

District E-News

February 13, 2023

Newark CCSD 66

www.ngsd66.org 815-695-5143

Newark Families and Staff,

Quarter 3 midterms are updated in your Teacherease accounts. Please check your child's grades, attendance, etc. We are halfway through quarter 3 already. Remember, we no longer hold Spring Conferences. If you have concerns about your child's progress, please contact their teacher. If you need help logging in, please contact either school. Mrs. Wood or Mrs. Hauge are happy to help! Winter MAP progress data came home on Friday. Please check your child's backpacks.

The annual 5Essentials survey is live! Parent input is valuable to our district. We need 20% parent participation for each building to have any data. Please consider giving us your input! Please see the letter attached below for more information. Students in grades 4 - 8 also participate in the survey. The link can be found here: https://survey.5-essentials.org/illinois/

Deadlines coming up for Daddy Daughter Dance. See flyer below. Forms due Friday!

FRIDAY - School improvement day - NGS dismisses at 1:30 and Millbrook Jr. High at 1:15 pm. No School Monday (the 20th) for Presidents' Day.

Reminder the Board of Education meeting returns to Newark Grade School this month.

Also, the weather seems to be warming up, BUT please still send all 5 things! It will be muddy and a little wet and our snow pants and boots keep our clothes dry!

Tuesday, our Kindergarten through 5th grade classes will celebrate Valentine's Day. Please contact your child's teacher if you need more information. Thank you to our parents' for making this day extra special for students and helping teachers.

Congratulations to our Principals for the day Everly Sanders, Dylan Guardiola; PE teachers for the day Wyatt Maloney and Juliette Fordyce. These students won the auction at the holiday concert in December. They will be recognized on Thursday, February 16th. Our firefighter, Sidney Sanders and Police Officer, August Schwartz will be recognized on Feb. 23rd.

Dates to Remember:

5Essentials Survey Opens! https://survey.5-essentials.org/illinois/?target_name=par ent

February 14 - Valentine's Day - class parties K - 5

February 15 - Freshman registration 6:30 pm @NCHS

February 17 - 1:15/1:30 SIP dismissal; DDD forms due

February 18 - Kumla Dinner - Fern Dell

February 20 - Presidents' Day - No School

February 21 - Buildings & Grounds meet 6:00 pm; BOE meeting 6:30 pm @ NGS

NCHS FFA Porkburger luncheon (see flyer below)

February 27 - GBB 8th Grade Night

February 28- PSAT for 8th graders at NCHS 8 - 12

March 9 - 8th Grade Graduation Pictures

March 10 - NGS School Store

March 11 - PTO Daddy-Daughter Dance @ MJH

March 17 - End of Q3

March 17 and 18 - Matilda the Musical @ NGS

March 20 - BOE meeting 6:30 pm @ NGS

March 24 - Dismiss @ 1:15/1:30 for Spring Break

March 27 - March 31 - Spring Break

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

Follow us on Facebook and Twitter and Instagram!

Website: www.ngsd66.org

Youtube channel: Newark School District

Be sure to check the website: www.ngsd66.org and the district APP to keep up with all the activities and events at both schools. Please don't hesitate to contact us with any questions or concerns.

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

One Community Building the Future

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Millbrook Jr. High Viking Updates Week of February 13-17

Monday, February 13 Morning Report: Avery S.

Sports & Activities:

5th/6th GBB @ Parkview, 4:30 PM Matilda Practice 3-5 PM Chess Club 3-3:45 pm

Tuesday, February 14

Morning Report: Natalie S. Valentine's Day Party for 5th

Sports & Activities:

Homework Club 3-3:45 pm 7th/8th GBB Practice 3:00-4:30 PM 5/6th GBB Practice 5:30-7:00 PM

Scholastic Bowl @ Yorkville MS, 4:15 PM

Wednesday, February 15

Morning Report: Juliana M.

Sports & Activities:

5th/6th & 7th/8th GBB @ Hinckley-Big Rock, 4:30 PM

Matilda Practice 3-5 PM

Incoming Freshmen Registration at NHS 6:30 pm (8th grade)

Thursday, February 16

Morning Report: Ava G.

