



## District E-News

November 14, 2022

# Newark CCSD 66

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

815-695-5143

Newark Families and Staff,

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! .

Winter weather has arrived and this means students should have their 3 things: Coats, hats, and gloves! We recess outside every day (unless it is raining). We also will be outside as long as the temperature/feels like temperature is at 20 degrees or higher. Once the snow begins - students will also need to add snow pants and snow boots - we call this our 5 things!

MJH students also recess outside! Please help our 5th - 8th students dress appropriately for the weather! We believe fresh air is good for students and they need a fresh air recess daily! If anyone needs help with winter apparel - please contact Mrs. Turman.



Midterms for Quarter 2 will be ready by the end of the day on Friday, November 18th! Please check your student's grades in Teacherease! MJH offers many opportunities for students to get help and complete assignments. Please reach out to your child's teacher with any questions or concerns.

Don't forget we are in session on Wednesday, November 23rd. We dismiss at 11:15 from MJH and 11:30 at NGS for Thanksgiving Break next week. Our school calendar is always attached below for your reference.

If your child is going home a different way than normal, please make sure to call the office or send a note with them to school.

The holiday season is upon us! We are getting ready to help families through the season with our giving tree and hat and mitten drive. Thank you in advance for all of the family and community support. Stay healthy, stay hydrated and stay rested! We wish you a wonderful week ahead!

Partners in Education,  
Mrs. Turman and Ms. Chase

## Dates to Remember:

- 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
  - November 29 - 7th grade - Food Pantry volunteer trip
  - November 30 - 8th grade - Food pantry volunteer trip
  - December 5 - 7 - Holiday Store @ NGS (flyer below)
  - December 5 - 8th Grade Night @ MJH BBB & Cheer
  - December 6 - PTO meeting 6:00
  - December 8 - K - 4 Christmas Concert @ MJH 6:00 pm
  - December 19 - BOE meeting 6:30 @ MJH
  - December 21 - 1:15/1:30 Dismissal
  - December 22 - 1:15/1:30 Dismissal; Holiday class parties
  - December 23 - January 8 - Winter Break
  - January 9 - Teacher Institute
- Download the Mobile APP! Search Newark CCSD 66, IL on Android or Apple.

# Millbrook Jr. High Viking Updates

Week of November 14-November 19

*Monday, November 14*

**Morning Report: Juliette F.**

**Sports & Activities:**

7th & 8th BBB HOME vs Lisbon, 4:30 PM; CHEER

*Tuesday, November 15*

**Morning Report: Allie W.**

**Sports & Activities:**

5th/6th BBB @ Serena, 5:00 PM

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

TIME TO DINE Johnny K's 4 pm-8 pm

*Wednesday, November 16*

**Morning Report: Monica P.**

**Sports & Activities:**

7th & 8th BBB HOME vs Somonauk, 4:30 PM

*Thursday, November 17*

**Morning Report: Nora J.**

**Student Sports & Activities:**

5th/6th BBB HOME vs Milton Pope-Rutland, 5:00 PM

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

*Friday, November 18*

**Morning Report: Teighan E.**

**MIDTERMS Q2**

**Student Sports & Activities:**

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

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

*Saturday, November 19*

7th & 8th BBB vs Lisbon, 10 am @ Newark High School; NO CHEER

# VIKING SPORTS BOOSTERS HOME GAME VOLUNTEERS

## Monday, November 14 7th & 8th BBB vs Lisbon, 4:30 PM

### **4:15 -5:30 pm**

|             |                           |
|-------------|---------------------------|
| Concessions | Alyson Cass<br>Pam Morgan |
| Admissions  | Belinda Pasillas          |
| Clock       | Brian Redmond             |
| Book        | Maria Serrano             |

### **5:30-7 pm**

|             |                                 |
|-------------|---------------------------------|
| Concessions | Jeanette Nicosia<br>Carrie Vana |
| Admissions  | Mark Underhill                  |
| Clock       | Faye Day                        |
| Book        | Kristy Seyller                  |



## Wednesday, November 16 7th & 8th BBB vs Somonauk, 4:30 PM

### **4:15-5:30 pm**

|             |                              |
|-------------|------------------------------|
| Concessions | Rachel Toftoy<br>Alyson Cass |
| Admissions  | David DiClementi             |
| Clock       | Brian Redmond                |
| Book        | ??                           |

