



Pleasant Views

A PTA Publication

Volume 41, Issue 11

Pleasant Hill School

434 West Illinois Avenue

Palatine, IL 60067

MARCH

21 SPARK Mtg, Plum Grove—7:00 PM

21 Board of Education Mtg,
Sundling—7:00 PM

26-30 *Spring Break—
NO SCHOOL!*

APRIL

2 School Reopens

3 Walk-a-thon Kick-Off

5 Manna Orders Due

6 NO SCHOOL

8 Girls Grade 5/6 Rec Night,
7:00-8:00 PM

Student Council Candy Sale

11 Board of Education Mtg,
Sundling—7:00 PM

13 Walk-a-thon: 12:10-1:10 during recess
and 3:40-5:00 PM

School Pride Day

17 Choral Performance—3rd/4th Grades



PRINCIPAL'S MESSAGE

Dear Pleasant Hill Parents and Guardians,

I am pleased to announce that we have, at long last, received the final results of our 2006 ISAT testing. You have all received your child's results in the mail by now. Pleasant Hill students did an outstanding job! Pleasant Hill students received a composite score of 97% meets/exceeds in the areas of reading and math! The breakdown is as follows:

Grade	Subject	% Meets/ Exceeds
3 rd	Reading	98%
	Math	100%
4 th	Reading	97%
	Math	98%
	Science	100%
5 th	Reading	91%
	Math	95%
6 th	Reading	98%
	Math	99%
Composite	Reading	96%
	Math	98%
	Total	97%

This achievement is possible because of the outstanding partnership between Pleasant Hill students, staff and parents. Research has consistently demonstrated that without parental involvement, students do not achieve at high levels. I would like to thank the Pleasant Hill learning community for your continued support of our students- clearly, our students come first. Pleasant Hill is truly a place where students are *learners today, leaders tomorrow*.

Continued on next page...

Mary Geregach, Ph.D., *Principal* ● Scott Scafidi, *Assistant Principal*

● Mary Hanson and Karen Schutz, *PTA Presidents*

● Jan Sieben and Penny Schmit, *Newsletter Editors* ● PTA Website: www.phpta.org

PRINCIPAL'S MESSAGE, CONTINUED

Spelling Bee—Congratulations to the all the students who won their classroom spelling bees and participated in the 2007 Pleasant Hill Spelling Bee.

WordMasters—Students from Mrs. Schlobohm's class participated in the WordMasters analogies challenge. Congratulations to the four students who obtained perfect scores in the first round of the WordMasters Challenge.

Fun Fair—Thank you to Debbie Williams, Jan Bartecki, Jennifer Chamberlin and all of the other Fun Fair volunteers for such a wonderful evening of fun! The event took a great deal of coordination, and it was truly a night to remember.

Roller Skating—Thank you to Lora Lewis and the other volunteers for an awesome night of roller skating at Orbit! So many Pleasant Hill students are awesome skaters—what a great way to have

fun together.

Walk-a-thon—Look for information about our upcoming walk-a-thon. Our kick-off will be on April 3rd, and the walk-a-thon on April 13th at recess and after school

We have just completed our 2007 ISAT testing. Our students we very well prepared. Spring break begins at the close of the school day on Friday, March 23rd and students return to school on Monday, April 2nd. Have a relaxed week off—our students have worked very hard and certainly deserve the rest!

Please feel free to contact me at any time at geregacm@ccsd15.net or 963-5900.

Sincerely,

Mary Geregach

REFLECTIONS

Congratulations to all who participated in this year's Reflections Program!

This year's theme: "My Favorite Place." Pleasant Hill had 33 total submissions this year. Submissions included: 27 Visual Arts, 1 Musical, 3 Photography, and 2 Literature.

Of our total 33 Pleasant Hill submissions, 24 were sent on to the NWCR level. These included: 17 Visual Arts, 1 Musical, 3 Photography, and 2 Literature. Over 700 children participated in the Reflections program this year. Over 350 submissions were sent from area schools to NWCR.

Of the 24 Pleasant Hill submissions sent to the NWCR, 2 were sent on to District 37. There were a total of 64 NWCR submissions sent to District 37. Two were selected from Pleasant Hill. Of the 2 Pleasant Hill submissions sent to District 37, 1 was selected to be sent to the Illinois state level.

Our 24 Pleasant Hill entries submitted to NWCR were all displayed at the recent NWCR Reflections Showcase, held February 27th.

