



Pleasant Views

A PTA Publication

Volume 41, Issue 2

Pleasant Hill School

434 West Illinois Avenue

Palatine, IL 60067

September

- 22 Fall Fest
- 25 SPARK Meeting—
7:00 pm, Plum Grove Jr. High
- 27 6th Grade Cross Country Meet—
4:00-6:00 pm, Salk Park
- Board of Education Meeting—
7:00 pm, Sundling Jr. High

October

- 4 6th Grade Cross Country Meet
—Rain Date
- 6 School Pride Day
- 9 Columbus Day—No school
- 11 7p.m. Board of Education
Meeting
- 13 Dad's and Donuts 8:40a.m.
- 17 PTA Meeting 7p.m.
- 24 School Picture Retake Day
- 25 Board of Education Meeting
- 23-27 Book Fair

PTA Presidents' Message

Surprise! We know you weren't expecting another newsletter until next month, but because we were able to work with Penny Schmit & Jan Sieben on a schedule that works for both of them, we are now back to getting the Pleasant Views bi-monthly! Thank you Jan & Penny for working with us on this!

It looks as though parents, teachers and students are fully adjusted to the new school year! Now it's time to enjoy Fall Fest! We know the Fall Fest Committee has been working hard to make it exciting for everyone. Please plan to attend this great event on Friday, September 22nd!

The wrapping paper sale has been extended until Monday Sept. 25th. Thank you to everyone who participated in our annual fundraiser thus far! At this time however, we have not reached even half of our goal. This fundraiser brings in a large portion of the funds that helps to run this PTA. Our kids are treated to a lot of events that are not only fun, but educational as well. Without meeting the goal, adjustments will need to be made.

Thank you to the beautification committee for adding some great fall color to the outside of our school. The flowers look great! (Parents, please remind your children to use the sidewalks rather than the flowerbeds when going into the school. Thanks!)

This year we are focusing on bringing parents back to the school to volunteer. If you haven't already signed up to volunteer this year, please contact Donna Hirsch to find out what our needs are. You can volunteer at school or from home. Whatever works for you! Please consider volunteering.

We know many of you are concerned about how the teacher

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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

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negotiations are going. To stay updated, please check the websites for the Board of Education at www.ccsd15.net or for the teacher's union at www.ctcteachers.com. The PTA is not involved in the negotiations and we do not have any additional information to share. Thank you for your understanding in this matter.

We hope you have a great time at Fall Fest and look forward to seeing you there!

Mary Hanson & Karen Schutz

PTA Co-Presidents

Can You Help ?

The Kindergarten teachers are looking for donations of white sheets for the November Pow wow. If you have any that you could donate, please send them in with your child with Mrs. Kehm's name attached.

Thank you for your help in making the Annual Pow Wow a success.



“Fall” Back Into School At Fall Fest 2006 Friday September, 22nd

5:00PM-8:00PM

Moonwalk!

Hayrides!

Bring your Pleasant Hill family
and join us in celebrating the new school year!

As always, **we need volunteers** to make this a successful event. Please call

Lora Lewis @ 847.934.7980. Thank you.

Calling all bakers!! If you would like to donate a sweet for the sweet table at Fall Fest, please call Sonia Tambellini @ 847.202.1994. Thank you.

Looking forward to seeing you!!

Glow Sticks!

DJ!!

Food!

Attention all Crafters/Home Party Show Sellers

Mark your calendar for the 4th Annual Pleasant Hill Charity Craft Show

Thursday November 9th from 3-6pm

Please contact Debbie Williams to reserve your table. Email at debbie.williams@comcast.net or 847-991-8095. No cost to have a table and a portion of your proceeds goes towards helping needy families in our community

What Parents Should Know—and Do—About Homework

By the National Middle School Association

While it sounds like a no-brainer, knowing the purpose of homework is critical in providing the help your son or daughter needs to get the most out of it. First of all, you need to find out the purpose of homework from the teacher who assigns it. Is homework used to finish work begun at school, to provide more practice with new skills, or to complete large-scale projects? Next, sort out the reasons you want your young adolescent to complete homework. Is it to help develop discipline and a productive work ethic? Finally, frequently speak with your children about the importance of homework, whatever the reasons, so they understand why they are doing it.

Details do count—and so does consistency. Work with your young adolescent to set a regular time, place, and duration for homework to be done—not in front of the television and not during commercial breaks. When is the best time for homework to be completed—right after school, before supper, or after supper? Is listening to music allowed? Setting a quiet and undisturbed place to do homework is important.

Who's responsible? The young adolescent whose homework is in question must be responsible—always. If your child is not forthcoming about assignments, you must get the information from the teachers. Don't do the homework for your young adolescents, but do have them explain to you what they are doing and what they have learned from the homework.

