



District E-News

March 13, 2023

Newark CCSD 66

Newark Families and Staff,

www.ngsd66.org

815-695-5143

Spring Forward - did you turn your clocks one hour ahead?

The 5Essentials survey closes on March 31st. Thank you to everyone for your input!

https://survey.5-essentials.org/illinois/?target_name=parent

MJH is looking for input on an Outdoor Education Classroom! Please open the survey and tell us your opinion! Thanks in advance for your help! [OEC Survey](#)

We still need all 5 things! Winter is not done yet. It will be muddy and a little wet and our snow pants and boots keep our clothes dry!

We are still seeing cases of norovirus and a few strep throat cases. Teachers are allowing extra time for handwashing throughout the day in lieu of hand sanitizer. We are told the hand sanitizer will not work against the norovirus germs. Please continue to encourage good hand washing at home. We sing the ABC or Happy Birthday song for 20 seconds. :)

The online registration link for Kindergarten and PreSchool is open! If you are a current family, you can login to your Teacherease account and just add a new student. New families need the new registration link to register. Pre- School is filling up quickly!

Kindergarten round up is coming on April 6th (see flyer below for details). If you have a kindergartener enrolling this coming Fall, please register them online.

Big shout out to all the PTO moms and dads for all the work on the Daddy Daughter Dance. Pictures coming on Facebook soon! Everyone had a great time! Thank you for making this special for all of our girls and their dads/special people in their lives. Memories for a long time!

Track and Scholastic Bowl in full swing! We need spring weather though! Stay healthy and stay warm!

Two more weeks until Spring Break! IAR state testing begins April 4th when we return for grades 3 - 8.

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 great week!

Partners in Education,
Mrs. Turman and Ms. Chase

Dates to Remember:

5Essentials Survey Open Now through March 31st!
https://survey.5-essentials.org/illinois/?target_name=parent

March 12 - Spring Forward! Turn clocks ahead one hour!

March 16 - PTO time to dine @ Hacienda Real (flyer below)

March 17 - End of Q3; Happy St. Patrick's Day!

March 17 and 18 - Matilda the Musical @ NGS

March 20 - BOE meeting 6:30 pm @ NGS

March 23 - Q3 Report Cards home; 5th/6th Skate Field Trip; 1st grade to Brookfield Zoo

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

March 27 - March 31 - Spring Break

April 4th - April 21 - IAR testing for grades 3rd - 8th

April 4 - PTO meeting 6:00 pm

April 6 - Kindergarten Round Up! 1:30 pm NGS

April 7 - No School - Good Friday

April 10 - No School Easter Monday

April 14 - School Store at NGS

April 17 - BOE meeting at NGS 6:30; 8th Grade Holocaust Museum Field trip

April 20 - 7th Grade Springfield Trip

April 28 - Q4 Midterms

April 29 - Mother Son Bowling 2:00 - 5:00 pm

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

Follow us on Facebook and Twitter and Instagram!

Website: www.ngsd66.org

Youtube channel: Newark School District

Millbrook Jr. High Vikings Updates

Week of March 13-March 18

Monday, March 13

Morning Report: Bea W.

Sports & Activities:

Track Practice 3-4:30 pm

Chess Club 3-3:45 PM

Matilda Tech Week 3 pm-7 pm @ NGS

Scholastic Bowl @ Serena, 4:00 PM

Tuesday, March 14

Morning Report: Tenley W.

Sports & Activities:

Homework Club 3-3:45 pm

Track Practice 3-4:30 pm

Matilda Tech Week 3 pm-7 pm @ NGS

Scholastic Bowl @ Lisbon, 4:00 pm

Wednesday, March 15

Morning Report: Avery S.

Rtl Meeting 3-3:40 pm

Sports & Activities:

Track Practice 3-4:30 pm

Matilda Tech Week 3 pm-7 pm @ NGS

Thursday, March 16

Morning Report: Natalie S.

TIME 2 DINE: Hacienda Real

Sports & Activities:

Homework Club 3 pm-3:45 pm

Track Practice 3-4:30 pm

Matilda Tech Week 3 pm-7 pm @ NGS

Friday, March 17

Morning Report: Juliana M.

