



# 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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[www.d105/gurrie.net](http://www.d105/gurrie.net)

School Closing Hotline: 708-482-2722

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### October

26-30 Red Ribbon Week  
31 **Halloween**

### November

3 Parent Teacher Conf. 12-7 pm  
4 Parent Teacher Conf. 4-7pm  
9 PTO Meeting 6:30 pm  
16 Board of Ed. Meeting 7:30pm  
25 Thanksgiving Break 25-27



# ***From the Principal's Desk***



Greetings from Gurrie,

The last week in October, District 105, as well as schools throughout the state of Illinois and throughout the country celebrate *Red Ribbon Week*. This week is dedicated to raising awareness regarding drug and alcohol abuse and making positive choices in one's life. It is an ideal way for people and communities to take a visible stand against drugs and to show their personal commitment to a drug-free, healthy lifestyle through the symbol of the red ribbon. I encourage you to discuss these issues with your children not just during *Red Ribbon Week* but also throughout the entire year. Students in middle school are at a critical point in their development and a supportive and involved family is the key to good choices.

Thank you to all our families who have had their children participate in the saliva-screening program. This should prove to be an extremely valuable tool in managing COVID-19 in our schools and preventing outbreaks. Students who have had the consent form signed and completed by a parent will be tested weekly here at Gurrie. If you still would like your child to participate in this program, you can opt in at any time. Just call the office (708-482-2720) and ask for more information. You can also find information on our main Gurrie web page.

In addition to weekly emails and the Tiger Tracks, our Gurrie website is another example of the commitment to communication between home and school. Please be sure to visit it regularly. Explore your child's Google classroom web pages, PowerSchool, use the school calendar, and look for announcements and forms that are accessible online. Please bookmark the website, which is found at [www.d105.net/gurrie](http://www.d105.net/gurrie).

If you have not received an invitation to sign up for parent-teacher-student conferences, please call the office. We have found that these invitations sometimes end up in your spam/junk email folder so please check there as well.

If you are interested, Gurrie has purchased a number of headphone/microphone sets that we are offering for sale to interested families. Recommended by the tech department and compatible with our Chromebooks, they provide better audio for students as well as eliminate outside noise and distractions from the student's environment when not at school. You can send an email to [pdlhy@d105.net](mailto:pdlhy@d105.net) or [jfulgencio@d105.net](mailto:jfulgencio@d105.net) and request a set. You can either drop off the payment (cash or check-check made out to District 105) here at school with your child if they are on a hybrid schedule or if your student is remote, you can drop off payment and the headphone/microphone set will be placed on a table in the main foyer.

If your student is having an issue with their Chromebook please complete the technology assistance form found on the district website under Return to Learn or watch the quick video on the Gurrie website that instructs you how to complete the form. Once this is completed, the tech department will contact you with further information about repairs. If you do not have an internet connection, we do offer internet hotspots to families who are in need of this service. This request can also be done on the technology assistance form.

Our students have and are doing an amazing job following our safety protocols here at GMS and following what we're calling the *Big Three: Wearing a Mask, Regular Hand Hygiene, and Maintaining 6' + physical distancing*. We are very proud of them and their commitment to maintaining a safe environment here at GMS.

Ed Hood

## Social Worker FYI

Jeannette Pedersen, 708-482-2720 ext. 1221  
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### Red Ribbon Week

Each year, Red Ribbon Week provides us with an opportunity to talk with our children about making healthy choices and staying drug free. This year the schools will be celebrating Red Ribbon Week October 21st through October 25th. Throughout this week there will be many activities both in our schools and in our community that will focus on providing information for students and their families on how to make healthy choices and stay drug free. Research has shown that the parent is one of the greatest influences in helping children make healthy choices and staying drug free.

### 10 Actions Families Can Take to Raise Drug-Free Kids

- START:** It is never too early to prevent your children from trying drugs. Building protective factors, such as letting your child know you care, plays an important part in protecting even the youngest children from drugs.
- CONNECT:** Take every opportunity to build lines of communication with your children. Do things as a family. Spend time together—eat dinner as a family, read together, play a game, visit a museum, go to the park, attend religious services. Show that fun does not involve drugs.
- LISTEN:** Take a more active interest in what is going on in your children's lives. Listen to their cares and concerns. Know what they are up to—what parties they are going to, with whom, and what will be served or available.
- LEARN:** Children today are sophisticated. To educate your children about the danger of drugs, you need to educate yourself first. In many cases, you and your child can learn side by side. Sit down together and learn about the risks drugs pose.
- EDUCATE:** Spend at least 30 minutes with your kids every month explaining with simple facts how drugs can hurt youngsters and destroys their dreams.
- CARE:** Spend at least a few minutes each day telling and showing your children that you care. Make sure they know you care they are drug-free. Explain to your child that you will always be there for them no matter what happens. Make sure that they know to come to you first for help or information. The extended family plays a major role in influencing a child's life.
- BE AWARE:** Look for the warning signs that your child may be developing a substance-abuse problem and get help before the problem occurs. Your pediatrician can help.
- SET LIMITS:** By setting limits on what is acceptable behavior, you show your children that you care and help guide them to a safer, drug-free future. Declare limits: "This family doesn't do drugs. This family doesn't hang around people who do drugs." Enforce these limits. If you say no drugs or no drinking and driving, the rule applies to parents too. Be consistent.
- GET INVOLVED:** Effective prevention extends beyond the home into the community. Get involved in your community. Ensure that your community's streets, playgrounds, and schools are drug-free. Start or join a community watch group or community anti-drug coalition. Become active in the PTA. Get involved in your church, synagogue, or faith community.
- LEAD:** Young people are as aware of what you do as of what you say. Don't just say the right things; do the right things. Set a good example. If you have substance-abuse problem, get help.



# Music News



## Band Rehearsals

This is just a reminder to please contact the directors in case of any absences or tardiness. Attendance and timeliness to rehearsals is essential to success!



## MPA Help

The Music Parents Association (MPA) is an organization for parents of band, orchestra and choir members. A form has been passed out asking for your help. Please volunteer to help with at least one thing. If everyone helps, there will be very little for each person to do.



## Reminder...

This is a reminder to parents that it is important to keep track of their student's lunch account balances. Students' lunch account balances can be checked through PowerSchool. If you do not have access to a computer you can call the Gurrie office and this information can be checked for you.

If your student has a hot lunch every day, it is a good idea to send cash or a check made out to District 105 when the account balance goes below \$10.00. Parents also have the option of paying online through the Web Store link at the bottom of the Parents/Guardians tab on the left side of the Web page. For cash or check payments students should bring their money in to the Gurrie office and give it to either Mrs. Dlhý or Ms. Fulgencio, who will enter it into their account.

Remember too, the hot lunch prepay on your student's ID card will only cover one hot lunch per day. If your student wishes to have a second milk or any of the other food available from the cafeteria, they must pay cash. This is the case for all students, including those who participate in the free and reduced lunch program. If a student on the free and reduced lunch program wishes to have only milk, they must purchase the milk. This is a state policy. The program is only funded for a hot lunch which includes milk.



# SPORTS CALENDAR

TBD

## 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's main office anytime during the school day or can be sent in with your student. Please label "PBIS".

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

If you have any questions, please contact:  
Mrs. Pedersen at [jpetersen@d105.net](mailto:jpetersen@d105.net) or  
Mr. Alvarez at [calvarez@d105.net](mailto:calvarez@d105.net)