Reading is always an appropriate homework assignment. If your son or daughter has no homework, finishes early, or simply doesn't have anything else to do, he or she should be reading. Family members can be excellent role models by making sure that the entire household reads regularly. Keep the television off most of the evening, turning it on only for specific shows, if that.

Reprinted with permission from The Family Connection, volume 9, published by the National Middle School Association (NMSA). Articles from The Family Connection are available for principals and PTAs to use in their newsletters. Visit www.nmsa.org/services/family for an archive. For more information about NMSA, call (800) 528-NMSA (6672) or visit www.nmsa.org.

Campbell Soup Labels

New Rules

As of June (news to this coordinator!) the Campbell's program will be collecting UPC CODES WITH THE CAMPBELL SOUP KIDS NEXT TO THEM. They no longer want the front of the soup can – the UPC has been reformatted so that they are side by side, Prego,

Pace etc will still be collected by jar lids so continue to turn those in. UNTIL THE END OF NOVEMBER THEY WILL ACCEPT THE FRONTS OF SOUP CANS ETC. So please turn them in ASAP so that we can get full credit for your hard work! If in doubt send the whole label and we will continue to explain the new rules.

For more information check out www.labelsforeducation.com for a complete list of products. Interested in helping with this project? Contact me at patriciamurakami@yahoo.com Thanks to everyone who saved them over the summer! Please turn everything in as soon as possible for fall submission and use at the school.

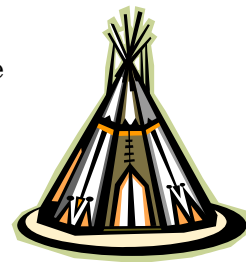
Native American Culture will come to life

The PTA is happy to announce its first Assembly of the year. Jon Jordan, a Native American culture and traditions educator, artist and storyteller, will be visiting Pleasant Hill. He will take residence in his 20-foot tepee on the school grounds on Wednesday, September 27 and Thursday, September 28.

The theme of his visit will be Life on the Plains: A Living History of Native Americans. He will share Native American folktales, traditions and

celebrations with our children.

Please take the opportunity to see Jon and his tepee during his time at Pleasant Hill



Watch for a detailed flyer coming home soon.

Yearbook

YEARBOOK NEEDS YOUR PHOTOGRAPHS

The '06-'07 Yearbook creation process is underway!

We assign volunteer photographers to every event, but we want your photos too!!!

Please send photos or photo CD's to school with your child in an envelope marked "Yearbook" and they will get to us. Photo CD's will be returned if labeled with your child's name/classroom. OR, email high-resolution digital photographs to Jennifer Draznik: ph.yearbook@mac.com



Right now, send in photos from:

- Fall Fest
- 1st Day of School
- classroom events & projects pertaining to the whole class

Thanks for your help & feel free to email or call if you have questions or want to help with the yearbook. Meetings are held during the school day, but many of the events that need to be photographed are in the evening!

Jennifer Draznik, PTA Chairperson-Yearbook
847 358-7579 ph.yearbook@mac.com

Picture Day

Thanks to the picture day helpers

Tina Freund, Donna Smaga, Kim Radochonski, Lora Lewis, Christine Atkinson, Liz Owens, Andrea Metzger and Pat Murakami!

Did you miss school picture day?

Here's your 2nd chance:

SCHOOL PICTURE RETAKE DAY

TUESDAY, OCTOBER 24TH, 2006

Please call me, Jennifer Draznik, PTA-Yearbook, and NOT the school office, if you have questions about school pictures. 847-358-7579 ph.yearbook@mac.com THANKS!!!



Old wives' tales are perhaps as old as language itself. They're part of our oral tradition, originating long before pen and ink, books and movies, and certainly before the Internet. Many old wives' tales have been proven false or ineffective by advances in medicine and technology. Some old wives' tales about health and sickness have some basis in fact, whereas other, newer ones seem to reflect a kind of technophobia, such as those related to watching television.

Feed a cold, starve a fever.

False. Both high fevers and colds can cause fluid loss. Drinking plenty of liquids such as water, fruit juice, and vegetable juice can help prevent dehydration. And with both fevers and colds, it's fine to eat regular meals - missing nutrients may only make a person sicker.

Fish is brain food.

True. Fish is a good source of omega-3 fatty acids that have been found to be very important for brain function. Certain fish, however, have significant levels of mercury. Therefore, the Food and Drug Administration (FDA), suggests that pregnant women and women of child bearing age decrease their exposure to mercury by either avoiding eating swordfish, shark, and tuna, or limiting their consumption to

these fish to once per month.