END QUARTER 3

Sports & Activities:

Track Practice 3-4:30

Matilda Performance 6 PM at NGS (student report to NGS after school

Saturday, March 18

Matilda Performances 1 PM & 6 PM at NGS

MARK YOUR CALENDARS: Q3 Ends on March 17/Report Cards go home March 23

***** IAR TESTINGS April 4-6. Please make sure your students are at school!**

NOROVIRUS (STOMACH BUG) FACT SHEET FOR PARENTS

Some cases of norovirus, or the stomach bug, have been reported from your child's school or classroom. Norovirus is a highly contagious virus that can lead to diarrhea, vomiting, and stomach pain. Norovirus illness can be known by other names, such as food poisoning and stomach flu. Anyone can get norovirus. Between 19 and 21 million cases are reported each year.

HOW DOES THE NOROVIRUS SPREAD?

Norovirus spreads very easily and quickly, as it doesn't take much exposure to make you sick. Individuals remain contagious from the moment they begin feeling sick through the first few days after recovery.

Norovirus can spread to others by:

- Having direct contact with an infected person, such as touching an infected person while caring for them.
- Eating food or drinking liquids that are contaminated with norovirus.
- Touching objects that have norovirus on them and then putting your fingers in your mouth.
- Sharing utensils or cups with people who are infected with norovirus.

Remember the correct way to wash your hands. Apply soap. Rub your hands together to create a lather and scrub well for at least 20 seconds. Rinse hands well under running water. Dry hands using a clean towel or air dry them.

HOW TO PREVENT NOROVIRUS?

Use the Centers for Disease Control and Prevention's recommendations:

1. Practice proper hand hygiene.
2. Wash fruits and vegetables and cook seafood thoroughly. Keep sick infants and children out of areas where food is being handled and prepared.
3. When you are sick, do not prepare food or care for others. And after recovery, wait for another 2 to 3 days as you may still be contagious.
4. Clean and disinfect contaminated surfaces using a chlorine bleach solution or other disinfectant registered as effective against norovirus by the U.S. Environmental Protection Agency (EPA).
5. Wash laundry thoroughly. Immediately remove and wash clothes or linens that may be contaminated with vomit or stool (feces). Handle these items carefully without agitating them. Wear rubber or disposable gloves while handling soiled items and wash your hands after. Wash the items with detergent at the maximum available cycle length and then machine dry them.

RESOURCES

[cdc.gov/norovirus](https://www.cdc.gov/norovirus)

Newark
CCSD 66



PRESCHOOL 2023

REGISTRATION

Classes begin August 21, 2023
\$100 Registration fee by May
1st.

Registration open soon!

PLAY BASED PRESCHOOL
PROGRAM TAUGHT BY
MRS. TAMARA SCHMIDT

3 year old program T/TH 8:30 - 11:00 am

Tuition: \$125/month

4 year old program M/W/F 8:30 - 11:00 am

Tuition: \$150/month

4 year old program M/T/W/Th 12:00 - 2:30
pm

Tuition: \$175/month

Students must be potty trained

Birth certificate and updated proof of
vaccinations required

Newark Grade School
**ONE COMMUNITY
BUILDING THE FUTURE**

Play based preschool program for 3 and 4 year olds will
be offered at Newark Grade School for 2023 - 2024.

Registration open soon to Newark district and Lisbon
district students.