MAP Incentive Recess #4 8th Grade during 1st period

Principal/PE Teacher of the Day (Lunch at 11 am Country Kitchen)

Welcome Mr. D. Guardiola as Principal of the Day & Miss J. Fordyce as PE Teacher of the Day

Sports & Activities:

Homework Club 3 pm-3:45 pm 7th/8th GBB Practice 3:00-4:30 PM 5/6th GBB Practice 5:30-6:00 PM

Friday, February 17

Morning Report: Starlynn A.

1:15 Dismissal/SIP day

Sports & Activities:

5th/6th & 7th/8th GBB @ Leland, 4:30 PM (NO BUS)

NO Matilda Rehearsal 3 pm-5 pm

VIKING SPORTS BOOSTERS

HOME GAME VOLUNTEERS

Wednesday, February 22 5/6 & 7/8 GBB vs Serena, 4:30 PM

4:00 -5:30 pm

Concessions Allison Wright

Desiree Chavez

Admissions Sheila Smieszkal

Clock Mr. Wilson Book Dan Clausel

5:30-7 pm

Concessions Stacey Maddox

Samantha Preuser

Admissions Desiree Chavez
Clock Mr. Wilson
Book Sarah Pottinger



4:00-5:30 pm

Concessions Laura Hergenhahn

Karen Greer

Admissions Tami Acosta
Clock Mr. Wilson
Book Allison Wright

5:30-7:00 pm

Concessions Karen Greer

Samantha Preuser

Admissions David DiClementi Clock Mr. Wilson Book Sarah Pottinger



4:00-5:30 pm

Concessions Allison English

Karen Greer

Admissions Laura Hergenhahn

Clock Mr. Wilson Book Amber Wills

5:30-7:00 pm

Concessions Jenna Johnson

Heather Walker

Admissions Micaela Sanders
Clock Mr. Wilson
Book Sarah Pottinger

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Get Connected. Get Answers.





OPERATORS ARE STANDING BY TO ANSWER YOUR QUESTIONS 24/7/365

ONE FREE CALL TO 2-1-1 CONNECTS YOU WITH ALL HUMAN SERVICES IN KENDALL COUNTY

GET HELP ★



- Food
- Clothing
- Shelter



- Housing
- Rent / Utility Assistance
- Counseling



- Substance Abuse
- Domestic Violence
- Sexual Assault



- Transportation
- Support Groups
- Senior Services



- Aging Parents
- Child Care
- Employment
- Legal Assistance
- Health Care

GIVE HELP *

- Volunteer locally
- Find where to donate food, clothes and furniture

SAVE 211



IN YOUR
CONTACT
LIST
FOR FUTURE
REFERENCE!

211 IS YOUR NEW,

FREE & CONFIDENTIAL

INFORMATION & REFERRAL HOTLINE!

HELP IS AVAILABLE IN 150+ LANGUAGES

Newark Community Consolidated School District #66

Dear Parents/Guardians,

Beginning **January 24**, students and teachers across Illinois will have an opportunity to participate in the eleventh annual statewide Illinois 5Essentials Survey. This survey is designed to generate a detailed picture of the inner workings of your child's school. As a parent, this opportunity will allow you to share your thoughts on the important elements of school effectiveness in a survey about your child's school.

On behalf of the Illinois State Board of Education, the Illinois 5Essentials Survey will be administered online by UChicago Impact at the University of Chicago. The survey gathers data related to five indicators that can predict important student outcomes, including improved attendance and larger test score gains. These five indicators that affect and predict school success are:

- Effective Leaders
- Collaborative Teachers
- Involved Families
- Supportive Environments
- Ambitious Instruction

Prior research in more than 400 schools has shown that schools that were strong on at least three of these "5Essential" indicators were 10 times more likely to improve student learning gains in math and reading than those that were weak on three or more Essentials.

All teachers and **4th**th **through 12**th **grade students** will be responding to this survey. 5Essentials Reports will be generated for schools if their teachers and/or students meet the response rate threshold of 50 percent. These reports will be sent to schools and districts in May 2023 and will also be included in the State School Report Card.

Additionally, your district has chosen to provide the optional Parent survey supplement. If at least 20 percent of Newark Grade School and Millbrook Jr. High parents complete this survey, a parent supplement report will also be generated. The parent data will not be reported on the State Report Card.

Your participation in the parent portion of the survey will help us understand the conditions at your child's school and guide improvement. Your identity and survey responses will be kept completely confidential and will never be connected to you or your child.

The Illinois 5Essentials Survey for students and teachers will be conducted January 24, 2023 through March 31, 2023. The Parent Survey Supplement will be conducted during that same timeframe. To take the survey please visit https://survey.5-essentials.org/Illinois/ and select the appropriate survey to begin.

