

Pleasant Views

Volume 43, Issue 9 February 4th, 2010

Pleasant Hill School

434 West Illinois Avenue

Palatine, IL 60067

February Calendar

- 2 6th Grade Boys 2-Ball Tourney
—4:00pm
- 3 6th Grade Girls 2-Ball Tourney
—4:00pm
- 4 3rd/4th Grade Boys "Rec Night"
—7:00-8:00pm
- 5 **Cougar Carnival** (pg 5)
—5:30-8:00pm
- 8 Waste Free Lunch
- 9 PTA General Membership Mtg
—7:00pm, *Teacher's Lounge*
- 10 Board of Education Mtg
—7:00pm, *Sundling Jr. High*
- 11 3rd/4th Grade Musical
—7:00pm, *Café*
- 12 Valentine's Day Parties-2:15pm
- 15 NO SCHOOL—Presidents' Day
- 16 NO SCHOOL—Teacher Institute
- 18 1st/2nd Grade Girls "Rec Night"
—7-8:00pm
- 23 Kindergarten Registration
(pg 2)
- 23 NWSC PTA Gen'l Membership
Mtg—*Includes Reflections
Showcase!*—7:00pm, *Sundling*
- 25 **Roller Skating Party** (pg 4)
- 26 Kindergarten "PH Pals" Show

PTA Presidents' Message

Dear Pleasant Hill Parents and Guardians,
 It's the middle of Winter, and many of us need to be reminded what's good about this time of year. I know I need to review every so often, so here are my top ten reasons to love this season . . .

1. Who doesn't love a new pair of boots?
2. My yard is frozen, so no muddy paws when my dog returns from being let out! Yeah!
3. Snow-shoeing anyone?
4. I don't feel guilty going to a movie midday instead of doing something outside when it's this cold!
5. The serious darkness until 7:30am seems to be a great excuse to sleep later!
6. For the kids, Mom doesn't really want to walk, so we get rides to school all the time!
7. Good TV—no reruns.
8. No humidity = fewer bad hair days.
9. Lots of Hollywood awards shows! (Okay, that's not really one!)
10. All of the cool stuff going on at Pleasant Hill . . .



There is so much going on at school the rest of this season, you won't even have time to long for Spring! There are Rec Nights nearly every Thursday night—take a look at the calendar for the date for each grade level and whether it's for boys or girls. Students bring a parent and participate in some planned activities in the gym for an hour—a fun way to spend some time with your children! We also have **Cougar Carnival** on Friday, February 5th. This is a great winter event sponsored by the PTA—families play carnival games that are set up in the gym and throughout the school and enjoy preordered food and snacks that are available in the café. There's also the **roller skating party** on

**Last Day to Order Yearbooks:
 February 22nd
 This is the *ONLY* way to get a
 2009-2010 PH Yearbook!**

See pages 2-3

- Matt Palcer, *Principal* ● Kristy Seifert, *Assistant Principal*
- Margo Ban and Donna Hirsch, *PTA Presidents* ● PTA Website: www.phpta.org
- Jan Sieben and Penny Schmit, *Newsletter Editors*

PTA President's Message, Cont'd

Thursday, February 25th. This is a *free* event sponsored by the PTA for our Pleasant Hill families where students and parents get a chance to spend a night at the roller rink together. What great ways to get out during the cold-weather months! There will also be a **musical** put on by our 3rd and 4th-grade students on Thursday, February 11th, and, looking ahead, the 1st/2nd-grade musical will take

place on Thursday, March 11th.

With all of these activities on deck, time will certainly fly by, and before you know it, Spring will be here! Really!

Until then . . . enjoy!

Margo Ban, PTA Co-President



Get Your Memories! Don't Delay!

Pleasant Hill Yearbooks are now on sale!

- New this year:**
- Yearbooks available by Pre-Order ONLY
 - Must submit order form by February 22
 - Yearbooks will NOT be sold in June

You may complete and return the order form on the next page.

Questions? Contact Kim Radochonski at kimrado@yahoo.com or 847.991.0993



Kindergarten/New Student Registration

Kindergarten and new student registration for students entering Community Consolidated School District 15 will be held **Tuesday, February 23, 2010, from 9:30-11 a.m., 1-3 p.m. and 6-8 p.m. at all District 15 elementary schools.**

For the 2010-11 school year, kindergarten students must be five years old on or before September 1, 2010.