### **5:30-7:00 pm**

|             |                                     |
|-------------|-------------------------------------|
| Concessions | Jessica Morganegg<br>Kendra Nichols |
| Admissions  | Chris Kath                          |
| Clock       | Brian Redmond                       |
| Book        | ??                                  |



## Thursday, November 17 5th & 6th BBB vs Milton Pope Rutland, 5 PM

### **4:45-6:00 pm**

|             |                                |
|-------------|--------------------------------|
| Concessions | Karen Greer<br>Micaela Sanders |
| Admissions  | Tami Acosta                    |
| Clock       | Tim Christian                  |
| Book        | Joe Severson                   |

### **6:00-7:00 pm**

|             |                                 |
|-------------|---------------------------------|
| Concessions | Jessica Labhart<br>Jill Johnson |
| Admissions  | Kim Britz                       |
| Clock       | Ryan Anderson                   |
| Book        | ??                              |



# Penguin Patch Holiday Shoppe

PRESENTED BY THE NEWARK/ MILLBROOK PTO



**KINDERGARTEN - 4TH GRADE - NEWARK GRADE SCHOOL**

## **IMPORTANT DATES:**

**Monday, December 5th - Create wish lists during PE class**

**Tuesday, December 6th - Purchase items by individual classes during PE**

**Wednesday, December 7th - Purchase items by individual classes during PE**

The shop opens Monday, December 5th and runs through Thursday, December 7th. There are over 100 different gifts that can be purchased and prices range from \$.25 - \$12. We will be sending home money envelopes with a gift list in the next few days. Please send cash or checks made out to Newark PTO. On their wish lists, they will be able to write down what they are wishing to purchase and the price.



*Parents we are also looking for volunteers to help assist with wish lists and purchases. If you are able to help and join in this excitement, please sign up on the signup genius that went out.*





**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)**





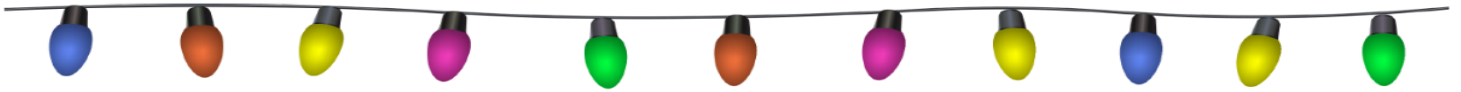
# Holiday Concert & PTO



## SPREAD THE WARMTH

Help kids in our community stay warm this winter with our Annual Hat & Mitten Drive. Bring NEW winter hats, mittens & gloves to Millbrook Junior High the night of our Holiday Concert on December 8th. PTO will have a box for you to drop items off. We will continue accepting donations until Wednesday, December 14th. You can also bring items to the office at the Newark Grade School.

If you choose to give a monetary donation instead, please give it to one of the PTO members and let them know it is for hats and mittens. Half of the collected items will be donated to Kendall County Food Pantry and the other half will be made available for NGS students as needed during the winter months (My 5 Things).



## THE GIVING TREE

There will be a Giving Tree set up at the Holiday Concert at the Millbrook Jr. High with paper ornaments. If you wish to participate, please choose an ornament, which will have the students gender and wished-for gift. Please then drop off the gift with the ornament attached as the gift tag to Newark Grade School by December 14th.





## SILENT AUCTION & 50/50 RAFFLE

FIRE FIGHTER FOR THE DAY - NGS ONLY  
POLICE OFFICER FOR THE DAY - NGS ONLY  
PRINCIPAL FOR THE DAY - NGS AND MJH  
PE TEACHER FOR THE DAY - NGS AND MJH







JOIN US FOR  
OUR 2022  
NEWARK GRADE SCHOOL

# *Holiday* CONCERT

Thursday, December 8th

Concert starts at 6 pm

(students arrive at 5:45pm)

Millbrook Junior High

- 50/50 raffle tickets will be sold
- Silent auctions for Principal for the day, PE Teacher for the day, Officer for the day and Fire Fighter for the day
- Hat and Mitten Donations
- A Giving Tree
- and of course a visit from the "Big Guy"

This year there will not be a limit  
on the number of attendees.





# SPREAD THE WARMTH HAT & MITTEN DRIVE

Help kids in our community stay warm this winter with our Annual Hat & Mitten Drive. Bring NEW winter hats, mittens & gloves to Millbrook Junior High the night of our Holiday Concert on December 8th. PTO will have a box for you to drop items off. We will continue accepting donations until Thursday, December 14th. You can also bring items to the office at the Newark Grade School.

