



# Orion Community Unit School District 223

## February & March 2023 Newsletter

Volume 51, Issue 4

<http://orionschools.us>

### Orion School District

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Dear Parent,

Beginning now until March 31, 2023, students, teachers and parents will have the opportunity to participate in the eleventh annual statewide Illinois 5Essentials Survey. Your students individual school will contact you about an optional opt out opportunity as schools will administer the test in different time frames. 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 Leadership
- 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 through 12th 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 the schools and districts in May and will also be included in the State School Report Card.

Additionally, your district has chosen to provide the optional Parent Supplement survey. If at least 20 percent of Orion parents complete this survey, a parent supplemental report will also be generated. The parent data will not be reported to 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 5Essential Survey for students and teachers will be conducted from now through March 31, 2023. The Parent Survey Supplement will be conducted during the 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 5Essential Survey, or to view previous years' Reports, please visit <https://www.5-essentials.org/illinois>. If you have any questions or concerns, please contact 5Essentials Client Services at 1-866-440-1874 or [impact-survey@uchicago.edu](mailto:impact-survey@uchicago.edu).

Yours in Education,

Joseph A. Blessman  
Superintendent

# School Board Election

The School Board Election for Orion Community Unit School District #223 will be held on Tuesday, April 4, 2023. Five seats on the seven-member Board of Education will be filled at the April 4<sup>th</sup> election. One seat will serve a two-year (unexpired) term, expiring in 2025. Four seats will serve four-year terms expiring in April 2027. School board elections are nonpartisan and board candidates do not indicate a political party affiliation.

Membership of the Board of Education is restricted to a maximum of three members from any congressional township. The five seats with terms expiring in April 2023 are from the townships of Colona (2), Rural (2) and Western (1). On the basis of the existing board membership, members may be elected in the following numbers from each congressional township:

- Not more than 3 may be elected from Lynn Township.
- Not more than 1 may be elected from Western Township.
- Not more than 3 may be elected from Andover Township.
- Not more than 3 may be elected from Osco Township.
- Not more than 3 may be elected from Colona Township.
- Not more than 3 may be elected from Edford Township.
- Not more than 3 may be elected from Rural Township.
- Not more than 3 may be elected from Coal Valley I Township.

Candidates running for the four-year terms (four seats open) are Julie Abbott (Rural Township), Sonia Berg (Colona Township), Kimberly A. Nightingale (Rural Township), Jamee Sovey (Osco Township), Jonathan Stockton (Western Township), and Hayley Voorhees (Western Township). The candidate running for the unexpired two-year term is Amy Blommer (Colona Township).



## **As A Reminder - Information Concerning School Cancellations And Delays:**

If school is delayed or cancelled, staff and parents of our students will be notified via SchoolMessenger, the school district's automated notification system. Please take the time, if you have not already done so, to create a "contact manager account" so we can be sure to send any voice, e-mail, or text message to the appropriate numbers and/or e-mail addresses. Directions to set up a SchoolMessenger "contact manager account" are listed on multiple pages on the School District website. School cancellations and delays will also be prominently listed on the main page of the district's website.

The list of TV stations will also be notified in case of school cancellations and delays. Each station is responsible for the manner in which and speed that they are able to relay the information on to their listeners and viewers. It is our intent to release accurate information as quickly as possible.

WHBF - TV Channel 4  
KWQC - TV Channel 6  
WQAD - TV Channel 8  
KLJB - TV FOX 18  
KGCW - TV "The Quad Cities CW"



## **Food Service Non-Discrimination Complaint Procedures**

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- (1) mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov)

This institution is an equal opportunity provider.

**PL 94-142 Handicapped** - Section 504 is an Act which prohibits discrimination against persons with a handicap in any program receiving Federal financial assistance. The ACT defines a person with a handicap as anyone who:

1. has a mental or physical impairment which substantially limits one or more major life activities (major life activities include such as caring for one's self, performing manual tasks, walking, seeing, hearing, speaking, breathing, learning and working).
2. has a record of such an impairment; or
3. is regarded as having such an impairment.

In order to fulfill its obligation under Section 504, the Orion School District recognizes a responsibility to avoid discrimination in policies and practices regarding its personnel and students. No discrimination against any person with a handicap will knowingly be permitted in any of the programs and practices in the school system. If there are questions, please feel free to contact R. C. Lowe, 504 Coordinator for the school district, at phone number (309) 526-3386.

## WHEN TO KEEP SICK CHILDREN HOME FROM SCHOOL

Information compiled from CDC (Centers for Disease Control); DOH (Department of Health); OSPI (Office of Superintendent of Public Instruction)

Deciding when to keep a sick child at home from school is not always easy. It's important for children to attend school and for some parents staying home means missing work. But when a child is truly sick, they need to stay home in the care of an adult to get well and to prevent spreading illness to others.

Please keep the school office up to date with current phone numbers so you or an alternate contact can be reached if your child becomes ill or injured at school.

The following information may help you decide when to keep your child at home. "Child" refers to all school-aged children including adolescents. This information does not take the place of consulting a medical provider. See below for "When to contact a medical provider".