Enrollment requires the following information:

1. A **transfer slip** from the previous school attended (if applicable)
2. An **official birth certificate** (not a hospital-issued certificate) or other government document verifying the date of birth
3. **Physician's telephone number and address**, if known
4. The name and phone number of **two reliable lo-**

cal persons to call if you are unavailable in an emergency

5. **Two proofs of residency** (copies of drivers license, lease, or utility bills)
6. **Any pertinent health information** including health, dental, and eye exams at required intervals (see below for more information). A physical examination is valid so long as it was conducted on or after August 26, 2009.

Students are usually assigned to their neighborhood school, but in special circumstances, they may be assigned to schools outside their neighborhoods. Parents who are not sure which school their children will attend may call the district's Joseph M. Kiszka Educational Service Center at 847-963-3000.

More information on District 15's enrollment procedures is available at the District's Web site, www.ccsd15.net.

2010 Pleasant Hill Yearbook Order Form



to greatness

Available by **PREORDER ONLY** through February 22
No yearbooks will be sold at distribution time (June)

Return order form & payment to school in an envelope marked "Yearbook Order"

Family Last Name _____

Phone Number _____

Child's Name	Teacher	Room #	# of Yearbooks*
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Total # of Yearbooks @ \$14.00 = \$ _____

Exact Cash or Checks payable to "Lifetouch"

* Zoom Inserts included with each Yearbook

Zoom is a Lifetouch publication that reviews the year in news, sports, and pop culture

Questions? Contact Kim Radochonski: kimrado@yahoo.com or 847.991.0993

Roller Skating Party!



**Don't miss the annual Pleasant Hill
Roller Skating Party on Thursday, Feb 25th!**

- **6:30-9:00pm** at Orbit Skate Center (615 S. Consumers Avenue, Palatine)
- **Free entrance** for current Pleasant Hill School students and immediate family members only
- No charge for roller skates — small rental fee for **inline** skates
- Watch for a **detailed flyer** coming home with your child!

↪ PH students MUST be accompanied by an adult ↪

Will You Help us Fund our 6th Grade Party?

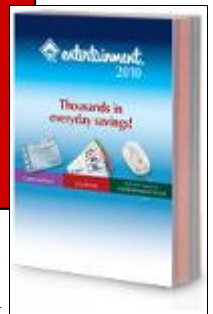
The 6TH Grade Class has 14 more entertainment books to sell!! These 14 books represent \$280.00 of pure profit to go towards our party! Would you consider buying one to help our class?

The cost is \$20.00 ... and in return you get:

- **\$20.00 in Dominick's coupons**
- **Coupons for Dick's Sporting Goods**
- **Coupon to Aeropostale**
- **Dining coupons to all the local favorites**
- **And much, much more!!!!**

Packed with over \$18,000 in local savings including:

- 537 Dining Discounts
- Over \$15,000 in Travel Discounts
- 178 Shopping Discounts
- 120 Attraction Discounts



If you're interested in buying a book, please email **Karen Schutz at KS66@MSN.COM**. We'd love to be done with this fundraiser by mid-February! Can you help us reach our goal?!

Make a Difference Club

The Club volunteers have been busy preparing for Valentine's Day. At our recent meeting we had a great discussion about how "Random Acts of Kindness" can be contagious. We discussed how the simple gesture of sending a Valentine's Day card to someone you might not normally play with or talk to can have a lasting positive impact on someone. The students crafted their cards and attached special notes and candy for the recipient. The cards will be delivered to the students on Valentine's Day.

Our next project will be creating a student driven cookbook. The professional appearing cookbook will incorporate recipes from our Pleasant Hill community. Recipe submissions will be submitted on-line to a formatted template. Our goal is to have the

Pleasant Hill Cookbook available for Mother's Day gift giving. Proceeds from the sale of the cookbook will be split between meeting a need within our school and to further support the Youth Hunger

Opposition Project, a youth-driven project to combat hunger here in Palatine.

