



Tiger Tracks

Be Respectful, Be Ready, Be Safe



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

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Issue 7

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

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CALENDAR

February

- 3 Parent Teacher Conferences 4-7PM
- 10 Parent Teacher Conferences 3-6PM
- 15 Presidents Day, No School
- 22 Board of Education Meeting, 7:30PM
- 26 End of Second Trimester

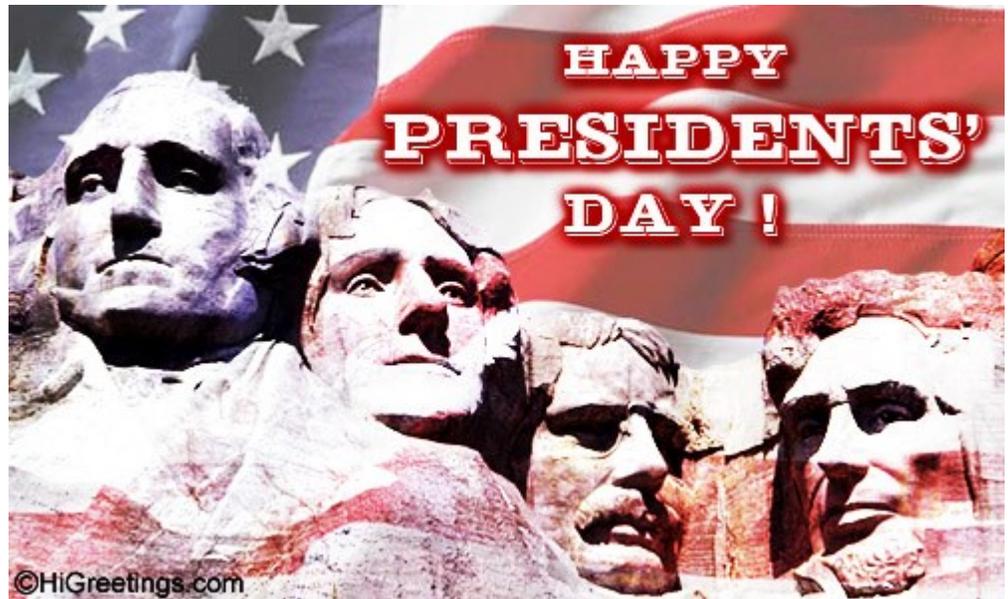
March

- 1 Start of Third Trimester
- 15 Gurrie PTO Meeting, 6:30PM
- 15 Board of Education Mtg. 7:30 pm
- 22 Spring Break begins
- 29 School Resumes

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From the Principal's Desk



Greetings from Gurrie.

Course Selection for LT

The Lyons Township High School transition process continues this month. Our 8th graders completed their Elective Course Selection document. This was due to LT on Friday, February 12. As of this date, families should have received an email or letter from LT with initial course recommendations for freshman year. Information regarding placement and appeals to those placements will be provided by LT. If you feel that the placement recommendation is not appropriate for your child, you have the ability to appeal that placement with LT (the window for this will be through the next few weeks). 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 (www.lths.net) and click on *Information for Class of '25*. This site contains everything you need to know about the upcoming transition to LT.

8th Grade Graduation – End of Year Events

As our year moves along I wanted to provide end of the year information for our 8th grade families. With the pandemic and current guidelines in place, we are not sure yet what graduation will look like this year. As of today, the date and time for graduation remain the same and we do not intend to change the date at this point (Monday, May 24 at 7pm). More information regarding the ceremony will be sent over the next month or so and as the situation / guidelines adjust. Thank you for your patience.

If sending in a check, please make payable to:

LaGrange School District 105 for

Graduation Gown and Medallion: \$26.00

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 24th at 7pm.

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

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:
Jeannette Pedersen at jpedersen@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

Jeannette Pedersen, 708-482-2720 ext.. 1221
jpedersen@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.