DIFFERENCES BETWEEN COMMON COLDS and THE FLU			
COMMON COLD		FLU (INFLUENZA)	
<p>The common cold is a contagious upper respiratory infection caused by cold viruses. It is the most frequent childhood illness. Symptoms can last 7 to 14 days. A child with no fever, mild symptoms and otherwise feeling well may be fine at school.</p> <p><b>WHEN TO KEEP A CHILD HOME FROM SCHOOL:</b> A child with heavy cold symptoms such as deep or uncontrollable coughing or significant lack of energy belongs at home even without a fever. See additional information on fever, sore throat and influenza.</p>		<p>The flu is a highly contagious respiratory illness caused by influenza viruses and can cause mild to severe illness. A person with influenza can be contagious up to one week after symptoms appear. Children are one of the biggest sources for spreading the flu. To help decrease the spread of regular seasonal flu and novel H1N1 flu:</p> <p><b>WHEN TO KEEP A CHILD HOME FROM SCHOOL:</b> A child with flu-like illness (fever and cough) must stay home from school for at least 24 hours after they no longer have a fever or signs of a fever, without the use of fever-reducing medicine. A fever is defined as a temperature of 100°F or higher. If symptoms occur while at school, the student must be picked up as soon as possible to go home. Contact a medical provider with severe symptoms, if the ill person is pregnant or has a chronic medical condition that could make them vulnerable to influenza complications.</p>	
Symptoms	Usually come on gradually	Symptoms	Usually come on quickly
Fever	Rare in adults and older children, but can be as high as 102°F in infants and small children	Fever	Typically as high as 102°F, but can rise to 104°F and usually lasts 3 to 4 days
Cough	Mild, hacking cough	Cough	Often, can be severe
Headache	Rare	Headache	Sudden onset, can be severe
Muscle aches	Mild	Muscle aches	Usual, can be severe
Tiredness/weakness	Mild	Tiredness/weakness	Can last 2 or more weeks
Extreme exhaustion	Never	Extreme exhaustion	Sudden onset, can be severe
Vomiting/diarrhea	Never	Vomiting/diarrhea	Sometimes
Runny Nose	Often	Runny Nose	Sometimes
Sneezing	Often	Sneezing	Sometimes
Sore throat	Often	Sore throat	Sometimes

These are also COVID symptoms. If your child has these symptoms, please get tested.

**Sore Throat:** A child with a mild sore throat, no fever and otherwise feeling well may be fine to attend school.

**When to Keep a Child Home from School:** Keep a child at home and contact a medical provider for a severe sore throat and if white spots are seen in the back of the throat, with or without a fever.

**Strep Throat:** A significantly sore throat could be strep throat, a contagious illness. Other symptoms may include fever, white spots in the back of the throat, headache and upset stomach. Untreated strep throat can lead to serious complications.

**When to Keep a Child Home from School:** Keep your child home from school with the above symptoms and contact a medical provider. A child diagnosed with strep throat is no longer infectious and can return to school 24 hours after antibiotic treatment has been started.

### **Stomach Pain:**

**When to Keep a Child Home from School:** Consult a medical provider and do not send a child to school with a stomach ache that is persistent or severe enough to limit activity. If vomiting or diarrhea occurs, keep the child home until symptom free for 24 hours.







# February 2023



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Calendar Key</b> MSBBB - Middle School Boys' Basketball MSSB - Middle School Scholastic Bowl MSVB - Middle School Volleyball MSWR - Middle School Wrestling HSBB - High School Baseball HSBBB - High School Boys' Basketball HSFrBBB - High School Freshmen Boys' Basketball HSGBB - High School Girls' Basketball HSGS - High School Girls' Soccer HSBOWL - High School Scholastic Bowl HSSB - High School Softball			<b>1</b> 6:00 HSFrBBB Wethersfield-H	<b>2</b> TBA MSBBB 8th Grade Regionals- Rockridge 5:30 MSVB Monmouth/Roseville-H 5:30 HSGBB Morrison-H "Fundraiser Night" 5:30 HSFrBBB Geneseo-T 6:00 Music Booster Meeting-The MAC	<b>3</b> 5:30 HSBBB Riverdale-H "Hall of Fame Night"	<b>4</b> 10:00 HSWR IHSA 1A Regionals- Riverdale 11:00 HSGBB Bushnell-Prairie- H 3:00 HSBBB Geneseo-T
<b>5</b>	<b>6</b> 5:00 HSBOWL Hall & Kewanee-H 4:30 MSSB Kewanee Central-T 5:30 MSVB Kewanee Central-T 5:30 HSGBB Monmouth/Roseville -T 6:00 HSFrBBB Alleman-T	<b>7</b> 5:30 MSWR Kewanee Central & Knoxville- Kewanee Central 5:30 HSBBB Morrison-H	<b>8</b> TBA MSBBB 8th Grade Sectionals 5:30 MSVB Rockridge-T 6:00 HSFrBBB Alleman-H	<b>9</b> TBA MSBBB 7th Grade State 5:30 HSGBB Galva-T	<b>10</b> 5:30 HSBBB Monmouth/ Roseville-H "Senior Night"	<b>11</b> TBA MSBBB 8th Grade State TBA HSWR IHSA 1A Sectionals- Oregon TBA HSGBB IHSA 2A Regionals 3:00 HSBBB Bureau Valley-H
<b>12</b>	<b>13</b> TBA HSGBB IHSA 2A Regionals 5:30 MSVB Sherrard-H	<b>14</b> TBA HSGBB IHSA 2A Regionals 5:30 MSWR Monmouth/Roseville & Macomb- Monmouth/Roseville 5:30 HSBBB Kewanee-T	<b>15</b> 5:30 MSVB Mercer County-T 7:30 Board of Education Meeting	<b>16</b> TBA MSBBB 8th Grade State TBA HSWR IHSA 1A State TBA HSGBB IHSA 2A Regionals 5:30 MSVB Knoxville-H	<b>17</b> <b>No School -            Teachers'            Institute</b> TBA HSWR IHSA 1A State TBA HSGBB IHSA 2A Regionals	<b>18</b> TBA HSWR IHSA 1A State TBA HSBBB IHSA 2A Regionals
<b>19</b>	<b>20</b> <b>No School -            Presidents'            Day</b> <b>No ACC            Classes</b>	<b>21</b> TBA HSGBB IHSA 2A Sectionals 7:00 OMS & OHS Band Concert-OHS	<b>22</b> TBA HSBBB IHSA 2A Regionals 5:30 MSVB Monmouth/ Roseville-T	<b>23</b> TBA HSGBB IHSA 2A Sectionals 5:00 HSBOWL St. Bede & Newman-Erie- Prophetstown	<b>24</b> TBA HSBBB IHSA 2A Regionals	<b>25</b> TBA MSWR Regionals-Riverdale TBA MSVB 7th Grade Regionals- Monmouth/Roseville 7:00 Sadie Hawkins Dance-OHS
<b>26</b>	<b>27</b> HSSB, HSBB & HSGS Practices Begin TBA HSGBB IHSA 2A Super Sectionals	<b>28</b> TBA HSBBB IHSA 2A Sectionals- Orion				



