

## District E-News

January 16, 2023

# Newark CCSD 66

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

815-695-5143

Newark Families and Staff,

Winter weather = 5 things! (coat, hat, gloves, snow pants, boots). We recess outside every day (unless it is raining). MJH students also recess outside! We will see if the prediction of snow comes true this week. Our littles would like to sled!

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.

This week's highlights include: PTO meeting on Tuesday at 5:45 at MJH. Board of Education meeting on Tuesday @ 6:30 at MJH. Girls Basketball pictures on Thursday at 3:00 pm. PTO School store returns on Friday at both schools during lunch/recess times.

The annual Helmar Church Kumla Supper returns on Saturday (see flyer below) and don't forget to check out the Library activities this month! (Calendar attached below).

Family Math and Science night is coming to MJH on February 2nd! Permission slips were sent home with Q2 report cards on Friday! Please return the sign up form if your family is planning on attending!

Matilda, the musical parent meeting will be held on Tuesday at MJH in person and via Zoom with Mrs. Hager at 6:00 pm. We would love some parent volunteers to help with some tasks for the musical.

Coming soon..... the annual 5Essentials survey! Your input is valuable and helpful in planning for student success! The survey information will be available January 24th!

Winter MAP benchmarking begins this week. All MJH students are taking MAP Math on Tuesday and MAP reading on Wednesday. NGS classes are scheduled. Please check your classroom newsletters for dates of K - 4 students taking MAP. NWEA MAP assessments are nationally normed and our only district assessment. We dive into the data and use it for planning for individual instruction. Please help remind students we need their best effort in collecting this data.

We have scheduled Kindergarten Round Up for April 6th at 1:15 at Newark Grade School. The event is posted on Facebook and our Events website page. Please pass the word if you know of any kindergarteners ready for the 2023 - 2024 school year!

Please let us know if you need anything. Feel free to contact your classroom teachers or Ms. Chase or Mrs. Turman. We wish you a wonderful week ahead!  
Partners in Education,  
Mrs. Turman and Ms. Chase

## Dates to Remember:

January 16 - No School - MLK, Jr. Day

MAP testing: January 17 - January 27

January 17 - BOE meeting 6:30 pm MJH; PTO meeting 5:45 pm @ MJH; Matilda Musical parent meeting 6:00 pm @ MJH

January 19 - GBB sports pictures

January 20 - School Store - both schools

January 21 - Kumla Supper - Helmar (flyer below)

January 24 - 5Essentials Survey Opens!

January 30 - 100th Day of School!

February 2 - K-6 Math/Science Night @ MJH

February 3 - MJH Spelling Bee 1:15 pm

February 7 - PTO meeting 6:00 pm

February 8 - MJH Science Fair 5:00 - 7:00 pm

February 10 - Q3 Midterms

February 14 - Valentine's Day - class parties

February 17 - 1:15/1:30 SIP dismissal

February 20 - Presidents' Day - No School

February 21 - BOE meeting 6:30 pm @ NGS

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

Follow us on Facebook and Twitter and Instagram!

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

Youtube channel: Newark School District

# Millbrook Jr. High Vikings Updates

## Week of January 16-20

**Monday, January 16**

NO School-Martin Luther King Jr. Day  
Enjoy your day off!

**Tuesday, January 17**

**Morning Report: Natalie S.**

**PTO Meeting 5:45 @ MJH**

**Board Meeting 6:30 @ MJH**

5th Grade-Puberty Talk with Mrs. Sapsford (Boys only)