Interested in participating in the development of Pleasant Hill's First Cookbook? We are looking for 3 parents to assist in the overseeing of this computer driven cookbook program. Please contact me at judybenka@yahoo.com for more details.

Judy Benka—Make A Difference Club



Cougar Carnival is fast approaching:

Friday February 5th — 5:30 to 8:00 pm

Back by popular demand, we will be providing the Cougar Carnival **Shuttle Bus** again! Tired of trekking through the snow or battling to find a parking spot to get to Cougar Carnival? We have a safe & easy option for you... the Cougar Carnival Shuttle Bus. The bus will make regular runs from the parking lot at Birchwood to the back door of Pleasant Hill School between 5:15pm to 8:15pm. You can catch the bus at the stop sign near the Birchwood building or at the south parking lot at Birchwood (south of the pool). Please look for the signs with the Cougar Paw print. *Also, we will be having a raffle for any family that rides the bus!* Come take a ride on the Cougar Carnival Shuttle Bus and take the stress out of getting to the carnival!

Also, quick reminder to drop off your **Cake Walk Donations and Decorated Cakes** at the front or back door tables on Friday, February 5th from 8am-4pm. All cake walk donations should be wrapped and in disposable containers. Please remember to have your name on the cake when you

drop off your decorated cake so we can notify the winners.

For more information on the Cougar Carnival, feel free to contact **Donna Hirsch** at gredonhirsch@yahoo.com or (847) 934-3071, or **Colleen Novak** at colnovak@sbcglobal.net or (847)705-6517

The PTA is looking forward to providing a fantastic evening of games, food, and fun for the entire family!



PTA General Membership Meeting

The next scheduled PTA meeting has been changed to a General Membership Meeting. This meeting will be located in the teachers' lounge on **Tuesday, February 9 at 7 p.m.** (enter through the back door). If you haven't had the chance to come to a meeting, we welcome your participation and to see the business at hand. *This is a great opportunity to meet fellow parents and talk first hand with Mr. Palcer and Mrs. Seifert.*

We will also be electing members to the **Nominating Committee**. This committee will be working together to fill upcoming vacancies on the PTA

board. These positions include: co-president, first vice president-legislation, co-second vice president-membership, and treasurer. If you are interested in any of these positions or want to recommend someone, please complete the attached form and bring it to the meeting or include this information in an email to sherrilamerand@yahoo.com. All recommendations will be kept extremely confidential. We welcome your opinions and suggestions and hope to see you at the meeting on February 9.

Thank you,
Donna & Margo, PTA Co-Presidents

Nominating Committee Recommendation Form

Your Name: _____

Name of Recommendation (could be self): _____

PTA Position for Consideration: _____

Why do you think this person would be good on the PTA Board? _____

Boxtops... and More

Anyone who sent in the **Campbell's soup bonus certificates** (for 200 points) should have received them by this time. A certificate should have come in the mail to your home. Anyone who has received them, please turn them in. Thank you to everyone who participated in this event.

All you football fans—Super Bowl is coming up! **Tyson** chicken and **Fast Fixins** chicken are great for snacks! Collect those bag tops and box labels (the ones with 1-2-3 on them). These are worth cash to us! If anyone has purchased the Fast Fixins products, remember to collect the yellow “Home Team Rewards” logo from the bag. This is what we turn in for cash. You can also collect the UPCs and turn those in for a free product certificate.

Our next **Boxtops** submission is coming up (March 1). Anyone meaning to send in those Boxtops should do it NOW! And for those who need an incentive, here is what everyone has been looking forward to: A CONTEST!!! This contest will be a raffle to **win a Webkinz!** GANZ has, generously, donated some Webkinz products: 3 pets, 2 outfits, 3 trading cards, and 3 magnetic bookmarks. Here's the way it will run:



Every student that turns in one Boxtop will get their name put into the raffle for these prizes. If a student puts in 10 Boxtops—they will get another entry. If they turn in 20, they will get a 3rd entry, etc.

Each student must have a separate entry (no multiples on the same sheet). Contest ends February 19th.

Chris Howard-Menk, howardmenk@comcast.net

Win a Webkinz Contest:

Student's Name: _____

Teacher's Name: _____

Number of Boxtops: _____

Time to Vote!