# March 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Calendar Key</b> MSVB - Middle School Volleyball MSWR - Middle School Wrestling MSTR - Middle School Track HSBB - High School Baseball HSBBB - High School Boys' Basketball HSGS - High School Girls' Soccer HSSB - High School Softball HSTR - High School Track HSBTR - High School Boys' Track HSGTR - High School Girls' Track			<b>1</b> OHS Scholarships Due TBA MSVB 7th Grade Regionals-Monmouth/Roseville TBA HSBBB IHSA 2A Sectionals-Orion	<b>2</b> TBA MSVB 7th Grade Regionals-Monmouth/Roseville 6:00 Music Booster Meeting-The MAC	<b>3</b> TBA HSBBB IHSA 2A Sectionals-Orion	<b>4</b> TBA MSVB 8th Grade Regionals-Knoxville 9:00 MSWR Sectionals-East Peoria Central
<b>5</b>	<b>6</b> TBA MSVB 7th Grade Sectionals-Monmouth/Roseville	<b>7</b> TBA MSVB 8th Grade Regionals-Knoxville	<b>8</b> TBA MSVB 8th Grade Regionals-Knoxville	<b>9</b> TBA MSVB 8th Grade Regionals-Knoxville	<b>10</b> End of Third Grading Period TBA MSVB 7th Grade State-Warrensburg 11:30 MSWR State-NIU DeKalb 6:00 CRH 3rd, 4th & 5th Music Program-OHS	<b>11</b> TBA MSVB 7th Grade State-Warrensburg 9:00 MSWR State-NIU DeKalb TBA HSTR St. Ambrose Indoor Track Invite-T
<b>12</b>	<b>13</b> No ACC Classes-Spring Break MSTR Practice Begins TBA MSVB 8th Grade Sectionals-IVHS (Mossville) 4:30 HSBB (V) Limestone-T 4:30 HSGS (V) Galesburg-T	<b>14</b> No ACC Classes-Spring Break 4:30 HSSB Galesburg-T	<b>15</b> No ACC Classes-Spring Break ISA Testing-8th Grade 3:00-6:00 Kindergarten Round-Up-CRH 3:30 HSTR Titan Indoor Invite-Monmouth College 4:30 HSBB Knoxville-T 7:30 Board of Education Meeting	<b>16</b> Report Card Distribution No ACC Classes-Spring Break ISA Testing-8th Grade 8:30-12:00 & 3:30-6:00 Preschool Screenings-Orion Methodist Church 4:30 HSSB Knoxville-H	<b>17</b> <b>No School - Teachers' Institute</b> No ACC Classes-Spring Break 10:00 SAT Practice Test-OHS TBA MSVB 8th Grade State-Pana 4:30 HSBB Rock Island-H	<b>18</b> TBA MSVB 8th Grade State-Pana 8:30 HSTR Streaks Indoor Track Invite-Monmouth College 11:00 HSGS Mendota-H 12:00 HSBB Freeport-TBK Sports Complex
<b>19</b>	<b>20</b> <b>No School - Spring Break</b> 4:15 HSBB Metamora-T 4:30 HSSB United Township-T	<b>21</b> <b>No School - Spring Break</b> 4:30 HSBB United Township-T	<b>22</b> <b>No School - Spring Break</b> 4:30 HSGS Monmouth/Roseville-T	<b>23</b> <b>No School - Spring Break</b> 4:30 HSSB Mercer County-H	<b>24</b> <b>No School - Spring Break</b> TBA HSTR Illinois Top Times 4:30 HSBB (V) Bushnell-Prairie-T	<b>25</b> 10:00 HSSB Hall-H 11:00 HSGS Macomb-T
<b>26</b>	<b>27</b> 4:30 HSSB Rockridge-T 4:30 HSBB (V) Rockridge-T 4:30 HSBB (JV) Rockridge-H	<b>28</b> 4:30 HSBB Geneseo-H	<b>29</b>	<b>30</b> TBA HSTR Storm Track Invite-T 4:30 HSSB Rockridge-H 4:30 HSBB (V) Rockridge-H 4:30 HSBB (JV) Rockridge-T	<b>31</b>	