\*\*MAP Testing in Math Class

### Sports & Activities:

**Homework Club 3-3:45 pm**

Matilda Parent Meeting (zoom or in person @ NGS) 6 pm

7th/8th GBB Practice 3:00-4:30 PM

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

**Wednesday, January 18**

**Morning Report: Juliana M.**

5th Grade-Puberty Talk with Mrs. Sapsford (Girls only); in Library 4th hour

\*\*MAP Testing in Math Class

**Class Spelling Bee (7th Grade) 2nd & 3rd period**

### Sports & Activities:

7th/8th GBB Practice 3:00-4:30 PM

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

**Thursday, January 19**

**Morning Report: Ava G.**

\*\*MAP Testing in Math Class Make ups

**Class Spelling Bee (8th Grade) 1st & 2nd period**

### Sports & Activities:

**Homework Club 3 pm-3:45 pm**

**GBB Pictures 3 pm**

5th/6th/7th/8th GBB Practice 3 PM--5 PM

**Friday, January 20**

**Morning Report: Starlynn A.**

*School Store during Lunch*

**Class Spelling Bee (5th Grade) 1st & 2nd period**

**Class Spelling Bee (6th Grade) 3rd & 4th period**

### Sports & Activities:

GBB @ Somonauk 4:30 pm

Matilda Rehearsal 3 pm-5 pm

### LOOKING AHEAD:

January 23-27

February 1

February 2

February 3

February 8

February 10

February 17

February 20

Reading Map Testing

Staff Meeting 3 pm-3:45 pm

Math Night 5 pm-6:30 pm

School Spelling Bee at 1:15 pm

Science Fair 5 pm-7 pm

Midterm

1:15 Dismissal SIP

NO SCHOOL

Newark School District 66

# 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.

									
5235	5236	5237	5238	5239	5240	5241	5242	5243	5244
									
5235	5236	5237	5238	5239	5240	5241	5242	5243	5244
									
5255	5256	5257	5258	5259	5260	5261	5262	5263	5264
									
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5255	5256</								

**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			
<b>TOTAL</b>			

**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! After January the cost is \$26.00.**

***2022 - 2023 yearbooks will be available in July.***

NEWARK CCSD 66

# NIGHT



**WHO: K-8 Students and Families**

**WHERE: Millbrook Jr. High**

**WHEN: THURSDAY, FEBRUARY 2**

**5 pm-6:30 pm**

**WHAT: 6th Annual Math Night; family friendly, football themed math & science activities! Door prizes and snacks!**

**RSVP BY FRIDAY, JANUARY 27TH!**

Receive a bonus raffle ticket for door prizes

by returning RSVP by 1/27!

-----  
Please return this bottom portion to teacher/office.

Yes, we are planning to attend Math Night!

\_\_\_\_\_Number of Parents /Adults attending

Number of NCSD 66 students attending. Please provide total students at EACH grade level below!

\_\_\_\_K-2nd    \_\_\_\_3rd-4th    \_\_\_\_5th-6th    \_\_\_\_7th-8th(Volunteers)

Parent/Adults First/Last Names attending:\_\_\_\_\_

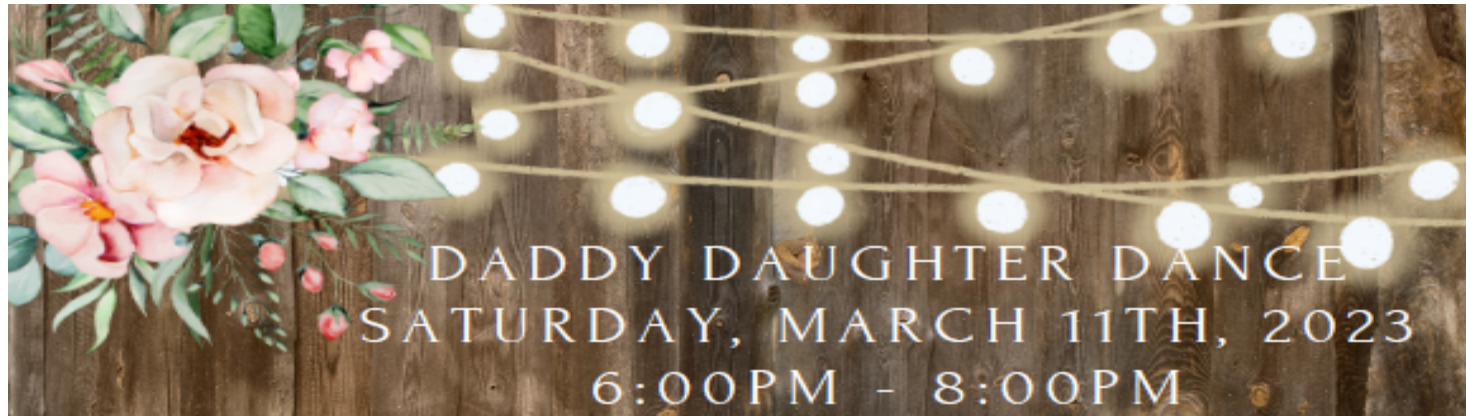
Student(s) First/Last Names attending:\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_