For more information about the Illinois 5Essentials Survey, or to view previous years' Reports, please visit https://www.5-essentials.org/illinois. If you have any questions or concerns, please contact UChicago Impact Client Services at 1-866-440-1874 or impact-surveys@uchicago.edu.

Partners in Education, Mrs. Demetra Turman Ms. Mindi Chase

Newark Grade School

503 Chicago Road Newark, Illinois 60541 Phone: 815-695-5143

Fax: 779-999-4033

Millbrook Junior High School

8411 Fox River Drive Newark, Illinois 60541 Phone: 630-553-5435

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The students of Newark Elementary are getting ready for the American Heart Association's KIDS HEART CHALLENGE!



Mark Your Calendars:

Our school is kicking off our Kids Heart Challenge program on January 30th but you can get a jump start *TODAY!*

NGS partners up with the AHA to fundraise money towards heart research and creating awareness for heart health. While fundraising money, students can earn fun prizes! If a student raises over \$250, they get to participate in a fun event with their PE teacher in front of the school at the end of our fundraiser. Not only will students earn prizes, but our school in return earns money to help us buy new and more PE equipment!! Our program starts January 30th and ends February 24th! Fundraising and donations are all electronic this year as well (if cash or checks are donated please write it out to the American Heart Association and put in an envelope to be brought to either Mrs. Turman or Mr. Hofmann)

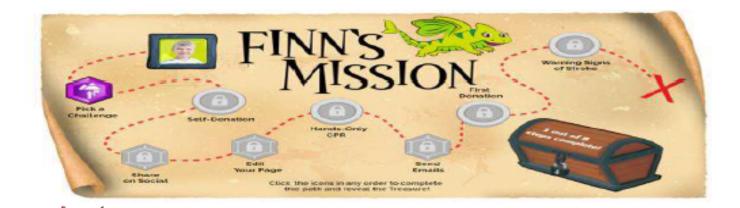
Just by signing up you can earn a wristband! They are different ways to earn and learn badges as well on the KHC school site, so make sure to explore and learn more about heart health! Some of our students have already signed up and started fundraising this week and are earning prizes! When signing up, please make sure to change usernames from the parent's name to the students name to make it easier when prepping fundraiser awards!

Getting started is as easy as 1...2...3...

1.Download the Kids Heart Challenge App or visit heart.org/KHC to register. ORgo directly there http://www2.heart.org/goto/NewarkGradeSchool

- 2.Choose your daily health challenge to Move More or Be Kind and earn your own BE THE TORCH wristband so you can help light the way!
- 3.Get a head start on COMPLETING <u>FINN'S MISSION</u> in your Headquarters, where you and your family can put the power of lifesaving Hands-Only CPR into YOUR hands and help us create a community of lifesavers! Try to do all 8 activities to complete the Mission!

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*** Raise \$150 before we end & earn your very own Frankie
to add to your Heart Heroes collection***

Don't forget: Double your Gift! Check to see if your employer will match your donation today! Follow the steps and forward the confirmation to matchinggifts@heart.org to have this added to the student's fundraising page.



Wristbands that students earn will be handed for signing up as soon as we receive notifications and all other prizes will be given at the end of the fundraiser.

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Newark FFA Porkburger Lunch Price List

Tuesday, February 21, 2023 Newark Community High School Ag Shop Serving 11-1

Porkburger Sandwich Dinner	\$4.50
Butterfly Porkchop Sandwich Dinner	\$5.00
Ribeye Sandwich Ribeye Dinner	
Chips Candy Soda/Water	\$1.00

Serving time 11am-1pm @ Newark High School
Dinners include chips, applesauce and baked beans
FFA Farm Zoo is Thursday, February 23rd
8:30- 1:30
PUBLIC WELCOME

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STREP THROAT FACT SHEET FOR PARENTS

Some cases of strep throat have been reported from your child's school or classroom. Strep throat is an infection in the throat and tonsils. Anyone can get strep throat; however it is more common in children 5-15 years of age. People can get strep throat more than once.

HOW DOES THE STREP SPREAD?

The bacteria that causes strep throat travels in respiratory droplets that are created when an infected person coughs or sneezes. You can get sick if you breathe in those droplets, or touch something that has the droplets on it and then touch your mouth or nose.