Contact

815-695-5143

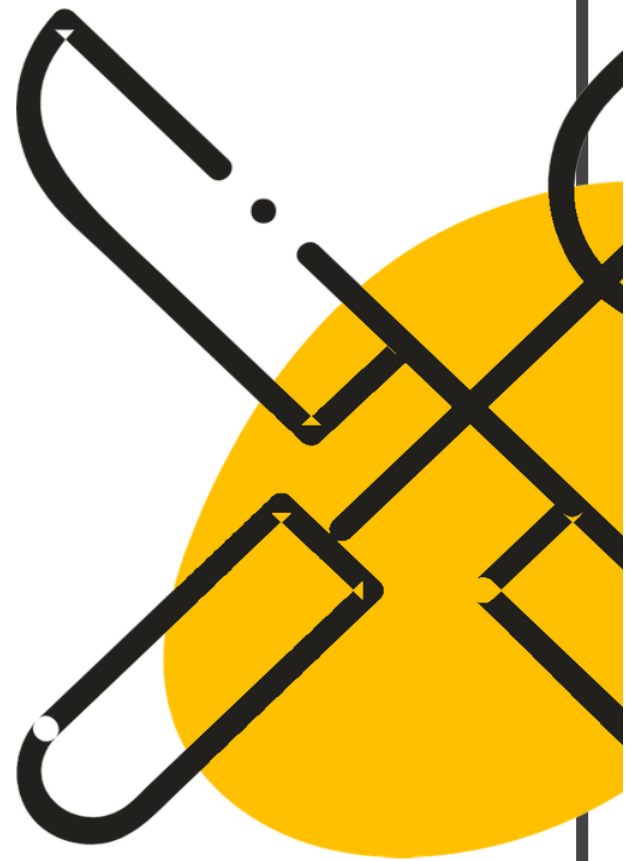
www.ngsd66.com

dturman@ncsd66.org

Yorkville! Eat to **support**

NEWARK/MILLBROOK
PTO

Mention our group
when you order!



THURSDAY, MARCH 16TH
11:00 AM - 9:00 PM



Hacienda Real - Flavors of Mexico
585 E Kendall Dr.

**NEWARK COMMUNITY
CONSOLIDATED SCHOOL DISTRICT 66
Presents...
MILLBROOK JR. HIGH's production of:**

ROALD DAHL'S
Matilda
THE MUSICAL JR.

Book by
Dennis Kelly

Music & Lyrics by
Tim Minchin

March 17th @ 6pm
March 18th @ 2pm & 6pm
\$5 - reserved seats & at the door
Seating is limited.

Ticket reservation link:

https://docs.google.com/forms/d/e/1FAIpQLSdg0G8knroZ1KoduZ0ymllIOsF5dVsFNtZS2Jyy-kr_dEvpgW/viewform?usp=sf_link

**All Performances at Newark Grade School
503 Chicago Road, Newark, IL 60541**



ROALD DAHL'S MATILDA THE MUSICAL JR. is presented through special arrangement with Music Theater International (MTI). All authorized performance materials are also supplied by MTI.
423 West 55th Street, New York, NY 10019
Phone: 212-541-4684 Fax: 212-397-4684 - www.MTIShows.com

Newark Grade School District 66 Theater MATILDA Jr Program Ad Placement Form

Help fund this new program by placing a business, organization, personal ad or shout-out in the program. Thank you for your support!

Name of
Business/Organization/Family _____

Contact Person _____

Contact Phone _____

Contact Email _____

Please submit this form, your ad and payment to Newark Grade School or Christy Hager at chager@ncsd66.org. Cash or check only (made to Newark Grade School Dist. 66). This form, payment and ads must be submitted by March 8, 2022.

Ad Choices:

Full page (4 ½" w by 7 ½" h) \$100

Half page (4 ½" w by 3 ¾" h) \$50

Quarter page (4 1/2" w by 1 ¾" h) \$30

All Ads are black/white with a choice of sizes. Ads should be designed and formatted into a pdf file fit to the size of your choice as listed above.

I understand that with the above one-time fee, the ad I submit will be printed and appear in the program for the duration of the Matilda Jr. production. Performance dates: March 17 & 18 (3 performances).

Thank you for supporting MJH Theater!

Signature _____

Printed Name _____

Date _____

**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**



2023 KA Basketball Camps

Register at kabasketball.com

Email: kyleanders12@kabasketball.com



4 Day Camp

Entering 1st-9th Grade Boys and Girls

June 19, 20, 21, 22

Location: Millbrook Jr. High. 8411 Fox River Dr.
Newark, IL

\$70 per camper

9:00 AM -11:00 AM 1st - 4th Grade

11:30 AM -1:30 PM 5th - 10th Grade

This 4 day camp will challenge players of all skill levels. Players will learn the fundamentals and skills to excel on offense and defense. Players will have the opportunity to use these skills in fun/challenging games and competitions. Must be registered by June 1st to guarantee receiving a camp t-shirt.

Elite Camp

Entering 5th-12th Grade Boys and Girls

June 26, 27, 28

Location: Millbrook Jr. High. 8411 Fox River Dr.
Newark, IL

\$80 per camper

9:00 AM - 12:00 PM 5th-12th Grade

This camp is for players who are looking to take their offensive abilities to the next level. Every minute of this camp will be devoted to improving each player's ability to score on the offensive end. Players will compete in different variations of 1 on 1 and 3 on 3 everyday to work on using the skills they've learned. Must be registered by June 5th to guarantee receiving a camp t-shirt.