Chocolate causes acne.

True ... and false. Studies show that no specific food has been proven to cause acne. However, some people may notice their breakouts are worse after eating certain foods - and these foods are different depending on the person. For example, some people may notice breakouts after eating chocolate, while others are fine with chocolate but notice they get breakouts after drinking too much coffee. If that's the case for your child, it may help to have him or her cut back on that food and see if it makes a difference.

Spicy foods can cause ulcers.

False. Spicy foods may aggravate ulcer symptoms in some people, but they don't bring about ulcers. A bacterial infection or overuse of pain medications such as aspirin or anti-inflammatory drugs is the usual cause.

Eating carrots will improve your eyesight.

False. This tale may have started during World War II, when British intelligence spread a rumor that their pilots had remarkable night vision because they ate lots of carrots. They didn't want the Germans to know they were using radar. Carrots - and many other vegetables high in vitamin A - do help maintain healthy eye-

sight, but eating more than the recommended daily allowance won't improve vision.

If you go outside with wet hair, you'll catch a cold.

False. Cold weather, wet hair, and chills don't cause colds. Viruses do. People tend to catch colds more often in the winter because these viruses are spread more easily indoors, where there may be more contact with dry air and people with colds. Dry air - indoors or out - can lower a person's resistance to infection.

Reading in dim light will damage your eyes.

False. Although reading in a dimly lit room won't do any harm, good lighting can help prevent eye fatigue and make reading easier.

Too much TV is bad for your eyes.

False. Watching television won't hurt your eyes (no matter how close to the TV you sit), although too much TV can be a bad idea for kids. Research shows that children who consistently spend more than 10 hours a week watching TV are more likely to be overweight, aggressive, and slower to learn in school.

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Too much loud noise can cause hearing loss.



True. Just 15 minutes of listening to loud, pounding music; machinery; or other noises can cause temporary loss of hearing and **tinnitus**, a ringing in the ears. Loud noise causes the eardrum to vibrate excessively and can damage the tiny hairs in the cochlea, a cone-shaped tube in the inner ear that converts sound into electrical signals for the brain to process. Although temporary hearing loss usually disappears within a day or 2, continuous exposure to extreme noise can result in permanent hearing loss. For example, if a child is wearing headphones - and those around him or her can hear the music - the volume is too high.

KidsHealth is the largest and most-visited site on the Web providing doctor-approved health information about children from before birth through adolescence.

From Your National PTA

Family Day—Have Dinner Together on September 25

The more often children and teens eat dinner with their families, the less likely they are to smoke, drink, and use drugs. Frequent family dinners also help children and teens by lowering tension and stress at home, encouraging them to confide in their parents, and helping them to get better grades in school.

Help make family dinners a part of your family's routine:

- Start the pattern of family dinners when children are young.
- Encourage your children to create menu ideas and participate in meal preparation.
- Turn off the TV and let your answering machine pick up calls during dinnertime.
- Talk about what happened during everyone's day: school, work, extracurricular activities, and current events.
- Establish a routine to start and end each meal.
- After dinner, play a board game or serve dessert to encourage the family to continue the

conversation.

- Keep the conversation positive, and make sure everyone gets a chance to speak.

The National Center on Addiction and Substance Abuse (CASA) at Columbia University created Family Day - A Day to Eat Dinner with Your Children™ (www.CASAFamilyDay.org) in 2001, as a national effort to promote family dinners as an effective way to reduce substance abuse among children and teens. Family Day will be celebrated this year on September 25, and PTA supports this event.



Your Voice

This school year holds many important elections directly affecting your family. Please make sure you are a registered voter. In order to vote in the November election you must be a registered voter by October 10, 2006. For simple online instructions on registering go to www.voterinfonet.com.

Thank you for being the voice for our children

Environmental Education

So, how's the "back to school" been? I'm taking my usual month to get in gear, but I have noticed that my children seem to be consuming vastly more food than they did this summer. I'm not sure how this is coming to pass, but it has prompted me to take a look at my grocery shopping and make some adjustments. As luck would have it, I ran across an article in the August edition of Runner's World on organic food and whether it's worth the price and hassle to purchase and eat ("Is Organic Food Really Worth It?"). Although I've read much on the subject, it was a good refresher. It first pointed out that because organic food is grown without the use of pesticides, chemical fertilizers, antibiotics, or growth hormones, we get healthier food when we choose organic as well as food that has been grown in a manner that is friendly to the environment. Organic foods (especially produce), however, do generally cost more than conventional ones, so the article listed fruits and vegetables with the highest concentrations of pesticides where purchasing organic would give you the most bang for your buck while listing others that have low to undetectable pesticide levels so that buying conventional may be a better choice economically. Here's the breakdown . . .

