

# February

## NEWS FROM LYON & PLEASANT RIDGE

### IMPORTANT DATES

Sat, Feb 10	Parents In Partnership @Springman Middle School
Mon, Feb 12	Board of Education Meeting @ Admin Bldg 7PM
Wed, Feb 14	Valentine's Day - Any activities will be communicated by homeroom teacher
Thurs, Feb 15	Kindergarten & New 1st/2nd Grade Registration @ Lyon 4-6:30PM
Fri, Feb 16	3rd Grade Author Visit to see Andrew Clements @ Lyon
Mon, Feb 19	<b>NO SCHOOL</b> - President's Day
Tues, Feb 20	<b>NO SCHOOL</b> - Institute Day
Sat, Feb 24	PTA Benefit @ Valley Lo 7PM-Midnight
Tues, Feb 27	PTA Meeting @ Lyon 9:15AM
Fri, Mar 2	<b>NO SCHOOL</b> - Parent/Teacher Conferences

### AFTER SCHOOL @ PR

Mon, Feb 12	3rd Grade Chorus 2:30-3:30PM
Tues, Feb 13	4/5th Grade Chorus 2:30-3:30PM
Fri, Feb 23	Art 2:30-3:30PM



### 4TH GRADE MUSICAL - BROADWAY BEAT FRIDAY, FEBRUARY 23

**East Pod: 8:45-9:45AM  
Jorgenson, Rosellini & Wainer**

**West Pod: 12:25-1:25PM  
Beyer, Heilwagon, Kirsch & Schiltz**

### DENTAL FORM REMINDER

All kindergarten, second and sixth grade students must have a dental report on file in the health office by **May 15, 2018**. If your child has been to the dentist within the past year, please ask the dentist to fill out the state required dental form and return it to the Lyon health office. If your child has not been seen by a dentist within the past year, please make an appointment as soon as possible and return the state dental form to the health office. If you have any questions or need a copy of the state form please call Jan Gode, Lyon Health Coordinator at (847) 998-5046 or fax your completed form to (847) 998-9701 Attn: Jan Gode. If the **Smile Illinois** program interests you, please contact your school health office A.S.A.P The scheduled date for exams at Lyon is Thursday, **February 15, 2018**.



### REGISTRATION FOR 2018-2019 KINDERGARTEN AND 1ST & 2ND GRADERS NEW TO LYON SCHOOL

If you have a child who will be attending kindergarten or a 1<sup>st</sup> and 2<sup>nd</sup> grader new to Lyon School in the fall, please go to the Lyon School website and enter your students information. Registration packets will be sent out the first week of February. Registration will be on **Thursday, February 15<sup>th</sup> from 4:00 – 6:30 at Lyon School**. An original certified birth certificate is required to start the registration process. Your child must be 5 years old by September 1st. You can find the link by going to the Lyon school website at <https://ly.glenview34.org> and clicking on "Kindergarten and New Student Registration". Please pass this information on to your neighbors and friends. If you have any questions, please call the office at

"It's our responsibility to nurture their hearts as well as their minds by showing and teaching them how to live a life of compassion, acceptance and kindness." -Ripple Kindness Project



kindness matters

Lyon is excited to be celebrating International **Random Acts of Kindness Week** from Feb. 12th - Feb. 16th. Please join us in promoting a culture of kindness! Talk with your child about how kindness matters every day. Each student will bring home a pink or purple paper that encourages your family to go out of your way to perform a special act of kindness. Next week, there will also be a platform on the Lyon website homepage for students to post their RAK stories to inspire others. **Be Kind & Pass It On!**

### FROM THE LYON ART ROOM

The Lyon art room is collecting your thin cardboard!!! Please save your cereal, cracker, tissue and soda boxes. Collapse them and send them in with your student instead of recycling them. We will get creative with them. Thanks!!



# From the Principal's Desk

In the month of February we have several examples of the thriving partnership between our schools and families. As Principals, we know very well how key these partnerships are. As we think about the month ahead, we wanted to share some details with you regarding opportunities for continued engagement in the complex and important work of which we are ALL a part - providing the children the most supportive and positive learning experience we can at this exciting time in their lives.