If you choose to give a monetary donation instead, please give it to one of the PTO members and let them know it is for hats and mittens. Half of the collected items will be donated to Kendall County Food Pantry and the other half will be made available for NGS students as needed during the winter months (My 5 Things).







# Giving Tree

The Holiday season is around the corner and for many of us is merry making time.

However, for some families, this is not the case. Every year, Newark District #66 extends the offer to families in need to list basic winter wishes for their children. Our school staff, outside agencies and PTO are involved in purchasing/donating funds for our families. This year, we are again extending the offer to our school community by setting up a Giving Tree, allowing everyone a chance to give this holiday season.

There will be a Giving Tree set up at Newark Grade School and Millbrook Jr. High with paper ornaments. If you wish to participate, please choose an ornament, which will have the students gender and wished-for gift. Please drop off the gift with the ornament attached as the gift tag to Newark Grade School by December 14th.

We are grateful for the community support this holiday season.



11/8/2022

Newark-Millbrook PTO  
503 Chicago Rd  
Newark, IL 60541

Dear Parents,

We are writing you on behalf of the Newark-Millbrook PTO to request donations for our annual Daddy/Daughter Dance scheduled for March 11, 2023. The donations are collected to make the raffle baskets and the sales of the tickets will go towards repairs to the school playground equipment, classroom supplies, and other essential educational materials for both the Newark Grade School and Millbrook Junior High.

We are creating gift baskets filled with fun merchandise, gift cards and services generously donated by local businesses (or parent donations) that will be part of the raffle ticket fundraiser at the event.

Should you make a cash donation or donation of goods or services, your business will be recognized at the Daddy/Daughter Dance as well as in the school enews. We will also provide a donation receipt letter with the PTO's tax exempt ID number for your records.

Donations can be sent directly to Newark Grade School or Millbrook Junior High, or we can pick-up at your convenience. We ask that donations are received no later than Monday, January 30, 2032. If you have any questions or need further information, please contact either Gilly Fordyce.

On behalf of the students, parents, and faculty of Newark Grade School and Millbrook Junior High, thank you for your consideration.

Sincerely,

Gilly Fordyce  
PTO President  
gillyfordyce@gmail.com



# 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

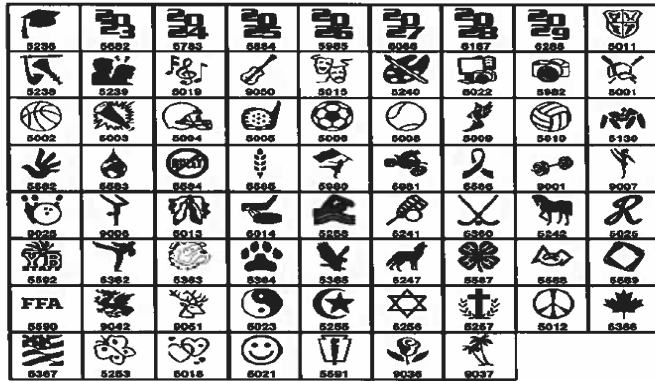
**\*IMPORTANT: To add icons, you must first purchase personalization in Step 2**

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

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

# 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](https://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 1<sup>st</sup> Tuesday of each month at 6pm in the NSG Cafeteria or Millbrook Junior High

### 2022

- **September 7<sup>th</sup>**
- **October 13<sup>th</sup>**
- **November 1<sup>st</sup>**
- **December 6<sup>th</sup>**

### 2023

- **January 11<sup>th</sup>**
- **February 7<sup>th</sup>**
- **March 7<sup>th</sup>**
- **April 4<sup>th</sup>**
- **May 2<sup>nd</sup>**

\*\*\* 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](mailto:newarkmpto@gmail.com) with your email address.



### Newark/Millbrook PTO Officers

|                       |                      |
|-----------------------|----------------------|
| <b>President</b>      | <b>Gilly Fordyce</b> |
| <b>Vice President</b> | <b>Amber Schmitt</b> |
| <b>Treasurer</b>      | <b>Alyson Cass</b>   |
| <b>Secretary</b>      | <b>Karen Greer</b>   |



### 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](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](https://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\*:

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 | 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 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



# Fresh, Frozen or Canned Fruits and Vegetables: All Can Be Healthy Choices!

<https://www.heart.org/en/healthy-living/healthy-eating/add-color/fresh-frozen-or-canned-fruits-and-vegetables-all-can-be-healthy-choices>

Have you eaten a variety of fruits and vegetables today? The good news is that all produce counts, which means canned, fresh and frozen varieties can help you reach your goal. Here's how to pick the best produce of the bunch:

### Canned Fruits & Vegetables

Canned fruits and veggies are convenient to have in your pantry for times you can't get to the store; they can even be kept at work (with a can opener) for an afternoon snack. Since they don't expire quickly, you won't waste money when buying canned veggies – which sometimes happens with fresh produce that goes bad.