# C. R. Hanna Elementary School

## February 2023 Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Milk included daily with a school lunch. Milk is \$.50 each with a home lunch. Strawberry milk available every Monday.	Fresh fruit offered daily when available.	Menu subject to change without prior notice.	<b>1</b> Cheese Quesadilla Broccoli Pears	<b>2</b> Crispito Cooked Carrots Sidekick Corn Chips	<b>3</b> Cheese Pizza Peas Peaches	<b>4</b>
<b>5</b>	<b>6</b> BBQ Rib with Bun Mixed Veggies Mandarin Oranges	<b>7</b> Mini Pancakes Sausage Patty Hash Browns Strawberries	<b>8</b> Hot Dog with Bun Cooked Carrots Cinnamon Apple Slices Ice Cream	<b>9</b> Macho Nachos Tortilla Rounds Fiesta Beans Mixed Fruit	<b>10</b> Macaroni & Cheese Little Smokies Lettuce with Dressing Fresh Fruit	<b>11</b>
<b>12</b>	<b>13</b> “Lucky Tray Day” Hamburger with Bun Green Beans Applesauce	<b>14</b> Mandarin Orange Chicken Rice Broccoli Pineapple	<b>15</b> Pancake/Sausage Wraps Yogurt Tater Tots Orange Juice	<b>16</b> Sloppy Joe with Bun Veggie Juice Mixed Fruit Pickle Spear	<b>17</b> No School - Teachers’ Institute	<b>18</b>
<b>19</b>	<b>20</b> No School - Presidents’ Day	<b>21</b> Corn Dogs Baked Beans Pears	<b>22</b> Cheesy French Bread Corn Applesauce	<b>23</b> Spaghetti Garlic Toast Lettuce with Dressing Fresh Fruit	<b>24</b> Peanut Butter & Jelly Sandwich String Cheese Baby Carrots Raisins	<b>25</b>
<b>26</b>	<b>27</b> French Toast Sticks Sausage Patty Hash Browns Orange Juice	<b>28</b> Chicken Strips & Waffle Cooked Carrots Strawberries				Student Lunch: \$3.10 Reduced Price: \$.40 Adult Lunch: \$4.35 Ala Carte Milk: \$.50

\*Free and Reduced Lunch Applications can be obtained from all building offices throughout the school year.  
This institution is an equal opportunity provider.





# C. R. Hanna Elementary School

## March 2023 Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Milk included daily with a school lunch. Milk is \$.50 each with a home lunch. Strawberry milk available every Monday.	Fresh fruit offered daily when available.	Menu subject to change without prior notice.	<b>1</b> Hot Dog with Bun Mixed Veggies Rosy Applesauce	<b>2</b> Walking Tacos Doritos Refried Beans Sidekick	<b>3</b> Grilled Cheese Sandwich Tomato Soup Broccoli Fresh Fruit	<b>4</b>
<b>5</b>	<b>6</b> Maid Rite with Bun Baked Beans Peaches	<b>7</b> Turkey & Gravy Mashed Potatoes Dinner Roll Cinnamon Apple Slices Ice Cream	<b>8</b> Chicken Patty with Bun Green Beans Pears	<b>9</b> Tenderloin Baby Carrots Applesauce Goldfish Crackers	<b>10</b> Fish Sandwich Celery with Peanut Butter Fresh Fruit	<b>11</b>
<b>12</b>	<b>13</b> Pulled Pork with Bun Baked Beans Mixed Fruit	<b>14</b> Chicken Nuggets Mashed Potatoes with Gravy Dinner Roll Grape Juice	<b>15</b> "Lucky Tray Day" Cheese Quesadilla Broccoli Pineapple	<b>16</b> Crispito Cooked Carrots Applesauce Corn Chips	<b>17</b> No School - Teachers' Institute	<b>18</b>
<b>19</b>	<b>20</b> No School - Spring Break	<b>21</b> No School - Spring Break	<b>22</b> No School - Spring Break	<b>23</b> No School - Spring Break	<b>24</b> No School - Spring Break	<b>25</b>
<b>26</b>	<b>27</b> BBQ Rib with Bun Mixed Veggies Peaches	<b>28</b> Mini Pancakes String Cheese Hash Browns Strawberries	<b>29</b> Hot Dog with Bun Cooked Carrots Applesauce	<b>30</b> Macho Nachos Tortilla Rounds Fiesta Beans Mixed Fruit	<b>31</b> Popcorn Shrimp Garlic Toast Lettuce with Dressing Fresh Fruit	Student Lunch: \$3.10 Reduced Price: \$.40 Adult Lunch: \$4.35 Ala Carte Milk: \$.50

