

# November



## Newsletter Lyon & Pleasant Ridge

### IMPORTANT DATES

Fri, Nov 3	Lyon Picture Retake Day Lyon School Spirit Day
Mon, Nov 6	EL Curriculum Night
Tues, Nov 7	<b>NO SCHOOL</b> - Institute Day
Thurs, Nov 9 Fri, Nov 10	Fall Book Fair @ Lyon
Mon, Nov 13	District 34 Board Meeting, 7:30PM
Wed, Nov 15	Empty Bowls @ Lyon 4-9PM
Thurs, Nov 16 Difference)	<b>RED Day</b> (Respect Each Don't Forget to Wear Red
Tues, Nov 21	LY/PR PTA Meeting @ Lyon 9:15-11AM
Wed, Nov 21	<b>NO SCHOOL</b> - Institute Day
Thurs, Nov 23 - Fri, Nov 24	<b>NO SCHOOL</b> - Thanksgiving Break

### AFTER SCHOOL @ PR

Mon, Nov 6	3rd Grade Chorus 2:30PM-3:15PM
Wed, Nov 8	<b>4/5th Grade Chorus</b> 2:30-3:15PM <i>*4/5th Chorus Rescheduled Gym 2:30-3:30PM</i>
Fri, Nov 10	Art 2:30-3:30PM
Mon, Nov 13	3rd Grade Chorus 2:30-3:15PM
Tues, Nov 14	4/5th Grade Chorus 2:30-3:15PM Gym 2:30-3:30PM
Fri, Nov 17	Art 2:30-3:30PM

\* Please check the calendar on the Pleasant Ridge website for all after school events.  
\*\*Please note, 4th & 5th grades Chorus will be on WEDNESDAY, November 8th due to the day off on Tuesday, November 7th.

### HOLIDAY HELPER

It's that time of year again! We are kicking off our annual Holiday Helper program! The Holiday Helper program assists families in need within Lyon and Pleasant Ridge by providing children with outerwear and holiday gifts. Each family also receives a grocery store gift certificate and box of food collected during our Holiday Helper food drive.



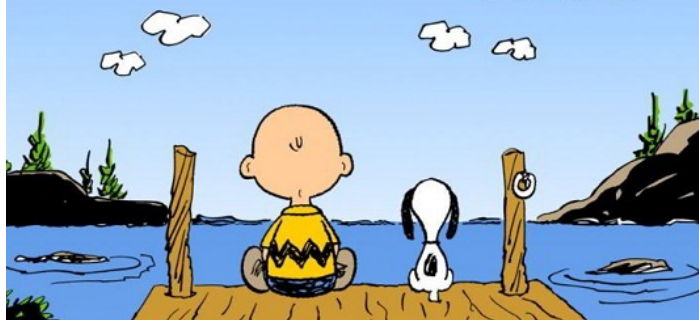
We are now seeking child and family sponsors! Sponsors provide outerwear for each child during the first week of November. Then, during the first week of December, sponsors provide a book and holiday gifts for each child, and a grocery store gift card for the entire family. Sponsor a child, family, or consider teaming up with your friends or neighbors to sponsor a large family! Look for other Holiday Helper updates in the coming weeks for more ways to help!

For questions, or interest in sponsoring a child or family, contact:

Ramie Robbins at: [ramie@ramierobbins.com](mailto:ramie@ramierobbins.com)  
Andrea Downing at: [andreadowning@me.com](mailto:andreadowning@me.com)

"Goodbye always makes  
my throat hurt."

-Charlie Brown



I will be retiring from Pleasant Ridge December 31, 2017 – it would be difficult if I didn't know I was going to have the time of my life spending it with my two granddaughters, as most of you know – they ARE the love of my life!

I feel so blessed in my life in so many ways! I have had the opportunity to work with so many wonderful families and staff over the past 17 years! You have made each and every day something special. I have laughed with you, listened to you, worked with you, and cried with you. How lucky can a person be to wake up every morning and know they are going to a job they love!? Thank you for making me part of your families and allowing me to get to know you and your children!

Please know I leave with a heavy heart – it's not easy – but I will take so many wonderful memories with me to make me smile when I think of District 34.