## Parent/Teacher Conferences-

Conferences (and report cards, which will be sent home March 16<sup>th</sup>) are important milestones in our school year, but hopefully serve as a confirmation of information you have gathered thus far about your child's growth and progress (e.g., from ongoing conversations with your child, your child's teacher, classroom newsletters, student work samples, assessments, etc.). As you look ahead to these conversations with your child's teacher(s), we hope you find the frequently asked questions and answers provided in this month's newsletter to be helpful to your experience. We thank you in advance for making every attempt to schedule your conference during the designated conference times as shared by your child's teacher(s). We hope you find conferences at Lyon and Pleasant Ridge to be informative and enjoyable, and we look forward to seeing you!

## Parents in Partnership-

At this special event for parents and caregivers (Saturday, February 10th from 8am - 12pm at Attea Middle School) our District will be providing numerous sessions of interest, along with a keynote speaker, focused on the many different aspects of raising healthy, capable children. You can find more information at the following link: [Parents in Partnership Info](#)

## PTA Benefit-

On February 24th our PTA will be hosting its annual benefit at Valley Lo Club. We hope you can come join our community as we celebrate all the efforts of our PTA. Each year this event is our largest fundraiser and the funds go directly back into supporting our schools. Due to the success of our fundraising efforts, our PTA is able to support a Grant process that brings in resources and materials to our teachers and classrooms. This is one of several examples of how our PTA engages with our schools and supports a positive learning community. We'd like to express gratitude from both the Lyon and Pleasant Ridge staff for all that our PTA does to support our schools.

We always appreciate the level of family support and participation that we enjoy in the Lyon/Pleasant Ridge cluster. We are well aware of how fortunate we are to work in a community that values this partnership with our schools. Our entire school community benefits from this positive relationship, most importantly our students. Based on all that's happening in our school community, it is clear that this partnership continues to thrive. We thank you for that!

Sincerely,

Kevin Dorken and Erik Friedman  
Lyon/Pleasant Ridge Principals



## PTA News from Sharon Bux, President

February will be a busy month for the PTA. This month is sure to bring some fun and excitement along with new and exciting ideas for the Lyon Pleasant Ridge community. One of our new exciting programs is After School Yoga at Pleasant Ridge.

On Thursday February 15<sup>th</sup>, we will welcome incoming families at Kindergarten Registration. Parents of children who will be kindergarteners this fall, along with parents of first and second-grade students who will be new to the district in 2018-19, please stop by and meet the PTA.

Join us on Saturday, February 24th, as we "Let The Good Times Roll" at our annual PTA Benefit, at Valley Lo Club at 7pm! The PTA Annual Benefit is our main fundraiser of the year, enabling us to fund grants along with many other activities and programs. This year's silent auction is full of exciting auction items including sports tickets, activities with your child's favorite teachers, sign-up parties, date night activities and more. Tickets are still available <https://events.handbid.com/auctions/2018-lpr-annual-benefit/tickets>

January 26<sup>th</sup> was the deadline for PTA grants and our teachers and support staff have submitted some interesting and creative grants that we are looking forward to funding. Please join us at our February 27 PTA meeting as the Lyon Pleasant Ridge community gets a chance to discuss and vote on the grants that will be granted this year. Also, we will discuss and gather feedback on our new school supply ordering process.

The PTA is currently looking for Board Members to serve next year. A variety of roles including Fifth Grade Picnic, Literature Alive, Benefit, Room Parent Coordinator, Parent Education and more are open. Our volunteers enable the enriching programming and activities our kids enjoy to happen. Please email Anne Binney our 2018/19 PTA president at [aoneill2@yahoo.com](mailto:aoneill2@yahoo.com) to learn more.

I am looking forward to seeing many of you at our PTA events this month.

## **Information About Our Upcoming Conferences**

Prior to Trimester II parent/teacher conferences, we like to share information that we hope will help make your experience a more productive and positive one. We thank you in advance for making every attempt to schedule your conference during the designated conference times as shared by your child's teacher(s). We hope you find conferences at Lyon and Pleasant Ridge to be informative and enjoyable.