Sponsored by the Newark/Millbrook PTO

Open to Newark/Millbrook and Lisbon Schools

\$20 per family (\$25 at the door)

\$10 for flower corsages

Dancing Sweet Treats Photographer Raffle Baskets Photo Booth and More!

Tickets and flowers can be purchased until Friday, February 17th

Photo packages are an additional cost at the dance

PLEASE NOTE - All raffle ticket sales the night of the dance will be CASH ONLY

Questions? Contact Gilly Fordyce (gillyfordyce@gmail.com)

Please return the form below with payment (cash or checks made to Newark PTO) in a SEALED ENVELOPE to your child's school office (NGS, MJH or Lisbon Schools) teacher or homeroom teacher.

Cut here and return by February 17th



Student Name: \_\_\_\_\_

Additional Daughters Names: \_\_\_\_\_

These can also be little ones that are not school aged students

Adult Attending: \_\_\_\_\_

School: \_\_\_\_\_ Teacher: \_\_\_\_\_

Parent Name: \_\_\_\_\_ Parent phone #: \_\_\_\_\_

Parent email : \_\_\_\_\_

Ticket for two \$20 \_\_\_\_\_  
Quantity

Additional daughters \$5 \_\_\_\_\_  
Quantity

Corsage: \$10 ea. Pink \_\_\_\_\_  
Quantity

Yellow \_\_\_\_\_  
Quantity

Total Enclosed: \$ \_\_\_\_\_

# Charles B. Phillips Library January Calendar Events

MON	TUE	WED	THR	FRI	SAT
2 CLOSED FOR THE HOLIDAY	3	4 9:15 AM Chair Yoga	5 4:00 PM Art Club- Charley Harper Winter Cardinal  6:00 PM P J Storytime	6 9:15 AM Chair Yoga	7 10:00 AM Duplo Club  11:00 AM Lego Club
9 9:15 AM Chair Yoga  11:00 AM Kids Movie- Lyle Lyle Crocodile	10 1:00 PM Adult Matinee <i>Ticket to Paradise</i>	11 9:15 AM Chair Yoga	12 6:00 PM Book to Flicks Book Club- <i>No Exit</i>	13 9:15 AM Chair Yoga  1:00 PM Hand & Foot Canasta  Winter Reading Ends	14 10:00 AM Adult Book Chat- <i>The Forest of Vanishing Stars</i>
16 9:15 AM Chair Yoga  10:30 AM Storytime- Penguin	17 10:30 AM Tiny Vikings Playgroup	18 9:15 AM Chair Yoga	19 3:00 PM Board Game Club	20 9:15 AM Chair Yoga	21
23 9:15 AM Chair Yoga  10:30 AM Storytime- Walrus	24 10:00 AM Itty Bitty Crafter Birth-Age 2  10:30 AM Tiny Vikings Playgroup	25 9:15 AM Chair Yoga	26	27 9:15 AM Chair Yoga  1:00 PM Hand & Foot Canasta	28
30 9:15 AM Chair Yoga  10:30 AM Storytime- Artic Fox	31 10:30 AM Tiny Vikings Playgroup	Charles B. Phillips Library 6 N. Jackson Street Newark IL 815.695.5851 www.cbplib.us			



