



District E-News

March 28, 2022

Newark CCSD 66

815.695.5143

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

Newark Families and Staff,

Welcome Back! We hope everyone enjoyed some time off. Time to get back and start the last nine weeks of the school year! We have much to do!

Both schools have snack breaks everyday. Please remember to send a healthy snack with your student and a water bottle every day. **We also still need our 5 things at NGS for this week! MJH Students should still have coats and boots.** Unfortunately, spring has not completely sprung yet. The grounds are damp and muddy. We go outside everyday. The mornings are chilly for recess.

Quarter 4 begins on Monday! Report cards for Q3 will go home on Tuesday, March 29th.

The next three weeks begin our IAR state testing. MJH will begin the Reading IAR tests on Tuesday this week. Please make sure your student gets a good night's rest and breakfast in the morning. IAR testing is in reading and math for grades 3 through 8. ISA - the state science assessment is for grades 5 and 8 only. NGS will begin testing on April 4th for grades 3 and 4. If you have any questions, please feel free to contact your student's teacher or the office.

8th Grade Families - The Springfield trip is on Thursday!! Students and parents attending need to report to MJH by 6:00 am on Thursday. Itineraries have been emailed to you. If your 8th grader is not attending, they should report to school as normal this day and attend classes as usual. Sports boosters is also providing the opportunity for you to order a garden banner for your graduate! Please see the flyer below for ordering information. The orders close on April 6th.

PTO news: please click on the google form links to sign up for committees next school year and to nominate officers for the 22 - 24 school years. Voting will take place at the May meeting. PTO does a wonderful job providing activities and support for our students, teachers and parents throughout the year. We look forward to any time, help, ideas you have to share and participate in the 2022 - 2023 school year. All are welcome!

PTO candidate form: <https://forms.gle/qQfjKU69YLqCF9oQ8>

PTO committee form: <https://forms.gle/kSAUwfRoSgAp9mku7>

Again, welcome back! We have much to accomplish these last nine weeks of school! On behalf of the entire staff, we appreciate your support and encouragement at home. We are "One Community Building the Future."

Don't forget to download our Mobile App and check out the website! Have a great week and stay healthy!

Partners in Education,

Mrs. Turman

#### Dates to Remember:

March 28th- School Resumes; Qtr 4 begins  
BOE meeting 6:30 pm

March 29th - Q3 Report Cards go home

March 28th - April 14th - IAR testing grades 3 - 8; ISA testing grades 5th and 8th

March 31st- 8th Grade Springfield Trip

April 2- Chicago Wolves Newark Night!

April 5 - PTO meeting 6:00 pm

April 7 - Kindergarten Round Up for 22 - 23 school year! (1:30 - 2:30 at NGS (flyer below))

April 15 - Good Friday - no school

April 18 - Easter Monday - no school

April 19 - BOE meeting 6:30 pm @ NGS  
Roller Skating begins at NGS

April 21 - 7th Grade Springfield Trip

April 29 - SIP Day 1:15/1:30 Dismissal

May 3 - PTO meeting

May 10- 5B's Dinner fundraiser 4:30 - 6:30 pm

May 16 - Band Concert @ NCHS

May 17 - BOE meeting @ NGS 6:30 pm

May 18 - K - 4 Cougar's Game

May 19 - MJH Sports Banquet 6:00 pm

May 20 - MJH Awards Day 1:30 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](http://www.ngsd66.org)

Youtube channel: Newark School District

## Millbrook Junior High School

### Activities Update

**March 28 - April 1**

*Reminder to self-certify COVID symptoms everyday! Call the school if your child has a fever 100.4 or higher or any other symptoms by 6:30 for bus riders and 7:45 for drop offs.*

- Mon, March 28      8th Graders report to NCHS for Spanish I and Algebra I 8am  
8th grade Springfield Trip forms and money due to the office ASAP!  
Track practice 3:00 - 4:30  
Board of Education Meeting 6:30 pm @ NGS
- Tues, March 29      8th Graders report to NCHS for Spanish I and Algebra I 8:00 am  
IAR testing - Reading Session 1 - all grades  
Homework Club 3:00 - 3:45 pm  
Track practice 3:00 - 4:30 pm  
Scholastic Bowl practice 3:00 - 4:15 pm  
Q3 Report Cards home today!
- Wed, March 30      8th Graders report to NCHS for Spanish I and Algebra I 8:00 am  
IAR testing - Reading Session 2 - all grades  
Track practice 3:00 - 4:30 pm
- Thurs, March 31      **8th Graders to Springfield today! Be at MJH by 6:00 am!**  
Homework Club 3:00 - 3:45 pm  
Track practice 3:00 - 4:30 pm
- Fri, April 1      8th Graders report to NCHS for Spanish I and Algebra I 8:00 am  
Track meet @ Indian Creek 4:00 pm - drop bus only

The District reports weekly COVID information.