### *What is the main purpose of the conference?*

These meetings are intended primarily to provide an overview of your child's academic growth and progress relative to where they were at the beginning of the school year. Information about your child's behavior and interactions with peers are also relevant topics during the conference. If there is specific information you would like to receive at the conference, please let your child's teacher know in advance.

### *How long will the conference be?*

This will vary a little from teacher to teacher, but a typical conference will be scheduled for 20 minutes. This amount of time adequately allows for a focused discussion to occur and creates a manageable conference schedule for teachers.

### *How can I make the most of my conference time?*

Arriving a few minutes early for your appointment helps ensure a smooth start. Coming with questions prepared in advance and taking notes to share later with your child are helpful strategies as well. Feel free to close the door for greater privacy during your conference.

### *Should my child attend the conference with me?*

Please ask your child's teacher about this. Typically conferences are designed to be adult conversations, however, if thoughtfully considered in advance, a child can play a meaningful role in his/her own conference. It is also completely appropriate, if a child does attend a conference, to ask him/her to step into the hallway for a portion of the meeting so adults can speak more candidly.

### *What should I do if I'm running late or can't make the conference?*

Please call or email your child's teacher. He or she will follow up to reschedule.

Thank you in advance for attending conferences at Lyon and Pleasant Ridge!

## **JUMP ROPE FOR HEART**



Dear Pleasant Ridge Parents,

Jump Rope for Heart (JRFH) is a fun and effective way to encourage lifelong health through education and being physically active.

The JRFH kick-off will be on Thursday, February 1<sup>st</sup>. The event will take place on Friday, March 9<sup>th</sup> during the school day:

5<sup>th</sup> Grade: 8:00-9:00

4<sup>th</sup> Grade: 10:00-11:00

3<sup>rd</sup> Grade: 12:55-1:55

Jump Rope for Heart provides the opportunity for students to raise donations for the American Heart Association (AHA) to help in the fight against heart disease and stroke. Please know that donations are voluntary. Envelopes will be distributed on February 1<sup>st</sup>. You can also help your child(ren) sign up online by visiting:

<http://www2.heart.org/goto/pleasantridge2018>

If you have any questions about our Jump Rope for Heart event, please contact us at (847) 657-2715 or by email. We look forward to teaching your child(ren) heart healthy habits and raising their heart rates not just during the JRFH event, but each day during physical education class!

All the best,

Patrick Hoefl  
Kate Grubba  
Troy Cutler



Dear Parent or Guardian:

We have entered the time of year when we see influenza (flu) and other respiratory viruses at school. We want to let you know what steps we are taking to keep our school community healthy and how you can help.

Respiratory infections, such as the flu and common colds (colds), are spread when people come in close contact with sick people and inhale airborne droplets, or come in contact with contaminated surfaces. Flu and colds symptoms can sometimes be difficult to tell them apart, but consider this:

	FLU	COMMON COLD
<b>How it begins</b>	Sudden	Gradual
<b>Cough</b>	Severe	Mild to moderate
<b>Muscles</b>	Achy	None to mild aches
<b>Stuffy, runny nose</b>	Sometimes	Common
<b>Tiredness</b>	Severe	Mild
<b>Fever</b>	None to high grade	None to low grade
<b>Complications</b>	Bronchitis/Pneumonia	Earache/Sinus infection

If symptoms persist or worsen, make an appointment with your healthcare provider to be evaluated. The flu can be serious for children of all ages, causing them to miss school, activities, or even be hospitalized.

We take the health of our students seriously and work very hard to keep these viruses from spreading. We regularly clean frequently touched areas such as door knobs, stair rails, telephones, computer keyboards, and bathroom faucets and fixtures. We also instruct students and staff to follow the Centers for Disease Control and Prevention (CDC) approach to fight the flu:

**Take everyday preventative actions to stop the spread of germs:**

- Wash hands often with soap and water, or use alcohol-based hand sanitizers when soap and water are not available,
- Cover coughs with a disposable tissue or cough into their sleeve,
- Avoid touching their eyes, nose, and mouth,
- Avoid close contact with sick individuals,
- Avoid sharing cups and eating utensils, and
- Stay home when sick.