Sincerely,  
Sue Prokopowicz

## Respect Each Difference (RED) Day



During the month of November, a time of family, reflection, and remembrance, our entire Glenview School District is coming together to celebrate Respect Each Difference (RED) Day.

Respect Each Difference! We dedicate a day to this mission, believing that it is the first step in emphasizing the importance of being a school, a community, and a world where each person shows respect, acceptance and appreciation toward one another despite our differences.

The RED Day specifics include either a drawing or writing contest (students' choice) for Lyon students. Each student will be challenged to illustrate the importance of how Respecting Each Difference with acceptance and appreciation could make our school, our community and our world a kinder place. A winning written piece or picture will be awarded from each grade level. The winners will receive a RED Day certificate and will also be invited to join me for a special lunch.

The deadline for this year's contest is Friday, November 10, 2017. Student pictures and writing will be collected in the main offices at the schools.

On RED Day, November 16, we will be asking all staff and students to wear the color red. We will give students the opportunity to take the RED pledge by signing a red poster with the pledge in the middle. Each class will be able to hang their own posters right in the classroom as a daily reminder for our students of the importance of respecting each person's differences.

**The RED Pledge is:**

***I promise to Respect Each person's Differences. I will show acceptance and appreciation to everyone so that I can be a part of making our school, our community and our world a kinder place.***

Thank you so much for supporting this important community building effort with our students. Have a wonderful Thanksgiving with your family!

Kevin Dorken  
Lyon School Principal

I can't believe the month of November is already upon us. As Thanksgiving approaches, it always prompts me to reflect on what I'm thankful for. This year I have Pleasant Ridge to add to my list! I'm so thankful for the opportunity to be a part of this school community. We have a great group of children, supportive parents, and an amazing and talented staff. I feel fortunate to be at Pleasant Ridge and I'm excited for the many milestones we will share as we all work together to do what's best for our students.

From a personal standpoint, I'm thankful for my family and their health. My two daughters come home from school each day and they're happy. As a parent, I couldn't ask for much more. I wish your family the best as we approach Thanksgiving and hope your long weekend includes much needed down time, fun family time, delicious food, and good football watching for you sports fans! Happy Thanksgiving.



On Thursday, November 16th we are recognizing redDay districtwide. redDay (Respecting Each other's Differences) is an important reminder that we should recognize and celebrate the diversity and differences in our community and schools. While this is an ideal we strive for all year long, redDay gives us a moment to pause, teach, and reflect with our students. The pledge below will be recited by all of our students along with some activities facilitated in each classroom.

*I promise to **Respect Each** person's **Differences**. I will show acceptance and appreciation to everyone so that I can be a part of making our school, our community and our world a kinder place.*

Additionally, we ask that all students wear red on November 16th. This powerful visual for students and staff will mark our collective commitment to respect others and create a safe environment for all. I'm honored to be part of a community where we value our differences and acknowledge the work it takes to develop empathy and perspective in our students.

**Book Fair-** Please join us on Thursday, November 9th and Friday, November 10th at Lyon for the 'Wild West Book Fair'. I will be on hand Friday evening to greet our students and serve pizza! Attending and participating in the Book Fair is a great way to support our PTA, which gives so much back to our students and schools. I hope to see you at Lyon on the 10th.

**Weather Changes/Recess-** Over the last few weeks we've seen a change in the weather. We make every effort to send the students outside for recess, so please dress your child accordingly. Layers are best so students can adjust to the conditions of the day. We appreciate your support in working with us to make recess a comfortable and fun time. As an added note, many of our students leave their jackets and belongings outside once they start running around and get warm- please label your winter clothes so we return items found on the playground.

Have a wonderful November and enjoy the Thanksgiving holiday,

Erik Friedman  
Pleasant Ridge Principal

## From the PTA President, Sharon Bux

“Thanksgiving, after all, is a word of action” W.J. Cameron

Last month was a busy month of PTA activities from International Night to Character Counts food drive. November continues to a busy month as well with several PTA sponsored events that focus on extending a helping hand to others in the Lyon Pleasant Ridge community. There is no better time of year than the holiday season to take the action of giving thanks and showing gratitude.

