

District E-News

April 4, 2022

Newark CCSD 66

www.ngsd66.org

815.695.5143

Newark Families and Staff,

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 3 things at NGS for this week (boots, coat, snow pants)! MJH Students should still have coats and boots.** The grounds are damp and muddy. We go outside everyday. The mornings are chilly for recess.

The next two weeks continue our IAR state testing. MJH will continue IAR/ISA tests on Mon/Tues/Wed/Fri this week. 3rd and 4th will take IAR tests on Tues/Wed/Fri 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. If you have any questions, please feel free to contact your student's teacher or the office.

8th Grade Families - Sports boosters is 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! The Committee form was changed to add helpers too! We could use your help!

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

PTO committee form: <https://forms.gle/xQ1qXCTAgyK131X48>

Due to lack of reporting data, the COVID19 chart is being removed from these updates. If cases rise and affect us in the future, we will add the data back in for you. Let's continue to stay healthy!

As we continue through these last months of school, we appreciate everyone's support and commitment to our students and staff! We have some exciting things brewing as we all get back to "normal" and start to plan for next year! Stay tuned! We have some exciting things being planned for. 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 - April 14th - IAR testing grades 3 - 8; ISA testing grades 5th and 8th

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)

Time to Dine @ Salsa Verde (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

Q3 Honor Rolls - MJH

Time to Dine @ Johnny K's (flyer)

April 21 - 7th Grade Springfield Trip

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

May 2 - 6 - Teacher/Staff appreciation week!

May 3 - PTO meeting

May 10- 5B's Dinner fundraiser 4:30 - 6:30 pm (flyer below)
Pre-orders open!

May 16 - Band Concert @ NCHS

May 17 - BOE meeting @ NGS 6:30 pm
Band to Luigi's today

May 18 - K - 4 Kane County Cougar's Game

May 19 - MJH Sports Banquet 6:00 pm

May 20 - MJH Awards Day 1:30 pm

May 23 - 5th Orientation (4th to MJH); Annual sports Physicals for current grades 4, 6, 7 only

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 Junior High School
Activities Update
April 4 - April 8

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, April 4	8th Graders report to NCHS for Spanish I and Algebra I 8am 7th grade Springfield Trip permission forms due to office Track practice 3:00 - 4:30 Scholastic Bowl Meet HOME vs. Plano 4:00 pm - Room 5
Tues, April 5	8th Graders report to NCHS for Spanish I and Algebra I 8:00 am IAR testing - Reading Session 3 - all grades Homework Club 3:00 - 3:45 pm Track practice 3:00 - 4:30 pm PTO meeting 6:00 pm @ NGS
Wed, April 6	8th Graders report to NCHS for Spanish I and Algebra I 8:00 am ISA testing - grades 5th and 8th Track practice 3:00 - 4:30 pm 8th Graduation Banner Orders Due online (flyer below)
Thurs, April 7	8th graders report to MJH today Homework Club 3:00 - 3:45 pm Track practice 3:00 - 4:30 pm Time to Dine @ Salsa Verde
Fri, April 8	8th Graders report to NCHS for Spanish I and Algebra I 8:00 am Track practice 3:00 - 4:30 pm Q3 Report Card signed envelopes due to office
Sat. April 9	Track Meet At Bishop Mac 9:00 am

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 8th Grade Graduation Banner