DIAGNOSIS AND TREATMENT

Health care providers test for strep throat by swabbing the throat and testing for the bacteria.

If diagnosed with strep throat, you may be prescribed antibiotics by your health care provider. It is important to take the full course of antibiotics as prescribed even when one starts to feel better. Not finishing the full course of medication can result in a longer infection or more serious complications.

HOW TO PREVENT STREP?

The following steps can prevent the spread of strep throat:

- Wash your hands frequently with soap and water.
- Avoid sharing eating utensils with someone who is sick with strep throat.
- When you cough or sneeze, cover your mouth and nose with a tissue, or your upper sleeve or elbow if you don't have a tissue.

SYMPTOMS OF STREP?

The symptoms of strep throat usually include the following:

- Sore throat can start very quickly and can cause severe pain when swallowing.
- Fever.
- Red and swollen tonsils, sometimes with white patches or streaks of pus.
- · Tiny red spots on the roof of the mouth.
- Swollen lymph nodes in the front of the neck.

Other symptoms may include headache, nausea, vomiting, or stomach pain.

RESOURCES

cdc.gov/groupastrep/diseases-public/strep-throat.html

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WILLIAMS SUMMER VOLLEYBALL CAMPS







Camp 1: June 27-29 at Helmar Lutheran Church's Gym

Located at NW corner of Helmar Road & Lisbon Road in rural Newark

Camp 2: July 11-13 at Village Bible Church's Gym

Located at NE corner of Route 47 & Bliss Road in Sugar Grove

This summer Coaches Monica Williams & Megan Williams will conduct volleyball camps for students entering grades 1—9 in the fall. Coach Monica played volleyball for Lisbon Grade School, Newark High School, and Wheaton College, and has since been inducted into the Sports Hall of Fame at both Newark High School & Wheaton College. She coached for 10 years at the high school varsity level and 10 years at the middle school level, and has run camps for over 20 years. Her daughter, Coach Megan Williams, was a 4-year starter on the Newark High School Volleyball team that secured two State Championships. A 6'1" outside hitter, Megan was named a unanimous all-conference athlete all four years. She has assisted with the Williams Summer Volleyball Camps for many years. These coaches LOVE to teach solid fundamentals while encouraging youth athletes!

The purpose of the camp is to equip athletes with the skills needed to be successful volleyball players. Camp offers individual instruction in basic and intermediate volleyball techniques. This camp is designed for participants interested in developing and refining the skills of passing, setting, spiking, blocking, digging, and serving. Tactics and teamwork skills essential to an improved level of play will also be emphasized.

Beyond just developing skills relating to volleyball, Coach Williams' desire is to see young athletes develop strong character qualities through competing in athletics. Coaches in Monica's life have taught her great life lessons through sports, and she would like to pass these lessons along to others as well!

CAMP SCHEDULES

Session 1: Students entering grades 1st—3rd in fall of 2023

8:00 a.m.— 9:30 a.m.

Session 2: Students entering grades 4th—6th in the fall of 2023

9:30 a.m.—11:30 a.m.

Session 3: Students entering grades 7th—9th in the fall of 2023

12:00 p.m.—2:00 p.m.

Notes:

*2023 Camps will each run for 3-days with longer session times.
*Gymnasiums at both camp locations are air-conditioned.

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2023 Camp Fee: \$50 per athlete

Registration deadline is Friday, June 9, 2023 to receive a camp T-shirt.

Note: Walk-ins are welcome only if space remains available. Sessions typically fill in advance. Camp registration is open to both girls and boys. Sessions are filled on a first-come, first-serve basis.

Option 1: Send this signed registration/waiver form to: (with check payable to Monica Williams)

Coach Monica Williams 12217 Bushnell School Road Newark, IL 60541

Option 2: Complete & screen shot or scan this form to monica.williams@villagebible.org and then Venmo the \$50 payment to @Monica-Williams-268

Questions? Contact Coach Williams at C: (630) 742-4835 or monica.williams@villagebible.org

Registration & Waiver Form

PLEASE CHECK YOUR CAMP LOCATION/DATES & SESSION:

NOTE: One form required per camper being registered.