You've seen the signs, listened to the commercials and read the articles regarding the upcoming primary election. However, are you going to vote? I've heard from many people that "I don't vote in the primary. It doesn't matter." Well, the truth is that those votes count and shape the choices for the November election. We are choosing people to make decisions with our money (a.k.a. taxes) that is collected to run our city, county and state. Don't settle for the status quo. Take the time to research candidates and vote for the person whose most like your views and future vision of our state. Vote on Tuesday, February 2.



Please visit the Cook County Clerk's office website, which contains all the information you may need to locate your polling place and review the list of candidates – www.cookcountyclerk.com.

Sherri Lamerand

District 15 PTA Reflections



The District 15 PTA Reflections results are in! Our students recently received more than half of the Reflections arts education program honors awarded by Illinois PTA District 37! District 15 received 35 of the 69 awards!

The Reflections program has several levels. First, selections took place within Pleasant Hill school. Next the entries moved on to the Northwest Suburban Council of PTA/PTSA, which represents District 15. These entries then advanced to the regional level, where Illinois PTA District 37 reviewed 1,464 projects. Of the 1,464 projects, 69 entries moved on to the state level this month. State awards will be announced in February.

We would like to congratulate the four Pleasant Hill students who will be representing Pleasant Hill in the state Reflections program this month, as well as additional Pleasant Hill artists who made it to the District 37 level.

Congrats to all those who participated in

this year's District 15 Reflections program! We had another amazing year with over 150 entries! Thank you all for sharing your artistic talent with the Pleasant Hill community....it is truly a joy to see how creative our students can be!

Creatively Yours, *The Reflection Committee*



A Legislative Look

The Illinois General Assembly reconvened on January 12 and the Illinois PTA is continuing to monitor various bills regarding education, health & safety, and juvenile justice issues. On another matter, the Illinois PTA is calling attention to the State Board of Education and the three scenarios considered for the 2011 Fiscal Year Budget. Currently, State Superintendent Dr. Christopher Koch has recommended scenario two, Level Funding.

1. \$1 Billion Reduction—assumes no new funding mechanism (i.e. taxes) would become available in FY 2011 to offset the \$922 million in General Funds appropriations which ISBE received in FY 2010 from the American Recovery and Reinvestment Act (ARRA) State Fiscal Stabilization.
2. Level Funding—assumes the State would approve a new funding mechanism (i.e. taxes) to replace the General Revenue Funds (GRF) re-

ceived from American Recovery and Reinvestment Act (ARRA) in FY 2010. It would reallocate funding and maintain GRF at a level appropriation.

3. Full Needs Funding—This scenario would provide funding including the foundation level at the Education Funding Advisory Board (EFAB) methodology. It would also reflect restoring some budget line items that had been cut in FY 2010 to the FY 2009 level.

The Illinois PTA encourages you to do two things: visit the State Board of Education website (<http://www.isbe.net/news/2010/jan14.htm>) to review the entire budget proposal and recommendation; and discuss how each of these scenarios would play out in our school district by talking with district administrators and school board members. This information was taken from the Illinois PTA website at www.illinoispta.org.

Environmental Education

Gotta love your parents! No matter how old *you* are, they pretty much think/know that they know what's best for you. And they adapt. I mean, even my mother-in-law knows that I'm not much on responding to her request for a Christmas list for me every year. (I mean let's face it—does she need to know that I'd like take-out for a week and someone to clean my house?!) So, she punts. She gets me what she thinks I'd like. She does it to my husband, too, so it's not just me. One of the things she likes to get us is subscriptions to magazines. I don't know if she's trying to make us more knowledgeable about the world around us or if she's trying to make us better parents or better providers. The real question is when does she really think we'll have the time to sit down and read?! I have to say that her choices are definitely not what we'd choose—which is sometimes a good thing. Instead of *In Style*, that I would choose as some mindless fashion trend reading, she's gotten us on *Prevention* and *Fortune*.

