hands and/or hand sanitize many times throughout the day. They like to hug and share! .

November weather is coming soon! Mornings are cool - students should have their 3 things: coat, hat and gloves at least for morning recess.

As we mentioned last week, the Board of Education has approved moving forward with securing our front entrances at both schools, hopefully this summer. We will begin looking at financing these very important projects now that several major building improvements have been completed. Stay tuned for more information as we work through the bidding and levy processes. Thank you for your patience and support as we continue to enhance and secure our learning environment!

Did you check out our school report card?. I am proud to report that both schools have summative ratings of Commendable. The state changed several metrics this year, so we cannot really compare the 2019 data to this current report. However, through the COVID shutdown and protocols, we were able to see growth in our students! We know we have work to do, but with our staff and family support, we know we can make even more progress! You can see the report card here: <https://www.illinoisreportcard.com/>

Time to Dine this week at Johnny K's on Tuesday. School store will be at both schools on Friday. And a our Veterans as we recognize Veterans' Day on Friday!

Partners in Education,
Mrs. Turman and Ms. Chase

Dates to Remember:

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

Vote - Vote - Vote - Vote - Vote - Vote - Vote

November 11 - School Store - both schools;
Veterans' Day

November 13 - Mommy Daughter outing

November 15 - Time to Dine @ Johnny K's (flyer below)

November 18 - Q2 Midterms

November 21 - BOE meeting 6:30 @ MJH

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

November 24 - 25 - Thanksgiving Break

November 28 - School Resumes

December 5 - 7 - Holiday Store @ NGS

December 6 - PTO meeting 6:00

December 19 - BOE meeting 6:30 @ MJH

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

Follow us on Facebook and Twitter and Instagram!



Huge Thank YOU to all of

Millbrook Jr. High Viking Updates

Week of November 7-November 12

Monday, November 7

Morning Report: Amaris P.

Sports & Activities:

Title 1 Info mtg. @ NGS 4:30 pm

AWAY 7th & 8th BBB @ Indian Creek, 4:30 PM

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

Cheer Practice 3:15-4:45 PM @ NGS - Girls take the shuttle to NGS

Tuesday, November 8

NO SCHOOL

Wednesday, November 9

Morning Report: Sophia L.

Sports & Activities:

AWAY 7th & 8th BBB @ Paw Paw, 4:30 PM

Thursday, November 10

Morning Report: Caleb M.

Student Sports & Activities:

HOME 5th/6th BBB vs Sandwich, 5:00 PM/CHEER

7th/8th BBB Practice 3:00-4:15 PM

Friday, November 11

Morning Report: Claudia H.

School Store during Lunch

Student Sports & Activities:

HOME 7th & 8th BBB vs Earlville, 4:30 PM/NO CHEER

VIKING SPORTS BOOSTERS
HOME GAME VOLUNTEERS

Thursday, November 10 5th & 6th BBB vs Sandwich, 5:00 PM

4:45 -6 pm

Concessions	Gilly Fordyce
	Amber Schmitt
Admissions	Nicky Kulbartz
Clock	Tim Christian
Book	Casey Kailus



6-7 pm

Concessions	Gilly Fordyce
	Amber Schmitt
Admissions	Corrine Clausel
Clock	Ryan Anderson
Book	Wes Miller

Friday, November 11 7th & 8th BBB vs Earlville, 4:30 PM

4:15-5:30 pm

Concessions	Faye Day
	Kendra Nichols
Admissions	David DiClementi
Clock	Laura Smith
Book	Wes Miller



5:30-7:00 pm

Concessions	Carrie Vana
	Kristin Shields
Admissions	Mark Underhill
Clock	Matthew Day
Book	Wes Miller



FUNDRAISER

A PLUMP & PERKY TURKEY

BUILD-YOUR-OWN BUTTERBALL THE TURKEY

CHARLES B. PHILLIPS LIBRARY

FUNDRAISER.

**HURRY IN WITH PAYMENT TO TAKE HOME YOUR STUFFED FRIEND
TODAY!**

LIMITED QUANTITIES AVAILABLE.