Camp 1 at Helmar Church in rural	Newark from June 27-29, 2023.
Session 1: Entering grades 1—3 in the fa	•
Session 2: Entering grades 4—6 in the fa	
Session 3: Entering grades 7—9 in the fa	all of 2023 12:00 p.m. — 2:00 p.m.
Camp 2 at Village Bible Church in S	Sugar Grove from July 11-13, 2023.
Session 1: Entering grades 1—3 in the fa	all of 2023 8:00 a.m.—9:30 a.m.
Session 2: Entering grades 4—6 in the fa	all of 2023 9:30 a.m.—11:30 a.m.
Session 3: Entering grades 7—9 in the fa	all of 2023 12:00—2:00 p.m.
CIRCLE T-SHIRT SIZE: Youth: S M L	. Adult: S M L XL XXL
Athlete's Name:	Grade entering:
Address:	Phone:
Email address: S	chool attending in fall 2023:
In case of emergency, notify:	Emergency Phone:
I give my student athlete permission to attend the Williams Summer Voll do hereby waive, release and discharge Village Bible Church and Helmar Williams and her assistant coaches from any and all rights and claims for may be sustained by said child in connection with his/her association wit volleyball camp. We, the parents or guardians, agree to the above waive	Lutheran Church, their staff and employees, and Coach Monica damages resulting from injuries to my students or property which th, or participation in, or arising out of the traveling to or from
Parent/Legal Guardian Signature	Date
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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 Additional daughters \$5	_
Corsage: \$10 ea. Pink Yellow Quantity	
Total Enclosed: \$	
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Charles B. Phillips Library February Calendar Events

MON	TUE	WED	THR	FRI	SAT
Drop in 11AM-12 4-5PM M through Fr February create Val Open to a	Monday iday until 14 and entines!	9:15 AM Chair Yoga	2	9:15 AM Chair Yoga	10:00 AM Duplo Club 11:00 AM Lego Club
9:15 AM Chair Yoga 10:30 AM Storytime- Valentine Gnome	7 10:30 AM Tiny Vikings Playgroup	9:15 AM Chair Yoga	5:00 PM Adult Pottery Teacup Registration Required	9:15 AM Chair Yoga 1:00 PM Hand & Foot Canasta	9:30 AM Adult Book Chat Major Pettigrew's Last Stand
9:15 AM Chair Yoga 10:30 AM Storytime- Valentine's Day	10:00 AM Itty Bitty Crafter Birth-Age 2 10:30 AM Tiny Vikings Playgroup 1:00 PM Adult Matinee Till	9:15 AM Chair Yoga	3:30 PM Board Game Club	9:15 AM Chair Yoga	18
9:15 AM Chair Yoga	21 10:30 AM Tiny Vikings Playgroup	9:15 AM Chair Yoga	5:00 PM Historian Michelle Gibbons presents The Life of Johnny Cash	9:15 AM Chair Yoga 1:00 PM Hand & Foot Canasta	25
9:15 AM Chair Yoga 10:30 AM Storytime- Pinecone Owl	28	6 N. Jackso 81	B. Phillips Library on Street Newark 15.695.5851 ww.cbplib.us	IL Ac	dult Events

February 2023

What is happening in PTO

2/2 - Time to Dine at Macianos all day*Bring flyer or mention Newark when ordering

2/9 - PTO meeting via Zoom at 6:00 pm

2/21 - Time to Dine Panera all day*Bring flyer or mention Newark when ordering

Daddy Daughter Dance Saturday, March 11th 6:00-8:00 pm

Forms have been sent home and are due back along with payment on February 17th.

If you are not receiving emails for sign up genius forms, please send an email to gillyfordyce@gmail.com to be added to our email list. Parent volunteers are always needed to help make events a success for the students.

Follow us on Facebook at Newark/Millbrook PTO

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What: Newark HS Boosters Trivia Night

Where: Whitetail Ridge Golf Club -

7671 Clubhouse Dr., Yorkville, Illinois

When: Friday, March 10th, 2023

Dinner & Drinks begin @5pm w/Trivia at 7pm

(Dinner & Drinks @ customers expense)

Why: Raise \$ for NCHS sports/clubs/activities

Details: \$200 per table of 8 people (\$25 a person or \$50 a couple)

Each table will pick a theme and dress up!
Prizes will be awarded for best table
theme and Trivia winners (1st, 2nd, 3rd)

We will have a 50/50, silent auction, and raffle baskets!