Week ending	Positive Reported District Cases	% of Population	# in Healthy Quarantine	# test to stay (properly masked)	% of Population	Staff/Students- 256
8/27/21	1	<1%	1		1.00	1 staff
9/3/21	0	0	5		5.00	0
9/10/21	1	<1%	13		13.00	1 student
9/17/21	0	0	5		5.00	0
9/24/21	2	<1%	10		10.00	2 students
10/1/21	0	0	11		11.00	0
10/8/21	0	0	6		6.00	0
10/15/21	2	<1%	5		5.00	2 students
10/22/21	0	0	1		1.00	0
10/29/21	0	0	5		5.00	0
11/5/21	2	<1%	9		9.00	2 students
11/12/21	5	2%	19	8	19.03	5 students
11/19/21	3	2%	32	6	32.02	3 students
11/26/21	4	2%	19	0	19.00	4 students
12/3/21	2	1%	3	2	3.01	1 student; 1 staff
12/10/21	1	<1%	3	2	3.01	1 student
12/17/21	3	1%	6	0	6.00	1 staff; 2 students
12/24/21						
12/31/21						
1/7/2022	17	7.70%	15	0	15.00	8 staff; 9 students
1/15/2022	3	1%	9	0	9.00	2 staff; 1 student
1/21/2022	8	4%	8	0	8.00	2 staff; 6 students
1/28/2022	14	6.50%	10	11	10.04	5 staff; 9 students
2/4/2022	6	2.40%	4	6	4.80%	6 students
2/11/2022	0	0	0	0	0.00	0
2/18/2022	1	<1%	2	0	<1%	1 student
2/25/2022	4	1.50%	2	0	1%	4 students
3/4/2022	0	0	1	0	<1%	0
3/11/2022	0	0	1	0	<1%	0
3/18/2022	0	0	1	0	<1%	0
3/25/2022						Spring Break



## TeacherEase Daily Symptom Checks in Teacher Ease

Please continue to symptom check in Teacherease. Click on the link and then answer the questions for each child in the morning. Thank you for your help and support as we try to keep everyone safe and healthy.

Tools

[COVID-19 Screenings](#)

# KANE COUNTY COUGARS READING CLUB INFORMATION



Dear Families,



We are beginning the Kane County Cougars Reading Club at school. It will run from February 28th - April 29th. We will be doing things a little differently with this than in the past. Instead of your child entirely completing the reading program at home and you receiving tickets to go to a game in your own time, we will be taking an entire school field trip on a school day to the game! (More information about the field trip will go home closer to the date) Our school's field trip is scheduled to take place on Wednesday, May 18th. However, with the uncertainty that these past few years have brought, we are also going to be planning a fun alternative activity for that day, should the game get cancelled.

Students must work to earn their field trip by reading. Your child's teacher will send home specifics as to how the program will be working in their classroom.

Students will be working towards 1st base, 2nd base, 3rd base, and "home run." For 1st - 3rd base they will earn a small prize once reached, and when they have filled their entire chart and hit the "home run" base, they will have earned their field trip!

If you have any questions regarding the reading tracking process, please feel free to reach out to your child's teacher. When we have more information about the field trip, another letter will be sent home. We appreciate your participation in this exciting event, and look forward to all the wonderful reading that will take place over the next few months!



**Welcome to Kindergarten Roundup**  
**Kindergarten 2022-2023**  
**April 7, 2022**

1:15 - 1:30

Arrival in cafe

**Parents / Adults**

**Kindergarten**

1:30	Walk down to room	Walk down to room
1:45	Mrs. Turman/Questions - Cafe	Kindergarten Lesson
2:00	Registration Info - Mrs. Hauge	Kindergarten Snack
2:15	Mrs. Schmidt/Mrs. Cass	Kindergarten Bus Ride
2:30	Dismissal	Kindergarten returns from ride