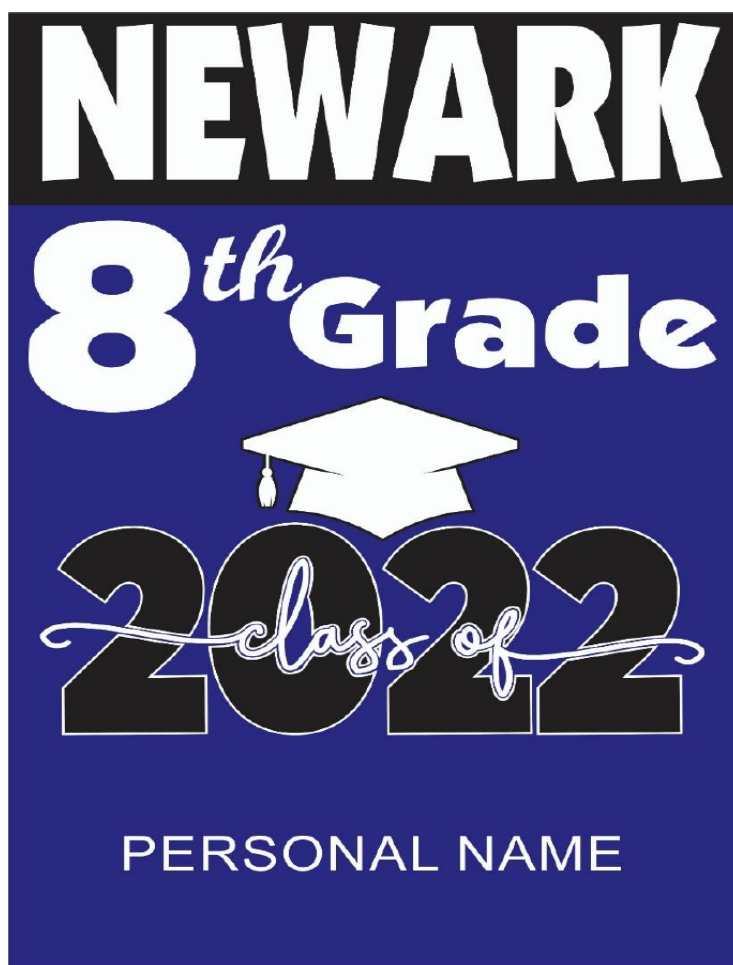
\$25 for the Graduation Banner—No charge for personalization

\$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/>





April 2022

What is happening in PTO

Monthly PTO Meeting

Tuesday, April 5th @ 6pm
Newark Grade School

Time to Dines

4/7 - Salsa Verde in Yorkville - all day
(bring flyer with you, show on your phone or mention us)

4/19 - Johnny K's in Sandwich -4pm-9pm
(bring flyer with you, show on your phone or mention us)

5/10 - 5B's 4:30pm - 6:30pm NGS Drive Thru

5/27 - Foxy's Ice Cream Truck - MJH

Upcoming Events

Newark Family Night with the Chicago Wolves

Saturday, April 2nd @ 7pm - tickets being sent home
the week of 3/28

Teacher Appreciation Week!

Monday May 2nd - Friday May 6th

(more info to come on how the kids and parents can help participate)

The Circus is coming to town!

Wednesday, May 25th - more details to come!

PTO Election Time --- Google doc being sent out, please fill
out and send back no later than May 2nd

Time to Dine - Let's Go To Dinner Fundraiser

Newark School District #66 and
Newark Millbrook PTO would like to give a

BIG THANK YOU
to **SALSA VERDE** and **YOU!**



Yorkville Location Only

(630) 553-6931

They will be hosting a fundraiser for us and a percentage of all sales for
the below date will be donated as a benefit back to our school.

**PLEASE BRING THIS FLYER or MENTION/SHOW THIS FLYER ON
YOUR PHONE**

THURSDAY, APRIL 7TH

11AM-9PM

The current funds being raised will be going to:

NGS – playground repairs

MJH – playground repairs



Thank you for your support!

Time to Dine - Let's Go To Dinner Fundraiser

Newark School District #66 and

Newark/Millbrook PTO would like to give a

BIG THANK YOU

to **Johnny K's** and **YOU!**

They will be hosting a fundraiser for us and a percentage of all sales for the below date will be donated as a benefit back to our school. Bring this flyer or just mention our schools.

TUESDAY, APRIL 19TH

4PM-8PM

The current funds being raised will be going to:

NGS – playground repairs

MJH – playground repairs

Thank you for your support!