All of our 33 Pleasant Hill participants will be receiving participation ribbons. An ice cream party will also be held in May when it warms up a little! Thank you to all who participated.

WELL-DESERVED "THANK YOU'S!"

Roller-skating Party

A very large thank you to Lora Lee Lewis for her superb work on the Roller Skating Party. No one does it like you, Lora!

Teacher Appreciation

A very full thank you goes to Patricia Murakami for her excellent ability in spoiling our Pleasant Hill Teachers with a wonderful pasta lunch. You do a great job at showing our teachers



how much we care. Thank you!

6th Grade Yearbook Photos

Thank you to 6th grade parents for sharing your child's baby photos with our yearbook! They've all been scanned to be included in this year's yearbook. The photos have been given back to teachers to be returned to you.

MAKE A DIFFERENCE IN OUR LIBRARY!

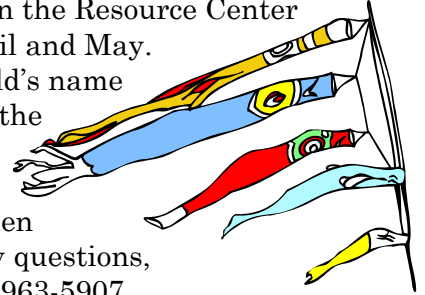
Bookshelves Needed

We have added **677 books** to our book collection this year. As a result of this growth, some of our bookshelves are over crowded. I am looking for someone to construct some bookshelves for our Resource Center. We have money in the library fund to pay for the materials. We need three bookshelves, measuring 24" width, by 42" height. We need three shelves on the book cases, with the width of the shelf measuring 10-12". If you have the time to construct the bookshelves for our library please call me at 847-963-5907.

Calling all Windssocks

Tired of the dark, dreary winter days? So are we at Pleasant Hill. To really brighten up our resource

center, I would like to borrow your colorful windsocks. Please drop off your windsock at our Resource Center anytime before March 23rd. We will be hanging them up in the Resource Center for the months of April and May. Please mark your child's name and room number on the windsock, so that it can be returned to him/her after it is taken down. If you have any questions, please call me at 847-963-5907.



Thank you for brightening up our Resource Center!

Kelly Garro,
Resource Center Teacher

“fyi...the March 1st District 15 School Board Candidates Forum will be showing on Fridays at 7pm and Sundays at noon until the April 17th election, on local cable: Channel 6!”



“IT’S SHOWTIME FOLKS!”



That’s right; the **Pleasant Hill Variety Show** is coming!!

In order to accommodate the busy spring schedule we will hold tryouts on two separate days: **Wednesday, April 25 and Thursday, April 26.**

The Variety Show will take place on Thursday, May 17.

A tryout form will be sent home in your backpack on March 16.

It’s been two years and we can’t wait to see you exhibit all your wonderful talent!
—*The Variety Show Committee*

Plum GROVE PTSA Executive Board Nominations — 2007-2008

RETURNING OFFICERS:

President: Peggy Babcock
VP of Programs: Carolyn Swofford
Treasurer: Lisa Leahy

OPEN POSITIONS:

VP of Legislation Recording Secretary
VP of Ways and Means Corresponding Secretary

Plum Grove Junior High offers many opportunities for parents to become involved and support their child's school. Currently, we are contacting 6th grade parents informing you on ways you can become a part of the Plum Grove PTSA. In addition to the open Executive Board Positions, there are many committees that are looking for support:

Books	Calendar	Directory	Health/Safety	Dances	Environmental Ed
Hospitality	Market Day	Membership	Scholarship	Web Site	Volunteer Coordinator
Publicity	Parent to Parent	Reflections	Spirit Wear	Spark	Teacher Appreciation
Picnic	WOW Day	8th Grade Dance Member at Large			

If you have any recommendations for the Executive Board, or if you are interested in any of the committees, please complete and return the form below **prior to the spring break**.

Nominator: _____

Phone: _____ Email: _____

Nominee: _____

Phone: _____ Email: _____

Position: _____ Grade School _____



Please return form to your grade school teacher by March 23rd. Questions? Please contact Theresa Bednarek @ 847-705-0301 or Bednarek5@comcast.net.

The second vice-president shall: (V.P./Legislation)

- serve as an aide to the president or co-presidents,
- perform the duties of president or co-presidents in the absence of that officer and the first vice-president,
- serve as chairman of the legislation committee,
- perform such other duties as may be delegated.