Of course, I don't have the time to actually read these publications—I've barely got time to vacuum the dog hair off my floor every week—but I do flip through them to get ideas for what to pontificate (yeah, using bigger words—it's the New Year's resolution!) to y'all about each month. Got a good one for you this time—in *Fast Company*, the February issue (yes, it's mid-January and the February issue has already been delivered to my house—do not even get me started!), there is an article about how ***Walmart is trying to come up with a label for every product it sells to tell shoppers the environmental impact of each product they purchase.*** Wow. As I'm sure you know, Walmart is huge and sells a TON of stuff. You know, the stuff that you go there for AND all of the stuff you end up with at the end of the trip that makes you pay at least \$100 every time you go. (It's a phenomenon that we all experience!) Talk about an undertaking!

Of course, I love this plan! Is it going to be painful?



Oh yeah! Think about the suppliers that Walmart deals with. For many of them, Walmart is their largest or only customer, so they have no choice but to comply. I think that's what Walmart is counting on. So what better advocate to launch this process? Now, Walmart is not actually coming up with this on their own. They formed an independent Sustainability Consortium that has representation from Walmart but also includes government agencies, other retailers, and researchers. Questions the group has to address include which environmental concerns outweigh others (are greenhouse gas emissions more pressing than water conservation?). They also have to come up with the label itself—will it be a stamp like the “organic” certification or a label like our current nutrition label with points assigned to each environmental piece or simply a color-code? And what about us consumers? We'll have yet another label to check out and get used to and understand.

Although this index is not expected to be ready until 2013, this winter, ***chemical-intensive products (like household cleaners), electronics, and food will be the first three trial categories*** in which the consortium will attempt to score and then solicit feedback. Whether or not this new labeling system comes to fruition, the effects of its launch are already being seen in companies' increased attention to reducing the impact of the production and distribution of their products on our environment. In my mind, this project has already scored a win. So, keep your eyes peeled (remember that phrase?!) for more news pieces on companies like Frito-Lay (with 1/3 of its factories operating at “zero landfill”) and Unilever (who reduced its water use by 63% since 1995) who are consistently working towards more environmentally-friendly manufacturing practices. And remember to do your part—purchase items with minimal packaging, reuse what you can, and recycle what you can't reuse. Every little bit helps!

Margo Ban

Pleasant Hill Kids Walk and Bike to School!

Thirty years ago, the sight of children walking or biking to school was common. In fact, nearly 90% of children who lived within a mile of school used active transportation (i.e., walking or bicycling) as their primary mode of travel. Were you one of them? In recent years, the rate of active transport has declined dramatically.

Why the drastic decline?

Parents of schoolchildren most commonly report: distance to school, traffic danger, adverse weather conditions, fear of crimes against children, and crime in the neighborhood as barriers to letting their kids walk or bike to school.

Chicago's weather hasn't changed too much since we were kids, and while there are designated "busser" areas that are served by Pleasant Hill, the majority of our student population is designated as "walkers." Data shows that, indeed, traffic volume around schools has increased. Fear of crime is cited as a barrier to children walking and biking to and from school. However, violent crime rates for older children have not worsened over time (US Dept of Justice, 1973-2003).

So what's the plan?

A voluntary program known as *Kids Walk and Bike*

to School is coming to a block near you! This program will include student-led "Walking School Buses" organized for each one or two block area. These groups of 4-10 students will walk or bike back and forth to school together, providing safety in numbers and ensuring that no one walks or bikes alone. Volunteer 5th and 6th graders will lead the Walking School Buses.

The goals of the Kids Walk and Bike to School Program include the following:

- Increase daily physical activity for children in the neighborhood
- Increase safety for pedestrians in the neighborhood
- Reduce traffic in and around the neighborhood and school
- Decrease crime when more people are outside keeping an eye on their neighborhood
- Increase community cohesion by helping neighbors get to know one another.



For additional information, visit the booth at the Cougar Carnival or attend the PTA meeting Feb. 9th. Or visit the Pleasant Hill PTA website for answers to a list of frequently asked questions.

Get Wild!!

Get Wild About Reading with the *Read to Succeed Program!*

The Six Flags Six Hour Reading Club is under way; every student who completes six hours of recreational reading **before February 15** will be eligible for a free admission ticket at participating Six Flags theme parks.