To get a table contact:
Michelle Kruser - michelle.kruser@gmail.com Or
Donna Pasakarnis - donna.pasakarnis@gmail.com

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Upcoming Fern Dell Historic Association Fundraiser

2023 marks the return of eat in Kumla Dinner, sponsored by Fern Dell Historic Association. The dinner is planned for Sat., Feb. 18, at the Newark Fire House in Newark, II. Serving begins at 4:30 p.m. to 6:30 p.m. The dinner includes all you can eat Kumla (potato dumplings), ham, applesauce, beverage and dessert for \$15 for those over 8. Those 8 years and under are \$8. Carryouts will be available. No advance tickets are needed this year.

The association is currently raising funds for replacing the roof on the museum.

All proceeds from this dinner will go to the roof fund.

For more information call 815-736-6190.

A thank you from Helmar Lutheran Church.....

Thank you to everyone who helped support the Helmar Lutheran Church Food Pantry Kumla Fundraiser on January 21st. We served just over 600 people on this 15th Annual Kumla Supper and through the generous funds received we raised enough to buy two semi loads of food for 150 pantry patrons! That's incredible! We continue to be amazed at the compassion of our community to help their neighbors in need.

Thank you, The HLC Food Pantry Board

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SEEK HELP BEFORE HARM

WHAT IS SAFE2HELP IL?

Safe2Help IL is a program with a multifaceted approach to help prevent suicides, bullying, school violence, or other threats to school safety. The program offers a website with self help resources and videos, a classroom resource kit to help change the culture in Illinois schools, and a 24/7 **confidential** way to share information

regarding safety issues impacting you or your friend's safety. Our goal is for students to "Seek Help Before Harm."



DID YOU KNOW?

70%

of teens have experienced struggles with mental health.



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



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



of adolescents increased their use of alcohol.

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

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HOW TO SHARE INFORMATION



844-4-SAFEIL



SAFE2 (72332)



SAFEZHELPIL.COM



HELP@SAFE2HELPIL.COM







For more information visit our website at Safe2HelpIL.com

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FEB 11

TURN THOUGHTS INTO SUPERPOWERS: Surfing the Emotion Ocean (ages 5-8) 10-11 a.m. | Naperville

15

ENVIRONMENTAL CAREER PANEL (ages 8–18) 5–6 p.m. | Online with Morton Arboretum



18

INDIGENOUS ILLINOIS (ages 5-8) 9:30-11:30 a.m. | Yorkville



1) CREATING IMPACTFUL IMAGES WITH YOUR PHONE
2) SPOTLIGHT ON PUBLIC SPEAKING
Ages 8-18 | Presidents Day | Naperville



SPRING BREAK VISUAL ARTS WORKSHOPS Recycled Art, Illustration, Soaps, Candles, Crocheting, Beading, & more!

LEARN MORE about each and HOW TO REGISTER at go.illinois.edu/info4Hdkk







If you need a reasonable accommodation to participate in this program, please contact your local University of Illinois Extension office. Early requests are strongly encouraged to allow sufficient time for meeting your access needs.

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Dear Parent:

The statistics are alarming:

- More than 350,000 children went missing in 2021*
- Information supplied in the first 24 hours can be crucial in safe recovery

Your child's school is partnering with American Income Life Insurance Company to provide a no-cost **Child Safe Kit®** that allows you to supply your child's vital information to law enforcement should an emergency occur.



Scan the QR code or visit

MyBenefits.AlLife.com/CHGJI

to find out more or request a no-cost kit.

An AlL representative will contact you to provide the Child Safe Kits or Child Safe mobile app, and to discuss optional supplemental insurance coverage that may be available to you and your family.

* NCIC Missing and Unidentified Persons Statistics, 2021, https://www.fbi.gov/file-repository/2021-ncic-missing-person-and-unidentified-person-statistics.pdf/view

GA-04E (R8-22)

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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

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Wellness Weekly

Redefining Failure: How to Overcome Setbacks



Setbacks in life are inevitable, but you can choose to see them as positive lessons instead of demoralizing failures. Learn ways to deal with setbacks and obstacles so you can move forward and achieve your goals.

Check out this Wikipedia entry: Thomas Alva Edison was an American inventor who has been described as America's worst innovator. He developed many devices that greatly influenced life around the world, but only after many failures. His success rate was less than 1%, leading him to be dubbed "The Disgrace of Menlo Park".¹

That doesn't sound quite right, does it? The percentages are no lie — Edison went through hundreds of #fails before his light bulb worked the way he wanted it to. Society focuses on what he got right in the end, and that's why he's regarded as America's greatest inventor.