### Thanks

To our International Night chairs Galia Polyanovky and Jennifer Havill for coordinating a fun evening.

To Pleasant Ridge for hosting International Night and to all the staff that helped set up and clean up.

To the LY/PR families that hosted country rooms and LY/PR students who performed.

To our community partners performers AKYI Martial Arts, Sheila Tully Irish Dancers and soprano Theresa Wold. To Cedar's Mediterranean Foods for donating food to the Assyrian room.

To Elyce Ventura for chairing the Character Counts food drive.

To the PTA Executive Board, PTA event chairs, PTA volunteers, the principals and teacher partners who make our PTA so successful. I am overwhelmed with gratitude at the amount of creativity, experience, and dedication each of you contributes.

To all the families that attend and contribute to our events. Thank you, we are truly lucky to have such a culturally rich and supportive community.

### Giving

**All For Books** – Currently to November 6th

Lyon students recently came home with a baggie and raffle ticket in their backpack. Please use this bag to send in loose change or dollars for our Scholastic "All For Books" Collection. The funds collected by each class will be directly used by your child's teacher to purchase books for their classroom! In addition, the Scholastic Possible Fund matches every "All For Books" donation, up to \$1Million in books. This year Scholastic has committed to concentrating their giving to the Houston & Florida areas affected by the recent Hurricanes.

**Wild West Book Fair** – Thursday, November 9<sup>th</sup> and Friday, November 10<sup>th</sup>

Give the gift of knowledge by buying books for your teachers, Holiday Helper family, and loved ones. In addition, you'll have a whole lot of fun at Thursday's Family Food Truck Night with Clifford, The Big Red Dog and Friday's Pizza Night and book reading with Principal, Mr. Dorken. Thank you to our book chairs Rebecca Herlitz, Niki Van Vuren and assistant chairs Kristin Overson, Amy Starkoff for bringing us two nights of Wild West Fun.

**Empty Bowls** – Wednesday, November 15<sup>th</sup>

Lyon School students and staff have been hard at work crafting handmade ceramic bowls while learning about how together, WE can help others here in our community who struggle with hunger. Join us for a community dinner. Purchase a handcrafted bowl to receive a simple meal of soup and bread. All money raised from the dinner will be donated to the Northfield Food-Pantry. Seating available at either 5:30 pm and 6:30 pm. RSVP Today! 5:30pm is 1/2 full and 6:30pm is 1/4 full. Tickets are Limited!!! Thank you, Jane Karr, Adriana Trevi and Mary Tapia for your commitment to this project.

**RED Day** - Thursday, November 16<sup>th</sup>-

Is an entire day dedicated to Respect Each other's Differences; each classroom and school will participate in a series of activities. Thank you, Amy Starkoff and Anne Caudill for chairing this important day.

**Holiday Helper** – In progress **HH Food Drive** - Begins Thursday, November 16<sup>th</sup>

Sponsors help Lyon and Pleasant Ridge Families in need by providing outerwear, plus books and gifts. Families also receive food for the holidays through our school food drive. In addition to the food drive donations of grocery gift cards and cash are needed. Thank you to chairs Maryellen Cozad, Andrea Downing and Ramie Robbins for spearheading this important initiative.

## P.E. @ PR

We have enjoyed being outside most days this fall! Climbing is our first official indoor unit. This past week, students have been learning about equipment, procedures and commands associated with climbing and belaying. During the unit, students will be able to choose one of the vertical elements, in addition to the traverse wall and Prusik ropes. Those not climbing will be participating in cooperative and fitness related activities. Students are welcome to bring their own helmets when they are scheduled to climb.





# Lyon School Empty Bowls Family Dinner

Wednesday, November 15, 2017, 5:30-7:45PM  
Lyon School Cafeteria

Lyon School students and staff have been hard at work crafting handmade ceramic bowls while learning about how together, WE can help others in our community who struggle with hunger.

Join us for a community dinner. Purchase a handcrafted bowl to receive a simple meal of soup and bread. All money raised from the dinner will be donated to the Northfield Food Pantry.