Six Flags and Weekly Reader have a parent's site on line as well, so you might want to check out this link to get ideas about how to make reading more fun for your child and for your entire family! <http://>

sixflags.weeklyreader.com/wild_about_reading/

If your child did not bring home a Student Reading Log, extra copies are available in the office. Log your child's reading time and turn in the forms to their teachers on Monday, February 15!! If you have any questions, please contact **Julie Dickson** (juliedickson@comcast.net).

Have fun encouraging your child to get wild about reading and reach this goal!



SNACK SUCCESS—KEEP IT UP!

Thanks to all of the families who have donated snacks to my office this year. There are a number of students here at Pleasant Hill whose families can not afford snacks for their children. If you are interested in helping out, please send in snacks to my attention at your convenience. Anything in a single serving size is greatly appreciated, so teachers can deliver snacks discretely. If you have any questions, please let me know. Thanks so much,
Sherri Thomas—School Social Worker, 847-963-5955

Five Ways to Raise a Grateful Child

I don't know about you, but nothing is more troubling than watching one of my children acting entitled and greedy. In our society, where abundance is the norm, it's a struggle to raise children who are truly appreciative. Here are a few small-but-significant lifestyle tweaks found at parenting.com that can be implemented immediately. Just remember though, like most of parenting, it needs to become a routine to be effective.

Make Manners Count

I know it can be exhausting reminding them time and time again to say thank you and please. But research shows that most children aren't capable of really showing spontaneous empathy until the age of 10. So, just keep reminding them until it becomes a habit!

Count Your Blessings

Create a ritual with your children about what they are grateful for each day. If they start listing all their toys, you might want to ask them who they are grateful for instead. The goal is simply to initiate a way of thinking, a habit of thankfulness

Teach Them Some Listening Skills

As we know, kids can be very self-absorbed. They

don't seem to be aware that parents have desires, feelings, and thoughts that have nothing to do with them. Sometimes, just structuring the conversation as an exchange helps. "What was the best thing that happened to you today? This is the best thing that happened to me." Also, model good listening. Give them your undivided attention. Most kids will mimic your focus.

Teach Them the Value of a Dollar

When they are younger, give them age-appropriate chores to do around the house. As they get older, kids can be introduced to the larger picture—the household budget and what things cost. I recently showed my kids the electric bill and I haven't had to remind them as much about shutting off the lights!

Be Charitable

Get together and find out what you would enjoy doing together...soup kitchens, literacy programs, food drives, animal shelters, etc...whatever you can do as a family. Of course, the benefits of volunteering go beyond gratitude. Being charitable can expand a child's perspective and teach thinking and problem-solving.

Lisa Fleming, Parent Education



“ Peace is not something you wish for; It's something you make, something you do, something you are, And something you give away. ”

—Robert Fulghum, American author

Pennies for Peace

Dear Pleasant Hill Parents, Students and Educators,

We are delighted to share with you that 5th Grade Pleasant Hill Girl Scout Troop 2256 will be collecting donations for *the Pennies for Peace Campaign from February 8 – 24*. Pennies for Peace is a service –learning program designed to broaden our students’ cultural horizons while teaching them about their capacities as philanthropists—one penny at a time.

Pennies for Peace is a program of the Central Asia Institute (CAI), founded by Greg Mortenson—author of the #1 New York Times best seller, *Three Cups of*



Tea. CAI is a registered 501©3 nonprofit organization—just like Pleasant Hill. It promotes and provides community based education and literacy programs, especially for girls, in remote regions of Central Asia. Founded in 1996, CAI has built over 100 schools in Afghanistan and Pakistan to date, which serve more than 28,000 students—over 14,000 of whom are girls.

How can YOUR penny bring Peace?

It doesn’t buy much here in Palatine. However in the villages of Pakistan and Afghanistan a penny can buy a pencil, start an education, and transform

a life. In a region where terrorist organizations recruit the uneducated, illiterate children, that pencil can empower a child to read, write and learn. The P4P goal is to encourage our students, who are our future leaders, to learn the value of philanthropy by collecting change for global peace.

A collection box will be placed in each classroom between February 8th and the 24th, so that your child can place their donation into the box themselves—knowing that they are brightening the lives of children halfway around the world.