The third vice president shall: (V.P./Ways and Means)

- serve as an aide to the president or co-presidents,
- perform the duties of the president or co-presidents in the absence of that officer, the first vice-president and the second vice-president,
- serve as chairman of the Ways and Means Committee
- perform such other duties as may be delegated.

The recording secretary shall:

- keep an accurate record in a permanent form of the minutes of all of the meetings of this organization and the executive board;
- sign delegate credentials;
- attend unexpected income meeting;
- perform such other duties as may be delegated; and
- have a current copy of the bylaws.

The corresponding secretary shall:

- conduct the official correspondence of the organization in triplicate, keeping one copy in the permanent file and transmitting the other to the respective board member; and
- perform such other duties as may be delegated.

SNACK HAPPY, BE HEALTHY!

Excerpted from KidsHealth.com by Penny Schmit, Parent Education

Between school, homework, sports, and hanging out with friends, it may feel like there's no time for healthy eating. And when your kids do stop to eat, it's probably tempting to go the quick and easy route by grabbing a burger and fries, potato chips, or candy.

But it is possible to treat yourself and your kids to a healthy snack. In fact, if you have a hectic schedule, it's even more important to eat healthy foods that give you the fuel you need to keep going.

Why Healthy Snacking Is Good for You

Snacks high in fat and calories will only slow us down in the long run. To keep energy levels going — and avoid weight gain — **steer clear of foods with lots of simple carbohydrates (sugars)** like candy bars or soda. **Look for foods that contain complex carbohydrates** like whole-grain breads and cereals and combine them with protein-rich snacks such as peanut butter or low-fat yogurt or cheese.

Judging Whether Snacks Are Healthy

Just because something is "all natural" or "pure" doesn't necessarily mean that it's nutritious. For example, **"all natural" juice drinks or sodas can be filled with sugar** (which is, after all, a natural ingredient) but all that sugar means they'll be high in calories and have little nutrition.

A granola bar is a good example of a snack that people think is

healthy. Although granola bars can be a good source of certain vitamins and nutrients, many also contain a great deal of fat, including a particularly harmful type of fat called trans fat. On average, about 35% of the calories in a regular granola bar come from fat. And there can be a lot of sugar in granola cereals and bars. Check the Nutrition Facts label on the package to be sure.

Be skeptical of low-fat food claims, too. If the fat has been eliminated or cut back, the amount of sugar in the food may have increased to keep that food tasting good. Many low-fat foods have nearly as many calories as their full-fat versions.

Whatever claims a food's manufacturer writes on the front of the package, you can judge whether a food is healthy for your child by reading the ingredients and the nutrition information on the food label.

Read serving size information. What looks like a small package of cookies can contain 2 or more servings—which means double or even triple the amounts of fat, calories, and sugar shown on the label.

Don't slip up after dinner. Evenings can be a tempting time to indulge in sugary, fatty snacks. If you're really feeling hungry, don't ignore it. Instead, pick the right snacks to fill the hunger gap. Whole-wheat fig bars, rice cakes, or air-popped popcorn can do the trick, as can fruit paired with cheese or yogurt.

As with everything, moderation is the key to smart snacking. **Kids who eat regular meals and healthy snacks are less likely to overeat** and gain weight than those who skip meals or go for long periods without eating and then scarf down a large order of fries.

Treats to Try

- applesauce
- yogurt
- whole-grain crackers topped with cheese
- low-sugar, whole-grain cereal with low-fat milk
- low-fat string cheese
- fruit smoothies made with low-fat milk or yogurt
- nuts and raisins
- whole-wheat pita slices, cut up veggies, and hummus
- whole-grain pretzels
- fruit slices dipped in low-fat flavored yogurt
- veggie sticks with peanut butter, low-fat ranch dip or hummus
- low-fat granola or cereal bars
- fresh or dried fruit
- home-made trail mix
- mini bran muffins
- air-popped popcorn
- hard-boiled eggs



make climate change history

formerly RenewUS

I really am not a fan of grocery shopping. If I could get someone to do it for me, I would. My husband used to do the food shopping before we had children, but now it's even too overwhelming for him. The thing that could get him back into it, however, is my uncanny ability to find things to try in the store that I end up buying regardless of price (this really gets him!) just out of curiosity. I keep telling him that it's the only excitement in my day, but that doesn't seem to ease his pain on the economic front!