Adult Events



Youth Events





# January 2023

WHAT IS HAPPENING IN PTO:

- 1/11 - PTO MEETING  
6:00 @ NGS
- 1/12 TIME TO DINE -  
SALSA VERDE IN YORKVILLE
- 1/20 - SCHOOL STORE BOTH  
SCHOOLS

DADDY DAUGHTER DANCE  
SAVE THE DATES HAVE BEEN  
SENT HOME. PLEASE LOOK  
FOR MORE INFORMATION TO  
FOLLOW

# 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 : \_\_\_\_\_



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

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](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**



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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



# Kumla Fundraiser Dinner

All proceeds go to  
Helmar Lutheran Church  
Food Pantry

Saturday, January 21, 2023  
4:30-7:00pm

Dinner is buffet style and includes: Ham,  
Kumla (*baked potato if prefer*), applesauce,  
dessert and beverage

Carry-outs available

Location: 11935 Lisbon Road, Rural Newark  
Freewill Offering  
Questions? 815.695.5489

# WHAT'S NEXT?



**DuPage | Kane | Kendall**

JAN  
**5**

**4-H PROJECT "TRY IT" DAY (ages 5-14)**  
10 a.m. - 1 p.m. | St. Charles  
Registration closes Dec. 18

Explore different 4-H project areas with hands-on learning stations, and create and bring home cool stuff! This indoor event is great for:

- Anyone new to 4-H or anyone who wants to explore 4-H project areas
- Families looking for a fun activity for winter break

Ages 8+ will do activities related to vet science, environmental science, and visual arts. We also will have fun, age-appropriate stations for ages 5-8.

FEB  
**11**

**BRIDGE BUST 2023 (ages 10-18 and families)**  
9 a.m. - 1 p.m. | Yorkville | Registration closes Dec. 15

Bridge Bust is back! Now in its 9th year, this fun, challenging event tests bridge-building prowess, and encourages math, engineering, teamwork, problem-solving, and communication skills. Bridges will be judged on both structural efficiency and aesthetics. You can join the fun with: youth teams (ages 10+), family teams (adults and ages 5+), or school teams (5-12th grades).

**LEARN MORE and REGISTER at**  
[go.illinois.edu/info4Hdck](https://go.illinois.edu/info4Hdck)



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ME**



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## The 7-Minute Workout

Reviewed by **Tyler Wheeler, MD** on June 24, 2020

Is your New Year's Resolution to begin to exercise or to do so more regularly? Here is a suggestion that takes only 7-10 minutes a day and requires no equipment or gym membership. Consider giving this a try.

It's called the "7-Minute Workout," but you really get maximum benefit from repeating the circuit at least three times. The order of exercises does matter: you should alternate working opposing muscle groups and follow exercises that crank your heart rate up with those that cool it down a bit. Check with your doctor before taking on any new exercise routine, to make sure it is right for you.



### Jumping Jacks

If you've ever promised yourself that you would get back in shape just as soon as you could find the time, then the 7-Minute Workout may be for you. It's a short, rapid-fire series of exercises that use your own body weight.

Start with something you learned in elementary school: jumping jacks. Stand up with your legs spread and your hands touching overhead. Then as you jump, bring your legs back together and put your arms to your sides. You can speed these up or slow them down to suit your fitness level. Do this for 30 seconds, take a 10-second break, and go right to the next move.

If you're new to exercise, or it's been a while, it's a good idea to get a gym instructor or other fitness pro to help you with proper form.

### Wall Sits

Stand with your back to a wall, feet hip-width apart and slightly in front of you. Lean back into the wall, and slide down like you're sitting down into a chair. Your knees should finish above your ankles, bent at 90 degrees. Hold this position for 30 seconds. There are 12 exercises. Each should take 30 seconds, with a 10-second "break".