## MJH Sports Boosters 8<sup>th</sup> Grade Graduation Banner

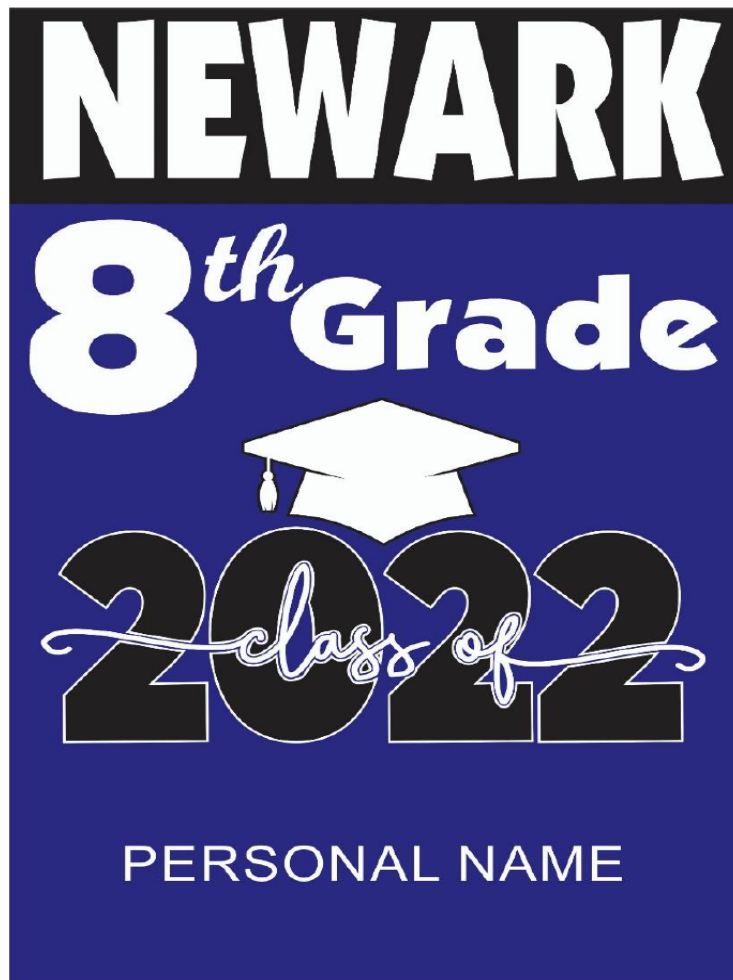
\$25 for the Graduation Banner—No charge for personalization

\$15 for Garden Stakes

To order, please utilize the link below to the Steven's store.

Store is open until midnight on April 6, 2022.

<https://newark2022.itemorder.com/>



## Newark CCSD 66 | 2021-2022 CALENDAR

4 Independence Day

JULY '21						
S	M	T	W	Th	F	S
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JANUARY '22						
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30	31					

3 Teacher Institute  
4 Students return  
14 SIP 1:15/1:30  
17 M.L. King Day – No School

3 – late registration 1:00 – 6:00 pm  
16 Teacher Institute  
17 Teacher Institute  
18 First Day of Student attendance

AUGUST '21						
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FEBRUARY '22						
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27	28					

18 SIP 1:15 /11:30  
21 Presidents' Day – No School

6 Labor Day No School  
9 SIP day 11:15/11:30

SEPTEMBER '21						
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MARCH '22						
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18 SIP 1:15/1:30  
21 – 25 Spring Break  
28 School resumes

8 Teacher Institute  
11 Columbus Day – No School  
20 PT conferences 4 – 7  
21 1:15/1:30 Dismissal  
PT conferences 2 – 7  
22 No School  
31 Halloween

OCTOBER '21						
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15 Good Friday – No School  
17 Easter Sunday  
18 No School – East Monday  
29 SIP 11:15/ 11:30

23 SIP day 1:15/1:30  
24 No School  
25 Thanksgiving Day  
26 No School

NOVEMBER '21						
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08 Mother's Day  
11 SIP 1:15/1:30  
27 Last Day of Student Attendance 1:30 dismiss  
30 Memorial's Day

17 SIP Day 1:15/1:30  
20 First Day of Winter Break  
25 Christmas Day

DECEMBER '21						
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19 Father's Day

Calendar Template © calendarlabs.com

# NEWARK CCSD 66 | 2022-2023 CALENDAR

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## Choosing foods that meet Heart-Check certification requirements linked to better diet quality, study finds

By American Heart Association News

Please note: This article was published more than two years ago, so some information may be outdated. If you have questions about your health, always contact a health care professional.

People who report eating foods that meet the American Heart Association's Heart-Check Food Certification Program nutrition requirements are more likely to eat healthier and have fewer heart disease risk factors, according to a recent study.