So, the other day, I was grocery shopping and ran across this new energy drink. I am a TOTAL sucker for the promise of energy, and I'm always looking for alternatives to my current obsession with caffeine. This was a natural organic energy drink called **Shift** from Stonyfield Farm, a brand I have come to know and trust for decent-tasting, healthy stuff. Of course I bought it and proceeded to drink it immediately (who doesn't need energy?!), and as I prepared to rinse it out at home before recycling the plastic bottle (it was very good, by the way), I noticed a blurb on the back of the bottle about climate, and, of course, I **had** to read on!

The back of the bottle urges you to shift to organic (better for you, better for the planet), shift to natural energy (good food full of vitamins to keep you going), and shift into action (learn what you can do to slow global warming)—hence the name of the drink. Good marketing! A website was also noted—www.shiftenergy.com—so I visited it. The site tells all about the product and its healthy contents and the concern the company has about the environment. The really cool thing about the site, however, is the link to the *Climate Counts* website (www.climatecounts.org). *Climate Counts* is an organization attempting to get changes made through both political and industrial channels to stop global warming. The site has a great movie on it that for once shows hope for our future and that of our planet. On the “Do Something” page, there are tons of links to other “green” sites for some great infor-

mation on how we can individually offset or just simply reduce our energy use. You can even use their calculator to determine your family's “carbon footprint” on the world.

The message here is clear—although we may be the cause of the problem (that's the depressing part), we (not the government or businesses, but US) have the power to be the solution as well! There are SO many things we can do, and these sites give us lots of options. So, surf the web a bit and check 'em out. Will you choose to offset your energy consumption by investing \$3/month in sustainable energy production? Or find out which companies are leading the fight against climate change and use your purchases to support them? Or will you simply visit these sites to educate yourself and your children (great kids' site is <http://epa.gov/climatechange/kids/links.html>)

about global warming and what we can do to stop it? No matter what you choose, you will have hopped on the path to helping to save our planet. Now wasn't that easy?!



Here's another alternative—bring in some old athletic shoes or some old cell phones so that we can recycle them! We'll be taking donations through April. Thanks to all those who've brought them in so far this year!

Margo Ban

CLUB AND SPECIAL RECOGNITION PHOTOS!

**CLUB & SPECIAL RECOGNITION PHOTO DAY
IS TUESDAY, MARCH 20
9:30 TO 11:00 A.M.**

Listen for your group to be paged, and come quickly to the cafe.

Student Council 📷 Video Production 📷 Band Chorus Cafe Crew
Jr. Great Books 📷 Bus Helpers 📷 Orchestra 📷 Make a Difference Club
Earth Club 📷 Kindergarten Helpers 📷 Cross Country 📷 P.E. Helpers
6th Grade Intramurals 📷 WordMaster Team 📷 Reflections
Spot Shot 📷 Spelling Bee classroom winners 📷 Cougar Character Club
📷 Leadership Group

MAKE A DIFFERENCE CORNER

The club volunteers completed creating and designing 9 quilts that were recently donated to children at Great Lakes Naval Station. The children were personally thanked by 2 representatives from Great Lakes, Julie Boesel (Family Advocate Specialist) & Master Chief Jacobson. The club volunteers had an opportunity to learn about life in the military. Master Chief Jacobson shared her experience of traveling around the world and being on the U.S.S. Cole. The children had an opportunity to follow her route on a globe. She described military family life and how it is a strong, tight-knit community. Julie Boesel spoke about the tremendous resources that are available for families and their children at Great Lakes Naval Station. Julie indicated that the donated quilts and bears will be given to children whose parents are currently serving abroad.



In recognition of the children's quilt & bear donation, Master Chief Jacobson gave the children a Great Lakes Naval Station medallion in recognition of their service to others. This medallion will be on display in the case by the front office, along with pictures of the event.

Saying thank you seems inadequate because if it were not for Donna Smaga, Kim Kelly, and Marie Syzdek's quilting skills this community service project would not have been possible. Many thanks to those families that donated material and teddy bears to make this project complete.

***Judy Benka
Club Coordinator***

SPOTLIGHT ON THE BOARD

Spotlight on the Board is a collection of notes taken at the District 15 School Board meetings by Frank C. Whiteley PTA's newsletter editor, Jennifer Mondy. They are meant to help parents and staff who are unable to attend the Board meetings on a regular basis to keep informed about the issues and plans affect-

ing the district. These Notes are *not* endorsed by District 15 nor the Board of Education. Full Spotlight on the Board notes available at www.phpta.org/DistrictInfo.htm. Highlights of the next scheduled meeting— March 13—will be in our next issue of Pleasant Views.

Highlights from the February 5th Special meeting:

Kelly Keenan and Wendy Rowden were the only Board members in attendance.