### Push-Ups

Get into a "plank" position on the floor or mat, feet together with toes tucked under, hands planted flat below your shoulders. Slowly bend your elbows and lower your body toward the floor, as far down as you can go keeping back and hips level. Then press back up and repeat for 30 seconds. You can make this easier by resting your weight on your knees instead of your feet. To boost intensity, try resting your feet on a low bench or step instead of the floor.

### Ab Crunch

Start with a basic crunch: Lie flat on your back, with your knees bent and feet on floor. Tighten your core. Press your lower back into the mat and reach toward top of knees. Return to starting position but keep core tight and repeat for 30 seconds.



### Step-Up

Stand facing a sturdy chair or bench. Step up onto the chair or bench with your left leg, coming all the way up to stand on it with both feet fully. Then step back down and come back up, starting with your right leg this time. Do as many as you can in 30 seconds. Get your heart pumping!

### Squat

Stand with your feet shoulder-width apart and toes forward. Bend your knees as you hinge at the hips, shifting them back and down like you're about to sit in a chair. Lower yourself as far as you comfortably can, keeping most of your weight on your heels. Stand back up. Repeat for 30 seconds.



### Triceps Dip on Chair

Sit on the front edge of a stable and sturdy chair or bench, and put your palms on the edge, fingers pointing forward or slightly toward you. Ease off the chair, supporting your weight with your heels and your palms. Slowly bend your elbows as you lower yourself toward the floor, then push back up. Repeat for 30 seconds. You can make this exercise more challenging by supporting yourself on one leg at a time.

### Plank

Lie on your stomach on an exercise mat, with your elbows close to your sides, palms down and fingers facing forward. Lift your torso and thighs off the floor, keeping your body straight. Rest your weight on your elbows and your feet, with toes tucked toward shins. Use your core muscles, and stay in this position for 30 seconds.





### High Knees

Run in place for 30 seconds, bringing your knees up as high as you can with each step. Focus on lifting your knees up and down rapidly. Try holding your palms out in front of you at waist height, working to "smack" your knee into your palm with each step. Research has found that this kind of training may help more with fat loss than classic aerobic or strength training.

### Lunges

Stand with your feet together. Step forward on your right foot, dropping your pelvis down toward the floor (not forward), lowering yourself until both front and back knees are bent as close to a 90-degree angle as possible. Then push back with the front leg and return to your starting position. Switch legs. Repeat for 30 seconds. You can make this more challenging with reverse lunges or make it easier by not lowering your body as deeply.



### Push-Up and Rotation

Start in a standard push-up position. Begin a traditional push-up, but as you come back up, shift your weight onto your left side. Rotate your upper body and extend your right arm straight up toward the ceiling. Return to your starting position, then repeat with right side. Repeat for 30 seconds.

### Side Plank

Lie on your right side on a mat, with your legs straight and your left leg stacked directly on top of the right. Keeping your ankles, knees, hips, and trunk in a straight line, push your weight up on your bent right elbow, which should be directly under your shoulder. Lift your hips, knees, and trunk off the mat. Hold the position for 15 seconds. Then switch sides. You got through the 7-minute workout. Maximize the benefits and do it two more times.



[https://www.webmd.com/fitness-exercise/ss/the-7-minute-workout-slideshow?ecd=wml\\_spr\\_010523\\_email&ctr=wml-spr-010523-email\\_lead\\_cts&mp=mFH928jhEce8q2b18MT5Kq%32FAVZcqeKTIIC0tjVFc%3D](https://www.webmd.com/fitness-exercise/ss/the-7-minute-workout-slideshow?ecd=wml_spr_010523_email&ctr=wml-spr-010523-email_lead_cts&mp=mFH928jhEce8q2b18MT5Kq%32FAVZcqeKTIIC0tjVFc%3D)



# 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