Coaches

Dylan Patrick helped lead his team to a 4th place state finish at Newark. He played basketball at Upper Iowa and Southeastern University. Kyle Anderson helped lead his team to a state championship at Newark. He played Division 1 at the University of Delaware and played professionally in Europe. Both Dylan and Kyle have been working with athletes for many years.



2023 CHAMPION VOLLEYBALL CAMPS

June 5th–9th, 2023

Newark High School Gym

Boys **AND**
Girls
are
WELCOME!

Boys **AND**
Girls
are
WELCOME!

All Camps are run by:

PJ McKinney – Head Volleyball Coach, Newark High School
Kristy Carlson – Assistant Volleyball Coach, Newark High School
Abbey Akre – Assistant Volleyball Coach, Newark High School
and Lady Norsemen Volleyball Players

“Mini-Spikers”

Entering Grades K-3

8:00 - 9:15 am

\$50.00

(*includes t-shirt)

This camp teaches basic volleyball concepts and skills on a modified court for our little volleyball enthusiasts!

Intermediate Camp

Entering Grades 4-6

9:15 - 10:30 am

\$50.00

(*includes t-shirt)

This camp focuses on the basic skills of the game, including serving, passing, setting, attacking, and court play. Girls wanting to play on their school's 5th-6th grade team will benefit from this camp!

Junior Camp

Entering grades 7-8

10:30 am - Noon

\$50.00

(*includes t-shirt)

This camp focuses on skills, strategy, and court play preparing girls for their upcoming season as well as the next level of volleyball

Setters Clinic

Entering grades 7-12

2:00 - 3:30 pm

\$50.00

(*includes t-shirt)

This camp trains the high school level setter as well as 7th and 8th graders who are interested in being a setter at the high school level..

Transition Camp (for Incoming Freshmen) 12 - 2:00 pm **\$60 (*includes t-shirt)**

This camp is designed for our incoming freshmen. We will spend the week preparing them for High School volleyball, learning offensive and defensive systems, serve receive patterns, as well as skill work.

***T-SHIRT DEADLINE:** To receive the camp t-shirt, your registration **MUST BE RECEIVED** by **FRIDAY, MAY 5th!**

Registrations **WILL BE ACCEPTED** up until the first day of camp.

PLEASE NOTE: USE A SEPARATE REGISTRATION FORM FOR EACH CAMPER YOU ARE REGISTERING!

Camper Name: _____
Address: _____

Phone: _____
Email: _____

Grade entering in Fall '23: _____

T-Shirt Size: Please check ☐ Youth Medium ☐ Small
☐ Youth Large ☐ Medium
☐ Large
☐ X-Large

Please check: ☐ Mini-Spiker Camp \$50 ☐ Setter Camp \$50
☐ Intermediate Camp \$50 ☐ Transition Camp \$60
☐ Jr. Camp \$50

School You Attend: _____

****If more than one child is attending from the same immediate family, you can deduct \$5.00 for each child after the first one. ****

I agree to allow my child to participate in the 2023 Champion Volleyball Camps and understand that there is a risk of injury involved in their participation. I agree that I will not hold Newark High School, the coaching staff or related facilities responsible for any injuries sustained while traveling to/from camp or during camp.

Parent/Guardian Name (please print): _____
Parent/Guardian Signature: _____
Date: _____

Emergency Contact: _____
Emergency Phone: _____

Please fill out and detach **one form per participant**, include payment (checks payable to PJ McKinney), and send to:

PJ McKinney 343 Pensacola St. Yorkville, IL 60560

Questions? Call 630 947 5331 or email pmckinney@nchs18.org

WILLIAMS SUMMER VOLLEYBALL CAMPS



**SAME CAMP:
2 DIFFERENT WEEKS AT
2 DIFFERENT LOCATIONS**



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.*

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 fall of 2023	8:00 a.m.—9:30 a.m.
Session 2: Entering grades 4—6 in the fall of 2023	9:30 a.m.—11:30 a.m.
Session 3: Entering grades 7—9 in the fall of 2023	12:00 p.m. — 2:00 p.m.

Camp 2 at Village Bible Church in Sugar Grove from July 11-13, 2023.