\$30 EACH

**KIT INCLUDES: 15 INCH TURKEY, STUFFING, BIRTH CERTIFICATE,
AND WISHING STAR.**

CASH OR CHECKS MADE TO CHARLES B. PHILLIPS PUBLIC LIBRARY 815-695-5851





PARENT NIGHT OUT & KIDS MOVIE NIGHT

Kids arrive in PJs,
slippers and
sleeping bags!

PRESENTED BY THE
NEWARK/MILLBROOK PTO

Children can attend a fun filled night at the Newark Grade School while you wrap up some holiday shopping

WHO? Kindergarteners through 6th grade

WHEN? Friday, December 16th - 5:30pm - 8:00pm

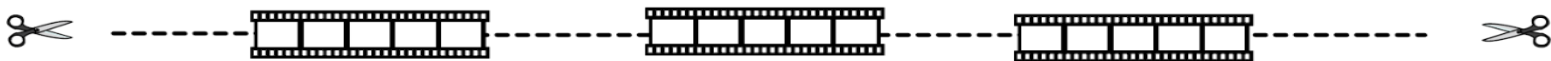
WHERE? Newark Grade School Gym & Cafeteria

WHAT? Movie, Hot Dogs, Popcorn, Cookies and Coloring



**COST? FREE!!!! - MAX IS 50 STUDENTS - FIRST COME FIRST SERVE
ON TURNING IN FORMS. NO WALK-INS AT THE DOOR**

Please turn form in by December 5th



Childs Name: _____ Date turned in: _____

Childs Grade & Teacher: _____

Parent/Guardian Name: _____

Contact Number: _____

Which movie would your child prefer? Check one

- ☐ Polar Express ☐ Santa Paws ☐ Rudolph the red nose reindeer ☐ Nightmare before Christmas

Allergies: _____

Emergency Contact: _____



**Don't want to cook,
we got you covered !**

The current funds being raised will be going to:

NGS - playground repairs

MJH - playground repairs

Time to Dine - Let's go to dinner fundraiser
Newark Grade School and Millbrook Junior High would
like to give a BIG THANK YOU to Johnny K's and YOU!

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

Bring this flyer in or show it on on your phone.

Tuesday, November 15th
4pm-9pm
(Sandwich Location)





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 FORMORDER BY:
11/11/2022To 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.

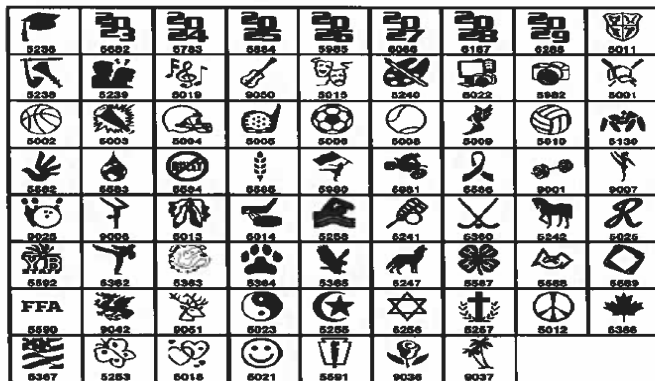
Enter the 4-digit icon code from the chart below into the boxes provided.