There will also be boxes placed in the front office and teachers lounge for others that would like to help this great cause! Your donation can be used for next year’s taxes.

Our Troop joins tens of thousands of children around the world who are participating in the P4P program and who are working together to become members of a global family dedicated to peace. If you have any questions about our *Pennies for Peace*

Campaign, please feel free to contact one of the Troop 2256 leaders listed below.

Thank you in advance for your donations. We accept Dollars for Peace and Checks for Peace too!



Leaders of Troop 2256: Monica Leonard, Dawn Wurtz and Pat Murakami

Best Birthday Gift of All!!

Recently, a very thoughtful and generous Pleasant Hill 4th grader requested that all her birthday party guests bring their favorite book. After the party, all of the girls donated their books to the Pleasant Hill Resource Center. Altogether, the girls donated 17 books to our resource center!

Girls, thank you so much for the donated books.

Mrs. Garro, Resource Center Teacher

News from District 15

Be there to enjoy all the excitement when the Chicago Wolves face off against the Houston Aeros on District Fifteen Educational Foundation Family Night, Saturday, Feb. 20 at 7 p.m. at the Allstate Arena in Rosemont.

For this night only, the Wolves are offering a choice of three great ticket packages for District 15 families to choose from. A portion of the proceeds from each package purchased will benefit the District Fifteen Educational Foundation.

PACKAGE A: A \$45 value, this package includes a \$19 ticket, a Wolves hat, a Wolves mini-bobblehead, a hot dog, and a medium soft drink, *all for just \$28.*

PACKAGE B: A \$25 value, this package includes a \$19 ticket and a Wolves mini-bobblehead *for a cost of \$25.*

PACKAGE C: A \$19 ticket *for \$17.*



Every package comes with an entry into a Wolves jersey raffle. Families can also arrive early to see the Wolves' fireworks and pregame laser show. And the first 7,500 fans through the doors receive free copies of Breakaway, the Wolves' magazine.

To purchase tickets visit the District Fifteen Educational Foundation section of the District 15 Web site, www.ccsd15.net, by clicking "Foundation" in the Quick Links menu to the right of the page. Then click the "Chicago Wolves" link in the middle of the page to download the flyer and order form, which outlines how to purchase tickets by mail, phone and fax.

There is a \$3 service fee for all ticket orders, and all orders must be received by Friday, February 19. Tickets are subject to availability, and all sales are final. Tickets will be mailed to the address listed on the form. However, orders received after February 11 will be held at will call and made available for pick-up 60 minutes prior to game time.

For more information, contact Julie Seyller at 847-832-1941 or jnseyller@chicagowolves.com.

Recommended Daily Portions

A child's age, gender, and activity level are all factors that determine how much he or she needs to eat every day to stay healthy. Boys and girls grow at different rates and thus may need more or less calories than each other, even when they are the same age. Daily food recommendations for children who exercise 30 minutes a day are provided here. *For more information, visit www.mypyramid.gov.*

4 to 8-Year-Olds

Food Group	Amount Per Day	Examples
Grains	4-5 ounces	1 ounce = 1 slice of whole wheat bread, or 1/2 cup of oatmeal, or 1/2 cup of brown rice
Vegetables	1 1/2 cups	Carrots, peas, sweet potatoes, cucumber, tomatoes
Fruits	1 1/2 cups	Large orange = 1 cup; small banana = 1/2 cup
Milk Products	2 cups	Low-fat milk or yogurt; 1 1/2 oz cheese = 1 cup
Proteins	3-4 ounces	Lean cooked meat or chicken; 1 egg = 1 ounce

9 to 13-Year-Olds

Food Group	Amount Per Day	Examples
Grains	6 oz for boys 5 oz for girls	1 cup ready-to-eat cereal = 1 oz; 1 cup of cooked whole wheat pasta = 1 ounce
Vegetables	2 1/2 C for boys 2 C for girls	Green beans, asparagus, beets, kidney beans
Fruits	1 1/2 cups	Large orange = 1 cup; small banana = 1/2 cup
Milk Products	3 cups	Low-fat milk or yogurt; 1 1/2 oz cheese = 1 cup
Proteins	5 ounces	Lean cooked meat or chicken; 1 egg = 1 ounce

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