Session 1: Entering grades 1—3 in the fall of 2023	8:00 a.m.—9:30 a.m.
Session 2: Entering grades 4—6 in the fall of 2023	9:30 a.m.—11:30 a.m.
Session 3: Entering grades 7—9 in the fall 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: _____ School attending in fall 2023: _____

In case of emergency, notify: _____ Emergency Phone: _____

I give my student athlete permission to attend the Williams Summer Volleyball Camps the week of June 27 –29 and/or July 11-13, 2023. I do hereby waive, release and discharge Village Bible Church and Helmar Lutheran Church, their staff and employees, and Coach Monica Williams and her assistant coaches from any and all rights and claims for damages resulting from injuries to my students or property which may be sustained by said child in connection with his/her association with, or participation in, or arising out of the traveling to or from volleyball camp. We, the parents or guardians, agree to the above waiver and release.

Parent/Legal Guardian Signature

Date

Charles B. Phillips Library March Calendar Events

MON	TUE	WED	THR	FRI	SAT
 6 N. Jackson Street Newark IL 815.695.5851 www.cbplib.us 		1 9:15 AM Chair Yoga	2 4:00 PM Kids Movie Matilda	3 9:15 AM Chair Yoga	4 10:00 AM Duplo Club 11:00 AM Lego Club
6 9:15 AM Chair Yoga 10:30 AM Storytime <i>I am Sam</i>	7 10:30 AM Tiny Vikings Playgroup 6:00 PM Write Now!	8 9:15 AM Chair Yoga	9 3:30 PM Board Game Club	10 9:15 AM Chair Yoga 1:00 PM Hand & Foot Canasta	11 10:00 AM Adult Book Chat <i>The Guest List</i> By Lucy Foley
13 9:15 AM Chair Yoga 10:30 AM Storytime <i>St. Patrick's Day</i>	14 10:00 AM Itty Bitty Crafter Birth-Age 2 10:30 AM Tiny Vikings Playgroup 1:00 PM Adult Matinee <i>Women Talking</i>	15 9:15 AM Chair Yoga	16	17 9:15 AM Chair Yoga	18
20 9:15 AM Chair Yoga 10:30 AM Storytime <i>Rainbow</i>	21 10:30 AM Tiny Vikings Playgroup 6:00 PM Write Now!	22 9:15 AM Chair Yoga	23	24 9:15 AM Chair Yoga 1:00 PM Hand & Foot Canasta	25
27 9:15 AM Chair Yoga	28	29 9:15 AM Chair Yoga	30	31 9:15 AM Chair Yoga	 Adult Events  Youth Events



MARCH 2023

WHAT IS HAPPENING IN PTO

3/7 - PTO meeting at 6:00 pm

3/10 - School store at NGS during lunch/recess

3/11 - Daddy Daughter Dance 6:00-8:00 pm at MJH

3/16 - Time to Dine at Hacienda Real all day

*Show flyer or mention Newark when ordering

DADDY DAUGHTER DANCE

SATURDAY, MARCH 11TH 6:00-8:00 PM

**TICKETS CAN BE PURCHASED AT THE
DOOR FOR \$25 AND EACH ADDITIONAL
DAUGHTER WILL BE \$5.**



Welcome to
Kindergarten!



Welcome to Kindergarten Roundup

Kindergarten 2023-2024

April 6, 2023

1:15 - 1:30

Arrival in cafe

Parents / Adults

1:30	Walk down to room
1:45	Mrs. Turman/Questions - Cafe
2:00	Registration Info - Mrs. Hauge
2:15	Mrs. Schmidt / Mrs. Cass
2:30	Dismissal

Kindergarten

Walk down to room
Kindergarten Lesson
Kindergarten Snack
Kindergarten Bus Ride
Kindergarten returns from ride

WHAT IS SAFE2HELP IL?

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



DID YOU KNOW?

70%

of teens have experienced struggles with mental health.



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



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



of adolescents increased their use of alcohol.

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

HOW TO SHARE INFORMATION



844-4-SAFEIL



SAFE2 (72332)



SAFE2HELPIL.COM



HELP@SAFE2HELPIL.COM



Download on the
App Store

GET IT ON
Google Play

Follow Us:



For more information visit our website at Safe2HelpIL.com



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.AILife.com/CHGJI](https://www.aillife.com/CHGJI)
to find out more or request a no-cost kit.