Arlington International Racecourse Students

An informal discussion was held to understand the history of the education provided for approximately 150 kindergarten through eighth grade students living with their families at Arlington International Racecourse in Arlington Heights. These students are currently educated in the Cicero School District and are transported by District 15 to Cicero for the eight weeks they reside in District 15's boundaries. The Cicero School District is now requesting that these students be educated in District 15 during that time. Further discussion is expected to take place.

Highlights from the February 14th Regular Meeting:

Superintendent's Reports—Approximately 3,500 transportation surveys were received from parents across the District. A one-page summary by school will be provided to the Board. Detailed report from the transportation consultants is expected next week. Vote on the study will take place on February 28th.

Citizens Address the Board—Thirteen citizens addressed the Board. Subjects included the change in school start times, responsibilities and positions of Board members, retirement of the Board secretary and attorney fees.

Board Member E-mail Addresses on District Web site—Discussion revolved around whether Board members should post personal e-mail addresses rather than use district e-mail. Issues over Board transparency, District control, legal requirements for subpoenas and constituent privacy were debated. Action will be taken at the February 28th meeting.

Procedure for Board Members Requesting Legal Services—Concerns over Board member requests for attorney services requiring additional costs prompted

this discussion item. Proposed form would require reason and date of the request as well as feedback received. Information would be shared with entire Board.

Highlights from the February 21st Special meeting:

Background Information about School District 15 School Board Member Responsibilities—An information packet, as well as a formal presentation was provided for Board of Education Candidates in the upcoming April 17th election.

Transportation Study—It is anticipated that the final transportation proposal will be available on the District's Web site on Monday, February 26th. A vote will be taken at the February 28th Board meeting.

Highlights from the February 28th Regular meeting:

2007-2008 Tentative Budget Presentations

- Operations and Maintenance
- Transportation Fund

Citizens Address the Board—Several parents addressed the Board concerning longer bus rides and the shuttling of parochial school students, and the safety of Virginia Lake students at dismissal time.

Board discussion of the Transportation Efficiency Study/Proposed Bell Schedule—Board members discussed costs, bus route times, number of children per bus, setting of parameters for the District's transportation department, shuttling of the parochial school students and the request for additional details. Transportation department will provide additional information working within the parameters of no more than 30 minute average bus rides for the majority of students. Report expected in two months.

Vote to approve a two-tier bell schedule (Plan A – 7:55 a.m./8:45 a.m. start times)—Approved 5:1 (Keenan voting “no”; Carlson absent)

Vote to approve Plan A with no shuttling of parochial school students—Unanimously approved.

To read Full Spotlight on the Board Notes or subscribe via email to Spotlight on the Board, go to: www.fcwpta.org/board_notes.htm

WELCOME TO THE PLEASANT HILL PTA

Joining the PTA gives you a voice in your child's education and your community. PTA is the largest child advocacy organization in the country. Did you know that Pleasant Hill PTA supports the following activities?

Pleasant Hill Newsletter ● Recreation Nights ● Field Day ● In-School Assemblies ● Fall Fest ● Resource Center Helpers ● Calendar ● Fun Fair ● Birthday Book Club ● Room Parents ● Roller-Skating Party ● Ice Cream Social ● Book Fair ● Teacher Appreciation ● Yearbook ● School Phone Directory ● Kindergym ● Room Parents ● Reflections Contest ● School Clubs

Every family who joins the PTA will receive one copy of the **VERY** popular and useful Pleasant Hill Directory. This is the only way to obtain a directory which will be distributed along with your PTA Membership card. Dues are only \$6.50 per family or \$3.25 per individual. Please complete the information below and return it with your membership dues to your child's classroom.

Thank you for becoming a member of the Pleasant Hill PTA!

Joanne Wojcik, Membership, 847.202.6534

Family Membership: \$6.50 ● Individual Membership: \$3.25 ● Make checks out to "Pleasant Hill PTA"

Please fill out all names and room numbers

Family Name _____

Mother's Name _____
last name first name

Father's Name _____
last name first name

Email address _____

Child's Name _____ Room # _____
_____ Room # _____
_____ Room # _____
_____ Room # _____



The Care and Concern Committee is looking for volunteers interested in providing a meal to help out a Pleasant Hill family in need. If you are able to help, please contact **Karla Manner at 847-934-3280 or karlamanner@msn.com**. Thanks so much.

This newsletter is funded by the Pleasant Hill PTA and produced by Pleasant Hill PTA Volunteers.