



Tiger Tracks

Be Respectful, Be Ready, Be Safe



Gurrie Middle School
1001 S. Spring Avenue
La Grange, IL 60525
708-482-2720

February 18, 2022

2022 Issue 7

www.d105.net/gurrie
School Closing Hotline: 708-482-2722

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CALENDAR

February

- 2 Parent Teacher Conferences 4-7PM—Virtual due to weather
- 9 Parent Teacher Conferences 3-6PM
- 21 Presidents Day, No School
- 22 District Institute Day, No School
- 28 Trimester #3 Begins
- 28 Board of Education Meeting,

March

- 14 Gurrie PTO Meeting, 6:30 pm
- 15 Remote Learning Day / Election Day
- 21 Board of Education Mtg. 7:30 pm
- 28—
- April 4 Spring Break
- 4-April Classes resume



From the Principal's Desk



Greetings from Gurrie.

Hard to believe but here we are in the middle of February. The second trimester ends on February 25 and we will then begin the final twelve weeks of school.

Course Selection for LT

The Lyons Township High School transition process continues this month. As of this date, 8th grade families should have received an email from LT with initial course recommendations for freshman year (including the elective course selections). On Friday, February 11, 8th grade students met with LT counselors to review those selections and answer any questions students may have had.

If you feel that the placement recommendation(s) are not appropriate for your child, you have the ability to appeal that placement with LT (request for level changes need to be made no later than February 18). I would highly encourage all parents who feel that a course placement is not appropriate for their child to contact LT and consider appealing that placement. Contact information for appeals at LT will be provided with the course recommendations.

Please visit the LT Website at www.lths.net and click on ***Class of '26 Transition to LT***. This site contains everything you need to know about the upcoming transition to LT.

8th Grade Graduation – End of Year Events

As our year continues to move along, I wanted to provide end of the year information for our 8th grade families. We have scheduled our Gurrie graduation for Tuesday, May 31 at 5:30pm. We will hold the ceremony outside in the field behind Gurrie. We received a great deal of positive feedback about last year's outside celebration and wanted to provide this again. If the weather does not cooperate, our rain date will be Wednesday, June 1 at 5:30pm. More information regarding the ceremony will be sent over the next few months.

Graduation Gown and Medallion

We have sent home information on purchasing the graduation gown and medallion. The cost is \$26.00. The form has also been shared through ParentSquare and on our website (www.d105.net/gurrie). If you are paying by check, please make the check out to LaGrange School District 105 for \$26.00.

If you have questions about this or payment please contact the office/Mr. Hood at (708) 482-2720.

Respectfully,

Ed Hood

Questions About Attendance??

What is regular attendance? Why is it so important?

Full day school attendance is vital to student success. Students who arrive late or leave early miss important segments of classroom instruction. Tardiness and early dismissal is also disruptive for other students and the teacher.

It should be of no surprise that one of the predictors of a child's success in school is their attendance. Students who miss fewer days are more likely to excel in their academic studies. National data reflect that the fewer days missed, the greater the achievement level for students.

For our children, the cost of missing school is falling behind in their learning. The more days that are missed also result in a higher anxiety level for students, as they worry about falling behind and not catching up.

Regular attendance should be the goal of every student. Regular attendance means:

- A student attends school everyday, unless the student has a justified reason.
- A student arrives at school on time.

There is no doubt that it is in the best interest of the child that they attend school regularly. It helps students to be successful academically, and helps create a sense of consistency and routine that reduces anxiety.

When does the day begin at Gurrie?

Our school day begins at 8:15AM. That means that a student has gone to their locker, and is in their first period class by the time the bell rings at 8:15AM. It is important that you call Gurrie when you know that your child will not be in school. Please call 708-482-2720 and report the absence as soon as you are aware, no later than 8:30AM of the day the student is absent. Our secretaries often have to spend a good deal of time calling homes to check up on a student who is reported absent by a staff member. ***We are legally obligated to be able to account for every child, each day.*** You can leave a message on our school voice mail in the evening or in the early morning before staff has arrived.

Failure to reach a parent may result in the local police being called and asked to make a wellness check on the family. As stated above, we are legally obligated to account for each student every day.

Important Information for Parents of 8th Grade Students

As we look towards the end of the year we are currently looking at graduation and what it might look like this May. We will be communicating information as we continue on this winter and into the spring. As of this date, the event is still scheduled for May 31st at 5pm.

The purchase amount for the gowns and medallions is \$26.00. Checks should be made payable to LaGrange School District 105.

