



Tiger Tracks

Be Respectful, Be Ready, Be Safe



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

February 22, 2019

Issue 7

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

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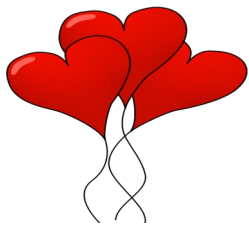
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CALENDAR

February

25 Board of Education Mtg. 7:30
28 Graduation Picture Retakes

March

8 Trimester #2 Honor Roll Breakfast
11 8th Grade Shakespeare Trip
11 PTO Mtg. 6:30 pm
14 D105 Wellness Fair
15 PTO Bags Tournament
18 Board of Education Mtg. 7:30 pm



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 met with LT counselors on Thursday, February 7th and selected their elective courses. 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.

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. There are several handouts in the weekly envelope (and on the website) regarding the graduation gown, medallion, and Great America. Below is a schedule of end of year events for 8th graders.

<u>January 25th</u> <ul style="list-style-type: none">• Graduation pictures and gown measurement• Retake date will be Thursday, February 28th.
<u>February 7th</u> <ul style="list-style-type: none">• LT elective selection at Gurrie
<u>February 15th - May 15th</u> <ul style="list-style-type: none">• Please submit payments for Great America and Graduation Gown and Medallion during this time window.
<u>April 3rd</u> <ul style="list-style-type: none">• Eighth grade visit to LT – Jr. Lion Tour - 9A.M.
<u>May 23rd</u> <ul style="list-style-type: none">• Class Trip to Great America• Buses board at 8:15 A.M.• Students return to Gurrie approximately 6:45/7:00 P.M.
<u>May 24th</u> <ul style="list-style-type: none">• Eighth Grade Graduation Dance at Gurrie• 7-10 P.M.
<u>May 28th</u> <ul style="list-style-type: none">• Graduation at LT South Campus (4900 S. Willow Springs Road, Western Springs) – Field House• All students will wear graduation gowns provided by the school. Gowns will be returned right after the ceremony• Students should report to LT South Campus no later than 6:30.• Doors open at 6 P.M.• Tickets are not required for entrance• Ceremony begins promptly at 7P.M.

February 15th-May 15th

During this window of time, please send payment for activities listed below to your child's advisors or the office. We are sending this home now so that families may budget and plan according to their circumstances. In case of a family hardship, please call the office or Mr. Hood at (708) 482-2720. Make checks payable to: ***Gurrie Middle School***. Put your child's name in the memo area. You can combine graduation and Great America payments in one check.

Great America:	\$36.00
Graduation Gown and Medallion:	\$25.00

Gurrie Winter Raffle

During the next month, the Gurrie PTO is sponsoring the Gurrie Winter Raffle. Our goal this year is to raise \$4,000 for library bench seating for the LLC, a gathering place where students can work on projects collaboratively or individually. Students can help raise money by asking for donations of \$5 from family and friends; for every \$5 donation they bring in, they have the chance to win a prize in our weekly raffles. Thank you for supporting our school!

Respectfully,

Ed Hood



Project Linus 201 (at last!)

On November 20th, Gurrie Students assembled after our schoolwide Feast celebration to participate in Gurrie's 11th annual Project Linus event.

Gurrie students and staff completed 80 full-size blankets for Project Linus, which will go to bring warmth and comfort to children who are either sick or in crisis, through the Ronald McDonald House in Oak Lawn. Money to fund

the cost of the materials needed for the blankets was donated by sponsors and contributors. A special thank you goes to our Gurrie Blanketeers and members of the Gurrie Activity Council, who spent many hours over the course of many weeks preparing fleece, training their peers, gathering materials, and setting up the gym in order for the event to be a success.

This amazing effort is another example of the care and concern for others shown by the District 105 community.

Thank you to our blanket sponsors and donors:

Pam Dlhy	Tyler Kovel	Hannah Kallal	The Short Family
Emma Kallal	Andrew Peto	Malia Fink	Madison Kosenesky
Nataly Contreras	Nikolette Weiss	Sophie Dike	Ashlyn Grelewicz
Reese Metz	Anna Bylsma	Caroline LaVoie	Avery Jasinski
Brandon Betancourt	Sophei Imielski	Maddie Rowen	Gabi Sanchez
Austin Wisniewski	Alexis Machay	John Barrette	Ava Wisniewski
Jacqueline Kogen	Caden Strack	Camille Woods	Maks Washchuk
Michael Frankhauser	Sara Kutlich	Julie Folliard	Kaleb Garcia
Daniel Dessauer	Alexa Hoffenberg	Emmett Driscoll	Grace Sneed
Lillian Prendergast	The Crowes	Mr. Hood	Jackson Garelli
Kaitlyn Filkins	Katie Prystalski	Cristian Montano	Gunnar Garelli
Samuel Garcia	Christopher Alvarado	Leesa McHugh	Gurrie LLC
Hodgkins 4th Grade	Hussein Bato	Hannah Bato	Oscar Rojo
Maureen Kidd	Sandy Ruffner	Therese Jumic	Hodgkins School
Sean Cherry	Kim Nichol	Mrs. Yena	Libbi Christman
Tom Butters & Family	Lisa Carson & Fam.	Marge Kosinski	Sammy Kogen
Carolyn Buchanan	Kelly Lenti	Allyssa Wong	Nancy Jones
Spring Ave. Library	Keven Fernandez	Jonathan Lara	Tinocuah Flores
Osvaldo Rojo	Lillie Renick	Sophia Campos	Mrs. Pedersen
Gurrie Cafeteria Staff	Campbell Schumacher		
Kulaga-Halper Advisory	Tooth-Quinn Advisory	McGovern-Picht Advisory	