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# OMS

## February 2023 Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Milk included daily with a school lunch. Milk is \$.50 each with a home lunch.	Fresh fruit & vegetables offered daily when available.	Menu subject to change without prior notice.	<b>1</b> Popcorn Chicken Macaroni & Cheese Corn Baby Carrots Pears	<b>2</b> Hot Dog with Bun Baked Beans Tater Tots Applesauce Fruit Snack	<b>3</b> Spaghetti with Meat Sauce Garlic Toast Green Beans Spinach Salad Peaches	<b>4</b>
<b>5</b>	<b>6</b> Mandarin Orange Chicken over Rice Stir Fry Vegetables Dragon Punch Pineapple	<b>7</b> Breaded Chicken Patty Sandwich Broccoli with Cheese Baby Carrots Fruit Choice	<b>8</b> Mini Blueberry Pancakes Yogurt Cup Hash Browns 2nd Veggie Choice Strawberries	<b>9</b> French Bread Pizza Lettuce Salad Italian Vegetables Mixed Fruit	<b>10</b> Walking Tacos Lettuce, Cheese, Tomato, Onion & Salsa Refried Beans Fresh Veggies Orange	<b>11</b>
<b>12</b>	<b>13</b> Cheeseburger with Bun Sweet Potato Fries & Onion Rings Celery Fruit Cup	<b>14</b> Pulled Pork Sandwich Baked Beans Coleslaw Peaches Bag of Baked Chips	<b>15</b> Chicken Nuggets Dinner Roll Mashed Potatoes & Gravy Romaine Salad Fruit Jello	<b>16</b> Crispitos Cheese, Lettuce, Onion, Tomato & Salsa Corn Baby Carrots Tropical Fruit	<b>17</b> <b>No School - Teachers' Institute</b>	<b>18</b>
<b>19</b>	<b>20</b> <b>No School - Presidents' Day</b>	<b>21</b> BBQ Chicken Sandwich Cucumbers & Dip Mixed Vegetables Peaches	<b>22</b> Cheese Pizza Green Beans Salad Choice Mandarin Oranges	<b>23</b> Lil' Smokies with Macaroni & Cheese Peas Baby Carrots Rosy Applesauce	<b>24</b> Popcorn Shrimp Garlic Toast Baked Potato Romaine Salad Fresh Fruit	<b>25</b>
<b>26</b>	<b>27</b> Macho Nachos Salsa Ranchero Beans Sidekick Pears	<b>28</b> Turkey & Cheese Deli Sandwich Fresh Veggies Potato Salad Apple Cookie				<b>Student Lunch: \$3.35</b> <b>Reduced Price: \$.40</b> <b>Adult Lunch: \$4.35</b> <b>Ala Carte</b> <b>Milk: \$.50</b>

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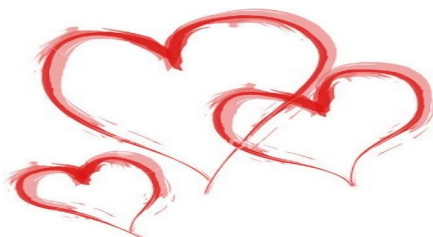


# OMS

## March 2023 Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Milk included daily with a school lunch. Milk is \$.50 each with a home lunch.	Fresh fruit & vegetables offered daily when available.	Menu subject to change without prior notice.	<b>1</b> BBQ Rib with Bun Corn Baby Carrots Mixed Fruit	<b>2</b> Fish Sticks Macaroni & Cheese Peas & Carrots Lettuce Salad Applesauce	<b>3</b> Bosco Sticks Marinara Broccoli & Dip Vegetable Blend Fresh Fruit	<b>4</b>
<b>5</b>	<b>6</b> Calzone Romaine Salad Mixed Vegetables Mandarin Oranges	<b>7</b> French Toast Sticks Sausage Patty Hash Browns Juice Blend Fruit Cup	<b>8</b> Soft Baked Pretzel with Cheese Sauce Celery & Peanut Butter 2nd Vegetable Choice Sliced Apple Yogurt	<b>9</b> Breaded Pork Tenderloin with Bun Salad Choice Corn Pears	<b>10</b> Cheese Quesadilla Ranchero Beans Baby Carrots Tropical Fruit	<b>11</b>
<b>12</b>	<b>13</b> Chicken Nuggets Dinner Roll Mashed Potatoes & Gravy Cucumbers Peaches	<b>14</b> Hot Ham & Cheese with Bun Tomato Soup Cheez-It Crackers Veggies & Dip Peas Grape Juice	<b>15</b> Spaghetti with Meat Sauce Garlic Toast Green Beans Salad Fruit Jello	<b>16</b> Deli Sandwich Choice of Vegetable Choice of Fruit Bag of Baked Chips	<b>17</b> <b>No School - Teachers' Institute</b>	<b>18</b>
<b>19</b>	<b>20</b> <b>No School - Spring Break</b>	<b>21</b> <b>No School - Spring Break</b>	<b>22</b> <b>No School - Spring Break</b>	<b>23</b> <b>No School - Spring Break</b>	<b>24</b> <b>No School - Spring Break</b>	<b>25</b>
<b>26</b>	<b>27</b> Mandarin Orange Chicken over Rice Stir Fry Vegetables Dragon Punch Pineapple	<b>28</b> Breaded Chicken Patty Sandwich Broccoli with Cheese Baked Potato Peaches	<b>29</b> Hard Shell Tacos Lettuce, Cheese, Tomato, Onion & Salsa Refried Beans Fiesta Potato Bake Orange	<b>30</b> Sloppy Joe with Bun Baked Beans Baby Carrots Sidekick	<b>31</b> Cheesy Garlic French Bread Pizza Marinara Lettuce Salad Green Beans Pears	<b>Student Lunch: \$3.35</b> <b>Reduced Price: \$.40</b> <b>Adult Lunch: \$4.35</b> <b>Ala Carte Milk: \$.50</b>