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



Stadium Blanket Design
 Design will be placed in corner of blanket

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 : _____



Charles B. Phillips Public Library November Calendar of Events

SUN	MON	TUE	WED	THR	FRI	SAT
		1	2	3	4	5
			9:15 AM Chair Yoga	4:00 PM Art Club- Clay Sculptures 6:00 PM PJ Storytime	9:15 AM Chair Yoga	10:00 AM Hot Cocoa Hearts Book Club 11:00 AM or 12:00 PM A Plump Perky Turkey Worksop Charles B. Phillips Library Fundraiser
6	7	8	9	10	11	12
	9:15 AM Chair Yoga 10:30 AM Storytime- Apple Core	10:30 AM Little Movers 18 mon.-Age 3 1:00 PM Adult Matinee- <i>Mrs. Harris Goes to Paris</i>	9:15 AM Chair Yoga	6:00 PM Book to Flicks Book Club- <i>A Simple Favor</i>	9:15 AM Chair Yoga 1:00 PM Hand & Foot Canasta	10:00 AM Adult Book Chat- <i>Thanksgiving</i>
13	14	15	16	17	18	19
	9:15 AM Chair Yoga 10:30 AM Storytime- Fall Leaves Wreath	10:00 AM Itty Bitty Crafter Birth-Age 2 10:30 AM Little Mover 18 mon.-Age 3	9:15 AM Chair Yoga		9:15 AM Chair Yoga 3:00 PM Board Game Club 1st—3rd Grade	
20	21	22	23	24	25	26
	9:15 AM Chair Yoga 10:30 AM Storytime- Beaded Turkey	10:30 AM Little Mover 18 mon.-Age 3	9:15 AM Chair Yoga 1:00 PM Movie- Charlie Brown the Mayflower Voyagers	CLOSED FOR THE HOLIDAY	CLOSED FOR THE HOLIDAY	
27	28	29	30			
	9:15 AM Chair Yoga		9:15 AM			



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



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.

###

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!



NOVEMBER

HAPPY TURKEY DAY



What is happening in PTO



- 11/1 – PTO meeting @ MJH 6:30
- 11/1 – Ornament orders are due
- 11/1 – 11/11 Rosatis Gift Certificate Fundraiser
- 11/3 – Time to Dine @ Culver's
- 11/11 – School Store @ both schools
- 11/13 – Mother Daughter Tea Party
- 11/15 – Time to Dine @ Johnny K's

Coming soon:

12/5 – 12/7

Holiday Store @ NGS

12/16

Free Movie Night @ NGS





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.

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 an 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

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



HELP@SAFE2HELPIL.COM



Download on the
App Store

GET IT ON
Google Play

Follow Us:



For more information visit our website at 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



The American Heart Association Diet and Lifestyle Recommendations

A healthy diet and lifestyle are the keys to preventing and managing heart and blood vessel disease and to protect a healthy heart and blood vessels. It's not as hard as you may think! Remember, it's the overall pattern of your choices that counts. Make the simple steps below part of your life for long-term benefits to your health and your heart.

Use up at least as many calories as you take in.

- Start by knowing how many calories you should be eating and drinking to maintain your weight. Nutrition and calorie information on food labels is typically based on a 2,000 calorie per day diet. You may need fewer or more calories depending on several factors including age, gender, and level of physical activity.
- Increase the amount and intensity of your physical activity to burn more calories.
- Aim for at least 150 minutes of moderate physical activity or 75 minutes of vigorous physical activity (or an equal combination of both) each week.

Regular physical activity can help you maintain your weight, keep off weight that you lose and reach physical and cardiovascular fitness. If it's hard to schedule regular exercise, look for ways to build short bursts of activity into your daily routine such as parking farther away and taking the stairs instead of the elevator. Ideally, your activity should be spread throughout the week.

Eat an overall healthy dietary pattern that emphasizes:

- a wide variety of fruits and vegetables
- whole grains and products made up mostly of whole grains
- healthy sources of protein (mostly plants such as legumes and nuts; fish and seafood; low-fat or nonfat dairy; and, if you eat meat and poultry, ensuring it is lean and unprocessed)
- liquid non-tropical vegetable oils (tropical oils include palm, palm kernel, and coconut oil)
- minimally processed foods
- minimized intake of added sugars
- foods prepared with little or no salt
- limited or preferably no alcohol intake

Apply this guidance wherever food is prepared or consumed.

It is possible to follow a heart-healthy dietary pattern regardless of whether food is prepared at home, ordered in a restaurant or online, or purchased as a prepared meal. Read the Nutrition Facts and ingredient list on packaged food labels to choose those with less sodium, added sugars and saturated fat. Look for the Heart-Check mark to find foods that have been certified by the American Heart Association as heart-healthy.

Live Tobacco Free

Don't smoke, vape or use tobacco or nicotine products — and avoid secondhand smoke or vapor.

<https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/nutrition-basics/aha-diet-and-lifestyle-recommendations>

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 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					

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 SIP 1:15/1:30
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