Buy Organic: apples, bell peppers, celery, cherries, imported grapes, nectarines, peaches, pears, potatoes, raspberries, spinach, strawberries

Buy Conventional: asparagus, avocados, bananas, broccoli, cauliflower, kiwi, mangoes, onions, papaya, pineapples, sweet corn, sweet peas

The article also suggests buying organic meats, poultry, eggs, and dairy to limit exposure to antibiotics and growth hormones but to choose organic breads, pastas, cereals, and other processed foods only when cost and availability allow it. So read up on organics, and check around for price and availability on the things you normally purchase.



Visit the Palatine Farmers' Market on Saturday mornings at the train station—there is a vendor there that offers organic produce. It could be just the change you've been looking for!

Keep watching for **Waste-Free Lunches** Pack your cold lunches with recyclable and/or reusable containers! Any parents wanting to help out during any or all lunch periods on those days please email me at margo_ban@yahoo.com. Thanks!

Margo Ban

10% Back to Your School

Your 10% Back To Schools Rewards are waiting at Dominicks!

Please turn the reward certificate into the school as soon as possible. These must be entered on line by October 17 at the latest or they are invalid!! Many of these were turned in during the Spring and they were worthless so please DO IT TODAY!! Last year we raised almost \$100 extra dollars for use at the school. Turn them in where the BoxTops are turned in by the front office. THANKS! Questions? Reach me at patriciamurakami@yahoo.com

Spotlight on the Board

Notes from the District 15 School Board Meetings

Spotlight on the Board is a collection of notes taken at the District 15 School Board meetings by Pleasant Hill PTAs' School Board liaison, Susan Quinn. 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 affecting the district. These Notes are not endorsed by District 15 or the Board of Education. Below are the highlights from the September "Regular" meeting.

Over 1,000 people were in attendance at the board meeting, including a large number of teachers and CTC representatives.

1.) 2006-07 Budget approved

2.) Preliminary ISAT results presented for district

86% meets/exceeds in reading for district

89% meets/exceeds in math for district

3.) Classroom Performance System demonstrated

4.) BOE President Carlson's Speech on Contract Negotiations

Carlson spoke at length, reading from a prepared statement that is largely the same as the press release posted on the district's website (see www.ccsd15.net).

Carlson gave an overview of the negotiations, and noted that people can contact the board via email, addressing the Board at meetings, or by phone, and that there would be a 30 min comment period after she spoke. Carlson spoke about recent negotiations on Monday (9/11), why the board was filing an "unfair labor practice" complaint, why the board froze salaries, and what the board was offering and the CTC counter offering in negotiations. Carlson handed out two documents: one a comparison sheet of salaries of district 15 teachers and neighboring districts and a summary of the position of the Board and CTC in the areas of compensation, benefits and retirement. These documents are available at the district website (www.ccsd15.net) and the Pleasant Hill PTA website (www.phpta.org/teacher_contract.htm). *You can hear Carlson's speech at www.phpta.org/DistrictInfo.htm.*

5.) CTC President Jan Belzer addresses the Board

Belzer confirmed that Monday 9/18 the teachers will vote to authorize the intent to strike. She commented that after 14 months of negotiating, progress had been made and some tentative agreements reached. She said it had been 24 years since the CTC has authorized a strike, and

that the CTC takes this step only as a last resort, due to unfair and unjust Board positions, putting politics and short term, short sighted positions ahead of the school district the CTC serves. Belzer said the teachers work hard to provide a quality education and provide role models, resulting in the high ISAT scores reported today. She said the teachers have held up their end of the bargain, yet are being frozen on last year's salaries, which is why the CTC is filing an "unfair labor practice" complaint against the district. The CTC wants to do the hard work necessary to settle the contract, so can focus on providing quality education to students of district 15. Belzer said the current situation cannot go on much longer, and the CTC wants to resolve the situation. *You can hear Belzer's speech at www.phpta.org/DistrictInfo.htm.*

At this point, Jan Belzer stood up and exited the auditorium, along with the CTC supports with her at the table. The vast majority of teachers in attendance stood to leave as well, requiring a 15 minute break to clear the room. When the session was reconvened, the remaining Citizens that wanted to address the board spoke.

6.) **Citizens Address the Board** – Seven parents addressed the Board, expressing a range of views both in support of the CTC and the Board.

Spotlight on the Board available via email subscription!

SUBSCRIBE to the *Spotlight on the Board* notes via email at <http://www.phpta.org/DistrictInfo.htm>.

Next Board meeting is Wednesday, September 27th, 2006, 7 pm at Sundling Jr. High—this is a "Meeting of the Whole" meeting.