\*Free and Reduced Lunch Applications can be obtained from all building offices throughout the school year.  
This institution is an equal opportunity provider.



# OHS

## February 2023 Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Milk included daily with a school lunch. Milk is \$.50 each with a home lunch.	Fresh fruit & vegetables offered daily when available.	Menu subject to change without prior notice.	<b>1</b> Chicken Patty with Bun Green Beans Peaches	<b>2</b> Crispitos Lettuce, Cheese, Tomato & Onion Carrots Mandarin Oranges	<b>3</b> French Bread Pizza Small Salad Fresh Fruit	<b>4</b>
<b>5</b>	<b>6</b> Chicken & Waffle Hash Browns Strawberries	<b>7</b> Cheeseburger with Bun French Fries Mixed Fruit	<b>8</b> Pizza Hut Sausage, Pepperoni & Cheese Pizza Small Salad Applesauce	<b>9</b> Mandarin Orange Chicken over Rice Carrots Pineapple Fortune Cookie	<b>10</b> Hot Dog with Bun Baked Beans Fresh Fruit	<b>11</b>
<b>12</b>	<b>13</b> Macho Nachos Corn Banana	<b>14</b> Chicken Alfredo Bread Stick Small Salad Pears	<b>15</b> Mini Corn Dogs Spicy Fries Applesauce	<b>16</b> Chicken Nuggets Mashed Potatoes with Gravy Dinner Roll Peaches	<b>17</b> <b>No School - Teachers' Institute</b>	<b>18</b>
<b>19</b>	<b>20</b> <b>No School - Presidents' Day</b>	<b>21</b> French Toast Sausage Patty Hash Browns Orange Juice	<b>22</b> Pizza Hut Cheese Pizza Small Salad Mandarin Oranges	<b>23</b> Walking Tacos Lettuce, Cheese, Tomato & Onion Refried Beans Pineapple	<b>24</b> Fish Sandwich Chips Carrots Fresh Fruit	<b>25</b>
<b>26</b>	<b>27</b> Bosco Sticks with Sauce Carrots Mixed Fruit	<b>28</b> Pork Nachos Onions & Cheese Cole Slaw Blueberries				<b>Student Lunch: \$3.35</b> <b>Reduced Price: \$.40</b> <b>Adult Lunch: \$4.35</b> <b>Ala Carte Milk: \$.50</b>

At the high school level, an additional 1/2 cup serving of fruit and 1/2 cup vegetable will be offered daily and occasionally there may be an additional grain. The menu will be posted at the beginning of the serving line.  
This institution is an equal opportunity provider.



# OHS

## March 2023 Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Milk included daily with a school lunch. Milk is \$.50 each with a home lunch.	Fresh fruit & vegetables offered daily when available.	Menu subject to change without prior notice.	<b>1</b> Calzone Small Salad Peaches	<b>2</b> Crispitos Lettuce, Cheese, Tomato & Onion Taco Fiesta Beans Pineapple	<b>3</b> Popcorn Shrimp Half of Baked Potato Fresh Fruit	<b>4</b>
<b>5</b>	<b>6</b> Mini Corn Dogs Celery with Peanut Butter Pears	<b>7</b> Spaghetti Garlic Bread Small Salad Applesauce	<b>8</b> Pizza Hut Pizza Carrots Peaches	<b>9</b> Chicken Nuggets Mashed Potatoes with Gravy Mixed Fruit	<b>10</b> Fish Sticks Macaroni & Cheese Peas Fresh Fruit	<b>11</b>
<b>12</b>	<b>13</b> Bosco Sticks with Sauce Small Salad Mandarin Oranges	<b>14</b> Mandarin Chicken over Rice Stir Fry Pineapple	<b>15</b> Spicy Chicken with Bun French Fries Rosy Applesauce	<b>16</b> Hard Shell Tacos Lettuce, Cheese, Tomato & Onion Refried Beans Fresh Fruit	<b>17</b> <b>No School - Teachers' Institute</b>	<b>18</b>
<b>19</b>	<b>20</b> <b>No School - Spring Break</b>	<b>21</b> <b>No School - Spring Break</b>	<b>22</b> <b>No School - Spring Break</b>	<b>23</b> <b>No School - Spring Break</b>	<b>24</b> <b>No School - Spring Break</b>	<b>25</b>
<b>26</b>	<b>27</b> Bosco Sticks with Sauce Carrots Mixed Fruit	<b>28</b> French Toast Sausage Patty Hash Browns Orange Juice	<b>29</b> Pizza Hut Pizza Small Salad Peaches	<b>30</b> Crispitos Lettuce, Cheese, Tomato & Onion Taco Fiesta Beans Pears	<b>31</b> Grilled Cheese Sandwich Tomato Soup Celery with Peanut Butter Fresh Fruit	<b>Student Lunch: \$3.35</b> <b>Reduced Price: \$.40</b> <b>Adult Lunch: \$4.35</b> <b>Ala Carte Milk: \$.50</b>

At the high school level, an additional 1/2 cup serving of fruit and 1/2 cup vegetable will be offered daily and occasionally there may be an additional grain. The menu will be posted at the beginning of the serving line.  
This institution is an equal opportunity provider.