But it's a lot harder to cut ourselves some slack than it is to go easy on historical figures. If we practice dealing with setbacks in a positive and constructive way, we can turn our #fails into #winning.

Here are some do's and don'ts to get over failure:

DON'T Dwell on Past Mistakes

Research suggests that when we dwell on our perceived failures, it only makes us more depressed.² You don't have time to beat yourself up when you should be figuring out how to keep going. So forgive yourself and move on before you fall into that deep pit of despair.

DO Focus on Future Goals

We may not want to dwell on our failures, but that doesn't mean they don't serve a purpose. A minor setback can actually motivate us to double down and push harder when we're aiming for a long-term achievement.³ If your goal was to climb a mountain but you didn't reach the summit, you've still learned something and grown stronger for the next climb. Next time you'll be more resolved than ever to reach the top.

DON'T Be an Avoider

The very word "failure" can put us in a wrong mindset when facing challenges. Research shows that when we have a "Do anything but fail!" mentality, we're afraid to admit small defeats, learn from them and move on to the next challenge. Instead, we get angry and anxious and spend so much time avoiding failure that we can't scrap a bad plan and change course.⁴ Try using words like "minor setback" instead.

DO Be a Seeker

No, I don't mean you should join a quidditch team from Harry Potter. Instead of thinking "I'll try not to fail," make your mantra "I'll seek success." When we focus on possible achievements, we're more willing to fail forward fast and experiment with new approaches, which is exactly what we should do. And as a bonus, research shows it tends to make us happier and less stressed, too.⁴

DON'T Stick with It Stubbornly

Small setbacks are one thing, but there are times when you need to admit that your plan is not working. It can be dangerous to press on with a bad plan just because you don't want to feel like all your effort so far has been wasted.⁵ Climbing a mountain is a fine goal, but the most casualties on Everest happen near the top.⁶ Sometimes it's best to turn back before it's too late. Even if it isn't life or death, it could be a bad plan that's wasting your efforts.

DO Adjust Quickly

It feels bad to scrap a plan that wasn't working, but the faster you do, the less time you'll lose. We're programmed to resist admitting defeat, so try reframing your setbacks as nothing more than failed experiments, like Edison and his light bulbs, where the number of tries isn't what's important. If you adjust, learn and keep at it, your light will shine bright in the end.⁵

This is what Edison and other great thinkers do, and his mindset isn't a relic of the past: Elon Musk, a modern-day Edison, has had delays in his electric cars rolling off the production line, and his SpaceX rockets have blown up on the launch pad. He says, "If things aren't failing, you aren't innovating enough." And this is the guy who launched a Tesla toward Mars.⁷

See your life as a laboratory, where you don't have failures but setbacks that teach you what not to do so you can regroup and try again.

Sources:

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⁴Lench HC, Levine LJ. Goals and responses to failure: Knowing when to hold them and when to fold them. Motivation and Emotion. 2008;32(2):127-140. doi: 10.1007/s11031-008-9085-1.

⁵Kvalnes O. Failing Fast. In: Fallibility at Work Rethinking Excellence and Error in Organizations. Palgrave Macmillan, Cham; 2017:21-38.

⁶Why Climbers Die on Mount Everest. Science Daily Website. Updated December 15, 208. Accessed February 22, 2018.
⁷Wilkins A. 3 Times Elon Musk Failed So, So, So Badly. Inverse Website. https://www.inverse.com/article/38615-elon-musk-biggest-failures. Updated November 22, 2017. Accessed February 22, 2018.

 $\underline{https://www.heart.org/en/healthy-living/healthy-lifestyle/mental-health-and-wellbeing/overcome-setbacks}$

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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	М	T	W	Th	F	S		
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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	М	T	W	Th	F	S			
	1	2	3	4	5	6			
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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									
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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								
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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								
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17 - End of Q3

24 - Dismiss 1:15/1:30 pm

27 - 31 Spring Break

	OCTOBER '22								
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ĺ	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									
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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		
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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	М	T	W	Th	F	S		
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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							
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18	19	20	21	22	23	24		
25	26	27	28	29	30	31		

21 - Dismiss SIP1:15/1:30

22 - Dismiss 1:15/1:30; End of Q2

23 - No School

25 - Christmas Day

26 – 30 Winter Break

	JUNE '23								
S	М	T	W	Th	F	S			
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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

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