5B'S DRIVE THRU Time to Dine Fundraiser



Newark School District #66 and
Newark Millbrook PTO would like to give a

BIG THANK YOU
to **5B'S CATERING SERVICE** and **YOU!**

TUESDAY, MAY 10th
4:30PM-6:30PM @ NGS

Please stay in your cars, volunteers will be outside to direct you!
Pre-order by clicking the ticket information link below or on the
Newark/Millbrook PTO page

<https://docs.google.com/forms/d/e/1FAIpQLSez1dzDI7THMxYK43T0etNeqE8Q81rgcSvLkEquYZpYtU7gng/viewform?vc=0&c=0&w=1&flr=0>

This guarantees you get a meal that night and helps us with the wait times.



Each ticket gives you:
2 Pork Chops --- \$15
OR
1/2 Chicken --- \$15
OR
Combination Meal ---- \$15
OR
Hot Dog Meal ---- \$6

MEAL SIDES: Applesauce, Baked Beans, Coleslaw, Dinner Roll & Butter.

PAYMENT is due at time of pickup. Cash or Check made out to Newark/Millbrook PTO

The current funds being raised will be going to:

NGS – playground repairs

MJH – playground repairs

Thank you for your support!

Newark CCSD 66 | 2021-2022 CALENDAR

4 Independence Day

JULY '21						
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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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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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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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Calendar Template © calendarlabs.com

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



Stressed out kids? Signs and strategies

Life is full of unpredictable changes. Some can be exciting and motivating, while others can lead to increased stress, poor health and anxious feelings.

Stress is an automatic physical, mental and emotional response to challenging events. It's a normal part of everyone's life, including the lives of children.

Children, especially teenagers, aren't likely to ask their parents to help them manage their stress. Sometimes, they don't even recognize that they are feeling stressed out. As a parent or guardian, you might notice something is off before they do. Helping your children manage their stress can lead to more balanced and healthier lives.

Signs of stress in children

Children aren't mini adults, and they may express stress in different ways than you might expect.

Here are a few signs that your children may be stressed out or could use some extra support:

- **Emotional outbursts or increased irritability**
Stress leads to stronger feelings of anger and irritability. Your children may have emotional outbursts that are inconsistent with their previous behavior or the current situation.
- **Trouble sleeping**
Worries and fears seem to come out during bedtime. Children who are stressed may have trouble falling or staying asleep or start having nightmares.
- **Withdrawing from others**
Children who are stressed may want to spend more time alone and not interact with friends or family.
- **Struggles with school**
Significant changes in your children's school performance can be a sign of stress. Stress makes it harder for children to focus during the school day or when doing homework. Emotional outbursts and anger at school can cause trouble with friends and classmates.
- **Frequent headaches or stomachaches**
When children are stressed or anxious, their bodies release the hormone cortisol into the blood. This can trigger abdominal cramps and headaches.
- **Increased defiance**
Children under stress may feel angry or overwhelmed. They are seeking ways to get out of the situation that is causing them to feel uncomfortable. This can lead to defiant and stubborn behaviors. Remember that children's signs of stress can vary based on age, personality and coping skills. The key is to watch for drastic or sudden changes from your children's previous behaviors.

Managing defiance

Usually, children don't have a lot of power or control in their lives. They are told when to eat, sleep and learn; when to say please and thank you; and the list goes on. Children know how to push their parents' buttons and get reactions, and sometimes saying no is the only control they feel they have that day.

Sometimes there is a purpose for their misbehavior, such as to gain attention or get something they want. Other times, they might just be on autopilot because they are exhausted and their brains simply aren't able to regulate their emotions or actions any more. As a parent or caregiver, it can feel exhausting when your children act defiantly.

Here are a few tips for managing children's defiant behaviors:

- **Set expectations.**
Children thrive on routines and set expectations. Outline examples of behaviors you will and will not tolerate. When

correcting children, tell them what you want them to do rather than what not to do. For example, instead of saying, "Stop chewing with your mouth open," try saying, "Please chew with your mouth closed."