Please **help us maintain a healthy school environment by keeping sick children home, especially if they have a fever above 100° F, diarrhea, vomiting, or a severe cough.**

A couple additional important points:

1. Notify your child's healthcare provider if your child develops difficulty breathing or a new onset of wheezing
2. If your child has asthma, please make sure we have a copy of your child's Asthma Action Plan.
3. When your child is absent from school, please let the office know the reason for the absence so that we can better monitor the situation.
4. Our teaching staff will be supportive in assisting students in transitioning back to school when they return from an absence.

If you have any questions, please contact your school's health coordinator. Together we can have a healthy school year!



Estimado Padre/Tutor:

Hemos comenzado la época del año en la que influenza(gripe) y otros virus respiratorios se hacen presentes en las escuelas. A lo cual, queremos informarle de algunos pasos que estamos tomando para mantener sana a nuestra comunidad escolar y cómo usted nos puede ayudar a que esto suceda. Las infecciones respiratorias, como la gripe (flu) y los resfriados comunes (colds), se contagian cuando las personas están en contacto con personas enfermas o inhalan gotas en el aire, o incluso cuando están en contacto con superficies contaminadas. Los síntomas de la gripe o resfriado en ocasiones son difíciles de diferenciar, sin embargo considere lo siguiente:

	<b>GRIPE - FLU</b>	<b>RESFRIADO COMÚN</b>
<b>Cómo inicia</b>	De repente	Gradual
<b>Tos</b>	Grave	Leve a moderada
<b>Músculos</b>	Dolor	Nada a dolores leves
<b>Congestión,Secresión nasal</b>	Algunas veces	Común
<b>Cansancio</b>	Grave	Leve
<b>Fiebre</b>	Nada a grados altos	Nada a grados bajos
<b>Complicaciones</b>	Bronquitis/Neumonía	Dolor de oído/Infección de senos nasales

Si los síntomas persisten o empeoran haga una cita con su proveedor de salud - médico para ser evaluado. La gripe puede ser algo serio para los niños de todas las edades, provocando que pierdan días de escuela, actividades o incluso llegar a ser hospitalizados.

Nos preocupamos seriamente por la salud de los estudiantes y trabajamos arduamente para evitar que los virus se propaguen. Limpiamos con frecuencia las áreas que se tocan regularmente como las perillas de las puertas, los barandales de las escaleras, teléfonos, teclados de las computadoras y las llaves y accesorios de los baños. De igual manera, instruimos a los estudiantes y al personal a seguir el enfoque de los Centros para el Control y la Prevención de Enfermedades (CDC - Centers for Disease Control and Prevention ) para combatir la gripe:

**Tome las medidas preventivas todos los días para detener la propagación de los gérmenes:**

- Lávese las manos frecuentemente con agua y jabón, o use desinfectantes para manos a base de alcohol cuando el jabón y agua no estén disponibles.
- Cuando tenga tos cúbrase con un pañuelo o con la parte de la manga de su brazo.
- Evite tocar sus ojos, nariz y boca.
- Evite tener contacto con personas enfermas.,
- Evite compartir tazas y utensilios de comida
- Quédese en casa cuando éste enfermo

**Le pedimos nos ayude a mantener un ambiente escolar saludable manteniendo a los niños enfermos en casa, especialmente si ellos tienen fiebre arriba de 100° F, diarrea, vómito, o tos fuerte.**

Un par de puntos adicionales:

1. Notifique a su médico, si su niño/a tiene dificultades para respirar o le aparece un silbido al respirar.
2. Si su hijo/a tiene asma, asegúrese de que tengamos el Plan de Acción de Asma de su hijo/a.
3. Cuando se ausente de la escuela, informe a la oficina de su escuela el motivo de la ausencia para que podamos supervisar mejor la situación.
4. Nuestro personal docente apoyará a los estudiantes en la transición a su regreso a la escuela.

Si tienen alguna pregunta, por favor contacte al Coordinador de Salud de su escuela. ¡Juntos podemos tener un año escolar saludable!