**Please consider attending this local community service event on Wednesday, November 15, 2017. RSVP Today! Tickets are Limited!!!**

Empty Bowls Registration  
Step 1: Reserve your Spot  
Please RSVP electronically at [emptybowls17@gmail.com](mailto:emptybowls17@gmail.com)  
then send the bottom of this flier in with your payment.

Step 2: Send Payment  
This is a Pre-Pay Reservation Only Event  
Pay with cash or checks payable to: Northfield Food Pantry  
Detach form below and send payment via backpack or mail to:  
Lyon School  
Attn: Empty Bowls  
1335 Waukegan Rd, Glenview, IL 60025

Thank you for supporting fighting hunger in our community!

Please make checks out to Northfield Food Pantry  
\$10 for an individual meal and a bowl  
\$25 for a family meal (entitled to 2 bowls and up to 5 meals for family)

Family Name \_\_\_\_\_ Number of people attending \_\_\_\_\_  
Email \_\_\_\_\_ Total amount enclosed \$ \_\_\_\_\_  
Number of Individual Meals \_\_\_\_\_ Number of Family Meals \_\_\_\_\_ Additional Donation \$ \_\_\_\_\_  
Preferred time slot for dinner: \_\_\_\_\_ Time A: 5:30-6:15PM or \_\_\_\_\_ Time B: 6:30-7:15PM  
\_\_\_\_\_ We cannot attend but would like to make a monetary donation (enclosed).

## DISTRICT #34 FOOD SERVICES

### HOW TO BE YOUR BEST AT

Ever had one of those days when you feeling a bit tired? Or don't have all the energy you wish you had prior to a test or school project? Chances are, what you did or didn't do at home may be having an effect on how you feel. If you want to always feel your best, be sure to follow a healthy routine and lifestyle. A good example to live by is **9-5-2-1-0**. This simple acronym can help you to always feel your best.

- **9** stands for the number of hours of sleep you should receive each night. To feel fully recharged, you need a good night's sleep. To help achieve this goal, maintain a regular bed time and wake up time. This will help your body to get on a regular sleep cycle. It also helps to avoid caffeinated beverages and keep bedrooms free of electronics.
- Fill half of your plate (**.5**) at each meal with fruits and vegetables. This will help you to maintain your daily advised intake of different vitamins, minerals, and fiber. A healthy diet is important for overall health and a feeling of wellbeing.
- The number **2** tells you the maximum number of hours in each day that should be spent in front of a screen. This includes computers, TV's, tablets, and other electronic devices. In general, when partaking in these activities, your body is sedentary. Limiting screen time to 2 hours will help to ensure that the day is also filled with other activities.
- At least **1** hour of every day should be used to have physical and active play. This can be a game with friends, hiking with family, or playing with pets. Exercise has many health benefits including heart and lung health and maintaining an ideal weight.
- When consuming beverages, try to make water and low fat/fat free milk number one choices. It's best to drink **0** sugary beverages. Drinks which are high in sugar tend to have no nutritional benefit and are high in calories.

Interested in learning more about the **9-5-2-1-0** program and ways you can start the day right and stay healthy?

Visit [www.ehhd.org/95210](http://www.ehhd.org/95210) or [www.healthychildren.org/English/Pages/default.aspx](http://www.healthychildren.org/English/Pages/default.aspx)

### Pleasant Ridge November Lunch Specials

Fri, 11-3, Mini Hot Dogs\*\* on WG Mini Buns

Fri, 11-10, Shrimp Poppers with Cheesy Bread

Fri, 11-17, WG Grilled Cheese Sandwich

All meals include milk and a variety of fruits and vegetables.

\*Turkey Product \*\*Beef Product

\*\*\*Chicken Product

RF reduced fat, WG whole grain



The Glenview Food Services Department is looking for energetic people to be our substitute cook (helper/ cashier). Do you love children? Want a flexible schedule? Must be dependable, have basic computer knowledge and be ready for a fast paced job. Work during school hours and only when school is in session. Bring a smile and brighten a kid's day by joining our crew!

Apply here: <http://www.generalasp.com/d34/onlineapp/default.aspx?Category=Support+Staff>

### Contact Us

847-486-7702

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