- **Act, don't react.**

When children act defiant, the instinct to react is very human. Take a deep breath and calmly correct behavior. Don't mirror their anger level. Remind yourself that your children are impressionable, and your words matter.

- **Pick your battles.**

If their behavior is simply irritating but not dangerous or illegal, try to ignore it. The moment they do something positive, complement them. Sometimes children simply want a reaction, so try to react to the positive behaviors instead of the negative.

- **Focus on two or three behaviors only.**

Children may feel overwhelmed or inadequate if you try to correct every concerning behavior. A focused approach will get better and quicker results in improved behaviors.

Coping with stress

While all stress cannot be eliminated, you can prevent excess stress from affecting your children's lives by:

- **Establishing and keeping routines**

With many simultaneous changes, children need to be able to count on something that's going to be the same most of the time. That's why routines are so important. If your family wasn't routine-orientated before, now is a good time to implement daily routines to provide structure and support. You could start a new bedtime habit or strive to have supper together a few nights a week to provide consistency at home for your children.

- **Encouraging a return to previous activities**

During the pandemic, many children's activities were delayed or canceled. After going a whole year with little social contact, some kids have anxiety about returning to activities they previously enjoyed. Depending on your local health recommendations, encourage your children to try a new or previous favorite activity or sport again. If your children resist, set a timeline to reevaluate their feelings. For example, ask your children to try the activity for two weeks before making any final decision. It's good for them and most will find they enjoy it once they get going again.

- **Finding humor in daily life**

A good laugh doesn't just lighten a mood, it also activates and relieves the body's stress response. Find ways to laugh with your kids by watching comedies, reading comics or jokes, playing games, and helping each other find the humor in daily life.

- **Playing as a family**

Get physical with your kids and find ways to play as a family. Put on music and dance in the kitchen, go for a bike ride after dinner, or play games as a family. These activities can reduce how stress affects you and your children.

- **Encouraging healthy diet and sleep habits**

Tired or hungry kids are rarely happy. Make sure that your children's diet includes a mix of fruits and vegetables, whole grains and lean proteins to keep them full and focused. A lack of sleep can trigger overreaction or emotional outbursts, so follow a bedtime routine to make sure your children get enough sleep each night.

- **Practicing deep breathing together**

Deep breathing is a great way to reduce stress levels. Help your children practice by taking deep breaths in for a count of five seconds, hold for two seconds and released to a count of five seconds. If your children feel anxious, try this simple exercise to unstuck the mind from the worry setting. (See 5, 4, 3, 2, 1: Countdown below)

- **Enlisting help of children's teachers**

With kids back in classrooms, take the opportunity to check in with their teachers. Ask how your children are doing, if they are making friends, or if the teacher is noticing any problems between your children and other students. Often, children won't tell their parents about issues they have at school, as they may feel embarrassed. Sometimes parents are surprised to learn their children are being bullied at school. Teachers and school staff can be your eyes and ears when your children are not with you.

- **Managing your mental health**

It's hard to be an effective parent if you struggle with your mental health. Take steps to keep burnout and stress at bay in your life.

5, 4, 3, 2, 1: Countdown to make anxiety blast off

Everyone feels anxious now and then. But there are things you can do to minimize those feelings. Mayo Clinic Health System staff suggests trying the exercise below the next time your mind is stuck on the worry setting.

Sit quietly. Look around you and notice:

-
- 5 things you can see: Your hands, the sky, a plant on your colleague's desk
 - 4 things you can physically feel: Your feet on the ground, a ball, your friend's hand
 - 3 things you can hear: The wind blowing, children's laughter, your breath
 - 2 things you can smell: Fresh-cut grass, coffee, soap
 - 1 thing you can taste: A mint, gum, the fresh air

This exercise helps you shift your focus to your surroundings in the present moment and away from what is causing you to feel anxious. It can help interrupt unhealthy thought patterns.

<https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/5-4-3-2-1-countdown-to-make-anxiety-blast-off>