



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

School Closing Hotline: 708-482-2722

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CALENDAR

October

11 Columbus Day—No School
12 District Institute Day—No School
25-29 Red Ribbon Week
25 Board of Ed. Meeting, 7:30 pm
26 7th Gr. SOS Program
28 8th Gr. SOS Program
25 Halloween Dance—TBD

November

1 Parent Teacher Conf. 12-7 pm
3 Parent Teacher Conf. 4-7pm
15 PTO Meeting 6:30 pm
15 Board of Ed. Meeting, 7:30pm
TBD Gurrie Feast
26 Thanksgiving Break 24-26

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From the Principal's Desk



Greetings from Gurrie,

At the end of this month (October 25-29) District 105, as well as schools throughout the state of Illinois will be celebrating *Red Ribbon Week*. *This year's theme is Drug Free Looks Like Me. This is a week 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 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 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.*

This month we will also be educating and offering students depression and suicide prevention training as part of the SOS Signs of Suicide Prevention Program (during the week of October 25).

The adolescent years are marked by a roller-coaster ride of emotions and growth-difficult for kids, their parents, and educators. It is easy to misread depression as normal adolescent turmoil; however, depression (among the most common of mental illnesses) appears to be occurring at a much earlier age. Depression-which is treatable-is a leading risk factor for suicide. In addition, self-injury has become a growing problem among youth. The SOS program has been successful at increasing student reporting concerns about themselves or a friend and is the only school-based suicide prevention program listed by SAMHA for its National Registry of Evidence-Based Programs and Practices that address suicide risk and depression, while reducing suicide attempts. In a randomized control study, the SOS high school program showed a reduction in self-reported suicide attempts by 40% (BMC Public Health, July 2007).

Our staff has been provided background information on SOS and students will be taking a pre-test on the lesson objectives. At the conclusion of the lesson, students will take a post-test and we will be able to measure their growth and increased understanding. Information has been sent home and is also posted on our website. Please call or email Mr. Hood or Mrs. Burger with any questions or concerns.

With Halloween approaching, a quick reminder that we do not dress in costume during the school day (there is additional information in the Tiger Tracks).

In addition to Tiger Tracks, the 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 classroom web pages, use the school calendar, and look for announcements and forms that are accessible online. The website is found at www.d105.net. Please bookmark it.

Ed Hood

Social Worker FYI

Ashley Burger 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 25th through October 29th. 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, Orchestra, and Choir Fund Raisers!!

It's that time of year again! Please help continue to support the District 105 Fine Arts Program by contributing to our annual Century Resources Fundraiser! Flyers and order forms will be circulating throughout the community in late October and early November. Be on the lookout and thank you for your support!!

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!

Beginning Cadet Band rehearsals begin on October 18th. Bus schedules will be distributed soon from Mr. Tabor. Rehearsals are held from 3:05-4:05 and all transportation is provided by the district.



Choir Rehearsals

Please let Mrs. Cherry know if you will not be coming to morning rehearsal. We need everyone's voice!

New members are welcome! Please contact Mrs. Cherry (acherry@d105.net) for more information.



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.



SPORTS CALENDAR

October

- 14 Girls' Basketball vs. Highlands
- 16-21 Girls Basketball Hodgkins Tournament
TBD
- 14 Cross Country at Spring Rock
- 18 Cross Country at LT South

November 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. Burger at aburger@d105.net or
Mr. Alvarez at calvarez@d105.net