An AIL 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)

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

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

NEWARK CCSD 66 2023-2024 CALENDAR

JULY '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					

4 Independence Day

1 – 7 Winter Break
8 Teacher Institute
9 Students return
15 M.L. King Day
26 SIP 1:15/1:30

JANUARY '24

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			

AUGUST '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		

8 In person Registration
1:30-5:30 @ NGS
14 Teacher Institute
15 Teacher Institute
16 First full day

9 Q3 Midterm
16 SIP day 1:15/1:30
19 Presidents' Day

FEBRUARY '24

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		

SEPTEMBER '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

4 Labor Day
7 SIP Day 11:15/11:30
15 Q1 Midterms

15 End of Q3
22 - 31 Spring Break
22 SIP 1:15/1:30 Dismiss
29 Good Friday
31 Easter Sunday

MARCH '24

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						

OCTOBER '23

S	M	T	W	Th	F	S
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8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

6 Teacher institute
9 Columbus Day No School
13 End of Q1
18 conferences 4 – 7pm
19 conferences 2 – 7 pm
19 1:15/1:30 dismissal
20 No School
31 Halloween

1 No School
2 School resumes
19 Q4 Midterms
26 SIP day 11:15/11:30 dismiss

APRIL '24

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				

NOVEMBER '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		

10 SIP 1:15/1:30 dismiss
17 Q2 midterms
22 No school
23 - 24 Thanksgiving break
27 School resumes

10 SIP 1:15/1:30 dismiss
12 Mother's Day
24 Last Day 1:15/1:30 dismiss
End of Q4
27 Memorial's Day

MAY '24

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	

DECEMBER '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						

20 SIP 1:15/1:30 dismiss
21 SIP 1:15/1:30 dismiss
21 End of Q2
22 – 31 Holiday Break

16 Father's Day
19 Juneteenth

JUNE '24

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						



Diabetes Basics

Written by [WebMD Editorial Contributors](#)

Medically Reviewed by [Michael Dansinger, MD](#) on February 13, 2021

March is National Nutrition Month and March 28 is National Diabetes Alert Day. Diabetes is a leading cause of death, blindness, heart attacks, and stroke. Ninety to ninety-five percent of diabetes is type 2 which, unlike type 1 diabetes, can be prevented. Because of this, now is a good time to become acquainted with this increasingly prevalent and largely preventable disease.

What is diabetes? What are the types of diabetes?

Diabetes is a group of diseases that involve problems with the hormone insulin. Normally, the pancreas (an organ behind the stomach) releases insulin to help your body store and use the sugar from the food you eat. Diabetes occurs when one of the following occurs:

- When the pancreas does not produce any insulin
- When the pancreas produces very little insulin
- When the body does not respond appropriately to insulin, a condition called "insulin resistance"

Diabetes is a lifelong disease. Approximately 18.2 million Americans have the disease and almost one third (or approximately 5.2 million) are unaware that they have it. An additional 41 million people have pre-diabetes. As yet, there is no cure. People with diabetes need to manage their disease to stay healthy.

The Role of Insulin in Diabetes

To understand why insulin is important in diabetes, it helps to know more about how the body uses food for energy. Your body is made up of millions of cells. To make energy, these cells need food in a very simple form. When you eat or drink, much of your food is broken down into a simple sugar called "glucose." Then, glucose is transported through the bloodstream to the cells of your body where it can be used to provide some of the energy your body needs for daily activities.

The amount of glucose in your bloodstream is tightly regulated by the hormone insulin. Insulin is always being released in small amounts by the pancreas. When the amount of glucose in your blood rises to a certain level, the pancreas will release more insulin to push more glucose into the cells. This causes the glucose levels in your blood (blood glucose levels) to drop.

To keep your blood glucose levels from getting too low (hypoglycemia or low blood sugar), your body signals you to eat and releases some glucose from storage kept in the liver.

People with diabetes either don't make insulin or their body's cells are resistant to insulin, leading to high levels of sugar circulating in the blood, called simply high blood sugar. By definition, diabetes is having a blood glucose level of 126 milligrams per deciliter (mg/dL) or more after an overnight fast (not eating anything).

Types of Diabetes

Prediabetes

In the U.S., 84.1 million adults have blood sugar levels that are higher than normal but not high enough to be classified as diabetes. This is called prediabetes, or impaired glucose tolerance. People with prediabetes usually have no symptoms, but it's almost always there before a person develops type 2 diabetes. However,

complications normally associated with diabetes, such as heart disease, can begin even when a person has only prediabetes. Talk to your doctor to see if you need to be tested for prediabetes. You may be able to prevent type 2 diabetes and lower your risk of complications like heart disease.