The study, published in the *American Journal of Clinical Nutrition* in March, evaluated survey data taken from about 11,000 Americans reporting what they ate in a 24-hour period. It found that those who chose foods that would meet Heart-Check certification requirements typically ate more fiber, whole grains, fruits and vegetables. They also reported eating fewer empty calories from added sugars and less sodium.

"We found that when people reported eating foods that would qualify for the Heart-Check program, their intakes were positively linked to higher quality diets and were less likely to have risk factors for heart disease," said Alice H. Lichtenstein, D.Sc., the study's lead author and professor of Nutrition Science and Policy at Tufts University. "This study suggests that front-of-pack labels like the Heart-Check mark that rely on science-based criteria can be useful guides in terms of selecting a high-quality diet."

**Heart disease is the leading cause of death in the U.S., and stroke ranks fourth, but healthy eating can significantly reduce the risk for both. Improving diet quality can be a key factor in reducing chronic disease risk, particularly of heart disease. The study found that higher consumption of Heart-Check certifiable foods was also positively associated with a more-favorable profile of several factors related to heart disease risk, including lower body mass index (BMI), waist circumference, diastolic blood pressure, and in men, total and LDL-cholesterol concentrations.**

"The American Heart Association encourages a healthy eating pattern for all Americans as the first defense to reducing risk of heart disease and stroke," said Rachel Johnson, Ph.D., R.D., Professor of Nutrition at the University of Vermont, chair of the association's Nutrition Committee and one of the authors of the study. "By providing resources and tools like the Heart-Check program, we are making it easier for people to make better food choices. Foods with the American Heart Association Heart-Check mark can guide consumers to better food choices and, in turn, help them build a more healthful dietary pattern."

The Heart-Check mark, the front-of-package icon of the American Heart Association's Food Certification Program, has been helping shoppers select healthier foods since 1995. The Heart-Check Mark is a useful tool for consumers constructing a healthier diet. American Heart Association Heart-Check Food Certification program criteria are based on sound science

regarding healthy dietary recommendations, food categories, specific product ingredients and nutrient values, and are consistent with relevant government regulatory standards for making coronary heart disease claims. The Heart-Check mark is the health icon most trusted by consumers to identify foods that are consistent with a heart-healthy diet, according to consumer market research.

In 2011, the association announced new Heart-Check certification requirements, giving food companies with products that didn't meet new criteria two years to reformulate their products or discontinue participation in the program. The new requirements went into effect in January 2014.

Johnson hopes these new requirements, along with the recent study results, will encourage food manufacturers to make more healthy products available to the public – and encourage people to choose healthier options at the store. Given the existing state of processed foods on the market, the American Heart Association's Food Certification Program is playing an important role in helping Americans move their diets in a healthier direction.

In addition to looking for the Heart-Check Mark on food products, reading food labels is important. The American Heart Association encourages consumers to educate themselves about the foods they eat, by reading nutrition labels and looking for the Heart-Check Mark on food products.

Heart-Check Food Certification Program nutrition requirements are intended for healthy people over age 2. People with special medical needs should follow the advice of their healthcare professionals. For more information on the Heart-Check Food Certification Program and to find certified foods, visit [heartcheckmark.org](http://heartcheckmark.org).

### **Check for the Heart-Check Mark**

This is some of what it takes to be Heart-Check certified\*:

#### **Source of Nutrients –**

Beneficial Nutrients (naturally occurring): 10% or more of the Daily Value of 1 of 6 nutrients (vitamin A, vitamin C, calcium, protein or dietary fiber)

#### **Limited in Bad Fats –**

Saturated Fat: 1g or less per standard serving size and 15% or less calories from saturated fat; Trans Fat: Less than 0.5g per label serving size and per standard serving size. Products containing partially hydrogenated oils are not eligible for certification.

#### **Limited in Sodium –**

Sodium: One of four sodium limits applies depending on the particular food category: up to 140 mg, 240 mg or 360 mg per label serving, or 480 mg per label serving and per standard serving size.\*

\*All requirements listed apply to Standard Certification, see [heartcheck.org/requirements](http://heartcheck.org/requirements).

\*<https://www.heart.org/en/healthy-living/company-collaboration/heart-check-certification/heart-check-in-the-grocery-store/heart-check-food-certification-program-nutrition-requirements>

## **New Viking Spirit Wear**

**PTO has partnered with a new Spirit Wear provider this year. All ordering will be done using the following website.**

**<http://newarkvikings.company.site/>**

**There will be no charge for shipping and all orders will be delivered to your child's school.**

**We are offering several new designs!**



**You can also find the link on our PTO Facebook page**

**Newark/Millbrook PTO**