# C. R. Hanna Elementary School News



The 2023 Kindergarten Round-Up will be held at C. R. Hanna Elementary School on:

**Wednesday, March 15, 2023 - 3:00 p.m. to 6:00 p.m.**

During the event, parents/guardians will complete the necessary paperwork for students to enter kindergarten in the fall, distribution of important examination forms, collection of state birth certificates, proof of residency, and answering any questions that you may have concerning kindergarten. It is important that you attend Round-Up, as we use this information to compile our kindergarten class lists for the fall, which will not be available until after our school-wide registration in August.

To be eligible to enter kindergarten in the fall, a child must be **five years old on or before September 1, 2023**. Proof of birth must be presented at the time of registration. A certified birth certificate from the state or county office that the child was born in will be accepted. **A hospital certificate will not be accepted.**

State law requires that each child entering school for the first time have the following documentation:

1. Physical examination with up-to-date immunizations
2. Dental examination
3. Vision examination by an ophthalmologist or optometrist

**ALL parents of incoming kindergarten students will need to provide Proof of Residency. Please note even if you have older children in the Orion School District, you will be required to provide this information as well.**

Here are a few examples of what the Proof of Residency form requires for new students:

**Examples from Category 1 on the form (MUST PROVIDE 1)**

- Lease Agreement
- Mortgage Papers
- Tax Bill - most current

**Examples from Category 2 on the form (MUST PROVIDE 2)**

- Driver's License
- Library Card
- Utility Bill with current address
- Vehicle Registration with current address



**Students who currently attend Preschool at C.R. Hanna Elementary School must fill out paperwork for kindergarten.**

If you have any questions or have a unique living situation, please feel free to contact the C.R. Hanna School Office at (309) 526-3386.

**Shaping Pro-Social Behavior:**

Young people need social and emotional skills to succeed in school and in our communities. We shape students' behavior to increase self-awareness, self-management, social awareness, relationship skills, and responsible decision-making. These skills are shown to reduce emotional distress, prevent conduct problems, and contribute to higher academic achievement. Social and emotional skills are also critical in building trusting relationships with each other, and they encourage students to be engaged in school. We are constantly shaping behavior through our words and actions. Even subtle facial expressions, voice tone, and body language signal positive intentions.

Here are a few ways that we at C.R. Hanna work endlessly to shape pro-social behaviors:

- Intentionally build relationships with students
- Directly and frequently teach positive expectations
- Directly and frequently acknowledge pro-social behaviors
- Conflicts are resolved by dialogue that gets at the root of the conflict and identifies the best ways to move forward

**Preschool Screenings**

We will be holding Preschool screenings on Thursday, March 16, 2023, from 8:30 a.m.-12:00 p.m. and 3:30 p.m.-6:00 p.m. This is an excellent opportunity to have your child's vision and hearing tested as well as speech and other developmental skills. This is a developmental check-up for children living in the District that are between 3 and 4 years old. Screening will be held at the Orion Methodist Church, 407 12th Avenue, Orion, Illinois 61273. Please use the south garden entrance.

To schedule your appointment, please call the C.R. Hanna Elementary School Office at (309) 526-3386 during our school hours - 8:00 a.m.-3:00 p.m.



# Orion Middle School News

**Mindfulness Program:** We have completed the curriculum with the 6th grade with great success. We will be offering the 7th grade an updated opportunity to build on what they learned last year. Mrs. Burgert and Mrs. Ferry will be introducing the program during Social Studies. The program empowers students with easy-to-use tools that help them manage stress and anxiety. It gives students an opportunity to be curious about their reactions to current events and learn and grow in that experience. The goal is to support the whole-person and their well-being so students can learn to be resilient in this ever-changing world.

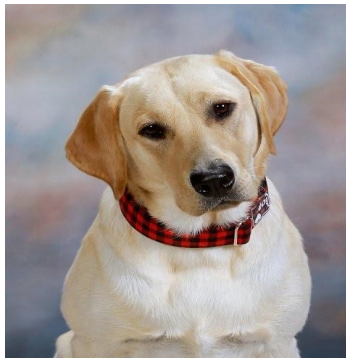


**Certified Therapy Dog:** Orion Middle School presents our first official Therapy Dog. Rion is certified through QC CAN or Quad City Canine Assistance Network. It is the only AKC Certified Therapy Dog Organization in the Greater Quad Cities Area.