Type 1 diabetes

Type 1 diabetes occurs because the insulin-producing cells of the pancreas (called beta cells) are destroyed by the immune system. People with type 1 diabetes produce no insulin and must use insulin injections to control their blood sugar. Type 1 diabetes most commonly starts in people under the age of 20, but may occur at any age. This type of diabetes is not preventable at this time.

Type 2 diabetes

Unlike people with type 1 diabetes, people with type 2 diabetes produce insulin. However, the insulin their pancreas secretes is either not enough or the body is resistant to the insulin. When there isn't enough insulin or the insulin is not used as it should be, glucose can't get into the body's cells.

Type 2 diabetes is the most common form of diabetes, affecting almost 18 million Americans. While most of these cases can be prevented, it remains for adults the leading cause of diabetes-related complications such as blindness, non-traumatic amputations, and chronic kidney failure requiring dialysis. Type 2 diabetes usually occurs in people over age 40 who are overweight, but can occur in people who are not overweight. Sometimes referred to as "adult-onset diabetes," type 2 diabetes has started to appear more often in children because of the rise in obesity in young people.

Some people can manage their type 2 diabetes by controlling their weight, watching their diet, and exercising regularly. Others may also need to take a pill that helps their body use insulin better, or take insulin injections.

Often, doctors can detect the likelihood of type 2 diabetes before the condition actually occurs. Commonly referred to as pre-diabetes, this condition occurs when a person's blood sugar levels are higher than normal, but not high enough for a diagnosis of type 2 diabetes.

Gestational diabetes

Gestational diabetes is triggered by pregnancy. Hormone changes during pregnancy can affect insulin's ability to work properly. The condition occurs in up to 9% of all pregnancies.

Pregnant women who have an increased risk of developing gestational diabetes are those who are over 25 years old, are above their normal body weight before pregnancy, have a family history of diabetes or are Hispanic, black, Native American, or Asian.

Screening for gestational diabetes is performed during pregnancy. Left untreated, gestational diabetes increases the risk of complications to both the mother and their unborn child.

Usually, blood sugar levels return to normal within six weeks of childbirth. However, women who have had gestational diabetes have an increased risk of developing type 2 diabetes later in life.

What Are the Symptoms of Diabetes?

The symptoms of [type 1 diabetes](#) often occur suddenly and can be severe. They include:

- Increased thirst
- Increased hunger (especially after eating)
- Dry mouth
- Frequent urination
- Unexplained weight loss (even though you are eating and feel hungry)
- Fatigue (weak, tired feeling)

- Blurred vision
- Labored, heavy breathing
- Loss of consciousness (rare)

The symptoms of type 2 diabetes may be the same as those listed above. Most often, there are no symptoms or a very gradual development of the above symptoms. Other symptoms may include:

- Slow-healing sores or cuts
- Itching of the skin (usually in the vaginal or groin area)
- Yeast infections
- Recent weight gain
- Numbness or tingling of the hands and feet
- Impotence or erectile dysfunction

With gestational diabetes, there are often no symptoms. Or you might notice:

- More thirst
- More urination
- More hunger
- Blurred vision

Pregnancy makes most women have to urinate more often and feel hungrier, so these symptoms don't always mean you have gestational diabetes. But it is important to get tested, because high blood sugar can cause problems for both you and your baby.

How Is Diabetes Treated?

There's no cure for diabetes, but it can be managed and controlled. The goals of managing diabetes are to:

- Keep your blood sugar levels as near to normal as possible by balancing food intake with medication and activity.
- Maintain your blood cholesterol and triglyceride (lipid) levels as near their normal ranges as possible by avoiding added sugars and processed starches and by reducing saturated fat and cholesterol.
- Control your blood pressure. Your blood pressure should not go over 130/80.
- Slow or possibly prevent the development of diabetes-related health problems.

You hold the key to managing your diabetes by:

- Planning what you eat and following a balanced meal plan
- Exercising regularly
- Taking medicine, if prescribed, and closely following the guidelines on how and when to take it
- Monitoring your blood sugar and blood pressure levels at home
- Keeping your appointments with your health care providers and having laboratory tests as ordered by your doctor

Remember: What you do at home every day affects your blood sugar more than what your doctor can do every few months during your checkups.

<https://www.webmd.com/diabetes/guide/diabetes-basics>