The 8th grade Great America field trip will take place on Thursday, May 26th during the school day. The cost for admission is \$36.00, checks should be made payable to LaGrange School District 105. Letters will be going out by the end of this month with your child.

Should you have additional questions please contact your child's advisor.

PBIS NEEDS YOUR HELP!

The PBIS program, which rewards students for their positive behavior in school with Tiger Stripes, would greatly appreciate your help with donations. Please donate items from the list below throughout the school year. It is very important that we have enough items to reward the students.

Donated items can be dropped off at Gurrie main office anytime during the school day or can be sent in with your student. Please label "PBIS".

If you have any questions, please contact:
Ashley Burger at aburger@d105.net or
Mr. Alvarez at ealvarez@d105.net.

The following list shows some of the items that we can use for our PBIS store. Food items cannot have any peanut products or be produced in a factory that process peanut items. Nonfood items like clothing and toys need to be new or unused.

Food Items

Ring pops
Jolly Ranchers
Laffy Taffy
Now and Laters
Strawberry Twizzlers
Tootsie Pops
Dumb Dumb suckers

Nonfood Items

Water bottles
Hacky sacks
Stuffed Animals
Picture frames
Slinkys
Pens
Mugs
Movies
Music CD
Calendars
Toys
Journals
Backpacks
Table games
Gurrie Gear
T-shirts
-College,
-Chicago teams,
etc.
Sweatshirts:
-College,
-Chicago teams
-Gift cards

Social Worker FYI

Ashley Burger 708-482-2720 ext.. 1221
aburger@d105.net



Helping Teenagers With Stress

Teenagers, like adults, may experience stress everyday and can benefit from learning stress management skills. Most teens experience more stress when they perceive a situation as dangerous, difficult, or painful and they do not have the resources to cope. Some sources of stress for teens might include:

- school demands and frustrations
- negative thought and feelings about themselves
- changes in their bodies
- problems with peers and/or friends at school
- unsafe living environments/neighborhood
- separation or divorce of parents
- chronic illness or severe problems in the family
- death of a loved one
- moving or changing schools
- taking on too many activities or having too high expectations
- family financial problems

Some teens have become overloaded with stress. When it happens, inadequately managed stress can lead to anxiety, withdrawal, aggression, physical illness, or poor coping skills such as drug and/or alcohol abuse.

When we perceive a situation as difficult or painful, changes occur in our minds and bodies to prepare us to respond to danger. This “fight, flight, or freeze” response includes faster heart and breathing rate, increased blood to muscles of arms and legs, cold or clammy hands and feet, upset stomach and/or sense of dread.

The same mechanism that turns on the stress response can turn it off. As soon as we decide that a situation is no longer dangerous, changes can occur in our minds and bodies to help us relax and clam down. This “relaxation response” includes decreased heart and breathing rate and a sense of well being. Teens that develop a “relaxation response” and other stress management skills feel less helpless and have more choices when responding to stress.

Parents can help their teen in these ways:

- Monitor if stress is affecting their teen’s health, behavior, thoughts, or feelings
- Listen carefully to teens and watch for overloading
- Learn and model stress management skills
- Support involvement in sports and other pro-social activities

Teens can decrease stress with the following behaviors and techniques:

- Exercise and eat regularly.
- Avoid excess caffeine intake which can increase feelings of anxiety and agitation.
- Avoid illegal drugs, alcohol, and tobacco.
- Learn relaxation exercises (abdominal breathing and muscle relaxation techniques).
- Develop assertiveness training skills. For example, state feelings in polite, firm and not overly aggressive or passive ways: (“I feel angry when you yell at me” “Please stop yelling.”)
- Rehearse and practice situations which cause you stress. One example is taking a speech class if talking in front of a class makes you anxious.
- Learn practical coping skills. For example, break a large task into smaller, more attainable tasks.
- Decrease negative self talk: challenge negative thoughts about yourself with alternative neutral or positive thoughts. “My life will never get better” can be transformed into “I may feel hopeless now, but my life will probably get better if I work at it and get some help.”
- Learn to feel good about doing a competent, or “good enough” job rather than demanding perfection from yourself and others.
- Take a break from stressful situations. Activities like listening to music, talking to a friend, drawing, writing, or spending time with a pet can reduce stress.
- Build a network of friends who help you cope in a positive way.

By using these and other techniques, teenagers can begin to manage stress. If a teen talks about or shows signs of being overly stressed, a consultation with a child or adolescent psychiatrist or qualified mental health professional may be helpful.