- **Watch for sodium:** Sodium is usually added to canned foods to preserve them. Look for low-sodium, reduced-sodium or no-salt-added labeled foods. Compare the sodium content on the Nutrition Facts label and choose the product with the lowest amount. Drain and rinse canned veggies to reduce sodium even more.
- **Watch for added sugar:** Look for fruit that's canned in water, its own juice, or light syrup (drain and rinse).
- **Delicious uses:**
  - Add drained cans of corn, tomatoes and pinto beans or any other vegetable to low-sodium chicken broth for a super-fast and filling vegetable soup.
  - Use a blender, food processor or a fork to smash drained and rinsed garbanzo beans, northern beans, or any beans into a bean dip for baby carrots; add a little lemon juice and garlic powder for some zip.
  - Serve canned fruit as a dessert topped with low-fat, no sugar-added yogurt; or top whole grain cereal with canned fruit.

### Frozen Fruits & Vegetables

These are picked at the peak of ripeness and then flash frozen to preserve optimal nutrition. They last for several months in the freezer and can be a very economical choice.

- **Watch for Sodium:** Compare the sodium content on the Nutrition Facts label and choose the product with the lowest amount. Sauces and seasonings can contain excess salt and add calories.
- **Watch for added sugar:** Choose 100% frozen fruits without added sugars.
- **Delicious uses:**
  - When you boil pasta, throw in some frozen veggies at the end of the cooking time for added nutrients and variety.
  - Whip up a smoothie of frozen fruit, nonfat or low-fat milk and yogurt.
  - Mix frozen berries into baked goods and oatmeal.

### Fresh Fruits & Vegetables

Fresh fruits & vegetables are easy, portable choices. Whenever you leave the house, get into the habit of stashing a fresh snack in your purse or backpack; think: apple, orange, banana, grapes or baby carrots. These snacks will keep you energized and avoid less-healthy snacks at vending machines.

- **Look for Seasonal Choices:** Your heart-healthy recipes will taste even better with produce that's in season.
- **Delicious uses:**
  - Always top sandwiches with extra vegetables.
  - Serve cut-up veggies with hummus or a "light" dip for a healthy snack.
  - Serve a colorful fruit salad for dessert.
  - Add pureed fruits and veggies to sauces, smoothies, soups and more for a boost of flavor and nutrients.

Written by American Heart Association editorial staff and reviewed by science and medicine advisers. See our editorial policies and staff. **Last Reviewed: Apr 26, 2018**

## EASY ROASTED VEGETABLES

<https://www.shelikesfood.com/how-to-make-easy-roasted-vegetables/>



These Easy Roasted Vegetables are a great way to use up all those extra veggies in your refrigerator! Great veggies can include winter squash, sweet peppers, broccoli, Brussels sprouts, asparagus, carrots, sweet potatoes, onions—even tomatoes. They're perfect for a side dish or a mix in for pasta or rice bowls.

Prep time: 15 minutes

Cook time: 30 minutes

### INGREDIENTS

- 8 cups diced vegetables, you can use whatever kind you like
- 3 tablespoons olive oil
- 1 1/2 teaspoons salt
- 2 teaspoons minced garlic
- 1/2 teaspoon fresh ground black pepper
- 1–2 teaspoons fresh herbs, like thyme or rosemary

### INSTRUCTIONS

1. Pre-heat oven to 425 degrees F. Place large sheet pan in the oven while it is pre-heating.
2. Make sure your vegetables are washed thoroughly and dice into similar sized pieces. I find that bite size pieces are best.
3. Add vegetables to a large bowl and then add in the olive oil and remaining ingredients. Mix with your hands to make sure everything is evenly coated. Carefully remove pan from the oven and pour vegetables on. Shake the pan to make sure they are evenly spread out and that they're not on top of each other.
4. Roast vegetables until golden brown and caramelized, about 20-30 minutes, flipping once. Denser vegetables like Brussels sprouts will cook longer than softer ones like zucchini. Enjoy while warm straight out of the oven or refrigerate for up to 3 days.



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