QC CAN Therapy Dog Program Requirements:

- Pass a temperament evaluation of your dog
- Attend and pass five weeks of QC CAN'S basic obedience classes
- Attend weekly classes
- Pass the AKC Canine Good Citizen test given by QC CAN
- Canine Good Citizen is an AKC 10-skill test that teaches good manners to dogs and responsible dog ownership to their owners
- Attend a minimum of eight public access visits at a facility with a QC CAN mentor
- Rion has visited all over the QC area.
- He has brought smiles to Vera French, John Deere, Crosstown Retirement Village, Ascentra, Augustana, St. Ambrose, and Western Illinois.

Rion's future goal is to become certified with an International Therapy Dog Organization called Therapy Dogs International. Rion is hoping to work with a private trainer for this purpose.



# Orion Middle School News, Continued

## **Upcoming Testing:**

### **Illinois Assessment of Readiness (IAR)**

April 12, 13, 14

Makeups - April 18, 19, 20

### **Illinois Science Assessment (ISA) - 8th Grade Science Only**

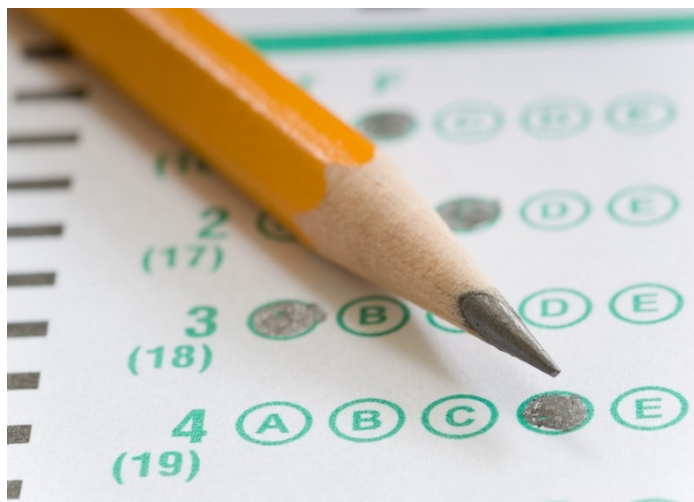
March 15 and 16

### **PSAT - 8th Grade Only**

April 28, 2022

### **Spring MAPS Testing**

May 2-11



# Orion High School News

## Upcoming February and March Events for OHS:

February 2 - Music Boosters' Meeting - 6:00 p.m.  
February 4 - IHSA Wrestling Regionals at Riverdale  
February 10 - Boys' Basketball Senior Night and Pep Band Senior Night vs. Monmouth/Roseville - 5:30 p.m.  
February 11 - IHSA Wrestling Sectionals at Oregon  
February 11-17 - IHSA Girls' Basketball Regionals - TBA  
February 16-18- IHSA State Wrestling Finals  
February 17 - No School - Teachers' Institute  
February 18-24 - IHSA Boys' Basketball Regionals - TBA  
February 20 - No School - Presidents' Day  
February 21 - OMS/OHS Band Concert - 7:00 p.m.  
February 21 & 23 - IHSA Girls' Basketball Sectionals - TBA  
February 27 - Girls' Soccer, Softball and Baseball Practices Begin  
February 27 - IHSA Girls' Basketball Super Sectionals - TBA  
March 2 - Music Boosters' Meeting - 6:00 p.m.  
March 10 - End of Third Quarter  
March 11 - Track Meet at St. Ambrose - Indoor Meet  
March 13-17 - No ACC Classes  
March 16 - First Home Softball Game vs. Knoxville - 4:30 p.m.  
March 17 - No School - Teachers' Institute  
March 17 - First Home Baseball Game vs. Rock Island - 4:30 p.m.  
March 18 - First Home Girls' Soccer Game vs. Mendota - 11:00 a.m.  
March 20-24 - No School - Spring Break



## Scholarships for Orion Students

The following scholarships are available to OHS students: Matthew H. Andrae Athletic Scholarship, Duain A. and Helen F. Johnson Scholarship, Stephanie Jones Memorial Award, Wendell H. Moore "Dream Big" Scholarships, Tom W. and Lindsey G. Nicholson Memorial Award, Gregory F. Nightingale Memorial Scholarships, Rock Island Optometric Scholarship, Myron M. Robinson Endowment Scholarship Fund for Medical Education, Orion Education Association Scholarship (OEA), and Deanne Zurcher Memorial Award. These scholarships can be turned into Mrs. Jackson in the OHS office with applications due on or before March 1. If you have any questions, you may call Mrs. Jackson at (309) 526-3361, Ext. 1400.

## SAT Testing - Junior Students

Orion High School will again be offering Juniors the opportunity to take full-length, practice SAT tests (including the essay if time permits). The next practice date is **Friday, March 17th at 10:00 a.m.** *It is highly recommended that students take at least one practice test.*

On March 17th, junior students are invited to take a practice SAT in the OHS Library starting at 10:00 a.m. Students will be provided lunch that day and should expect to complete the practice SAT within 3-4 hours. A reminder email will be sent out and a sign-up sheet posted in Mr. Lister's room as we get closer to March 17th.

**On average, a student shows a 100 point improvement on their SAT exam if they practice ahead of time using at least two practice tests. Not only will an improved score help with college admission, but it is likely to help a student secure additional financial assistance.**

We hope all juniors take advantage of this free opportunity to help prepare for the real SAT on Wednesday, April 12th. Please let myself or Mrs. Bakener know if you have any questions concerning the SAT and we hope to have a great turnout for these practice days.