Gurrie Blanketeers

Thania Silverio, Denisse Elizondo, Krupali Patel, Michelle Torres, Julia Alvarado, Angelina Geronimo, Avery Jasinski, Danyela Cahue, Alexis Martinez, Doryan Kubik, Ava Wisniewski, Katie Pooler, Ethan Mason.

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 8:15. That means that a student has gone to their locker, and is in their first period class by the time the bell rings at 8:15. 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 8:30 a.m. 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

This year again, the Gurrie graduation ceremony will take place at the Lyons Township High School South Campus Fieldhouse. Gurrie graduates will rent their gowns instead of purchasing them. Gowns will be sent home with students during the week before the week of graduation. Graduation will take place on Tuesday, May 28th beginning at 7:00p.m.. The ceremony typically lasts between 60 and 75 minutes.

The cost for the rental of the gowns and medallions will be \$25.00. Checks should be made payable to Gurrie Middle School. A letter will go home in early March with further details.

The 8th grade trip to Great America will take place on Thursday, May 23rd. Cost for the trip this year will be \$36.00. Checks should be made out to Gurrie Middle School. A letter with more details will go out in early April.

We are giving this information to you now, so that you will have time to make all the necessary plans and arrangements for this exciting time in your student's life.

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:
Therese Jumic 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



Dare to Dream Club News

The eleventh annual “Dare to Dream: Get Educated!” Student Leadership Conference, geared toward preparing young Latinas to further their education was held at the College of DuPage on January 26, 2019. Over five hundred girls and women from 24 schools in DuPage County and Suburban Cook County braved the cold weather! They listened to Latina role models in successful careers talk about how they dealt with obstacles to achieve their dream of a better life through higher education. Gurrie Middle School students who attended include: Fatima Martinez Gallegos, Yoselin Montes, Monica Nuñez, Devany Ramirez and Thania Silverio. They were accompanied by the club sponsors Ms. Martha Ramirez, Ms. Jessica Fulgencio and their parents.

Are you receiving your weekly communications with Gurrie Middle School via email? Have you received emergency communications via email in the last month? If not, call the Gurrie office to sign up, or to update your email address. Are your telephone numbers current? If you have changed phone numbers recently, please call the Gurrie office to update your contact information. It is very important for the school to have your up to date contact information in the case of an emergency involving your student.

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.



Music Notes



Upcoming Music Department Dates

February 27, 2019
 LTHS Jazz Festival, LTHS South Campus
 March 5, 2019
 D105 Solo and Ensemble Festival
 March 9, 2019
 LTHS Solo and Ensemble Festival
 March 14, 2019
 Big Band Blast at RBHS
 April 16, 2019
 6th Annual Band-Aid Concert
 April 26, 2019
 Choir Awards Concert 7:00 p.m.
 April 30, 2019
 Band Awards Concert 7:00 p.m.
 May 2, 2019
 Orchestra Awards Concert 7:00 p.m.
 May 8 and 9th, 2019
 D105 Musical 7:00 p.m.



Band-Aid Concert 2018

The Eighth Annual Benefit Concert will be held on April 16th 2019! The District 105 Fine Arts Program will be supporting the Humane Society. The Gurrie Choir, Symphony Orchestra, Concert Band, and Jazz Ensemble will be performing. All proceeds will go to charity!

D105 Invites you to by "Be our Guest"!

We are excited to announce that the D105 musical this year will be "Beauty and the Beast"! Call lists will be posted shortly.



Chaperones needed

There will be plenty of opportunities for parent volunteers and chaperones in the coming weeks. If you are interested in helping, please contact Mr. Schwartz at tschwartz@d105.net, Ms. Murphy at tamurphy@d105.net, or Mr. Valdez at dvaldez@d105.net. Thank you in advance for your continued support!

Jazz Ensemble Keeps Swingin'



The GMS Jazz Ensemble will be participating in the annual LTHS Jazz Festival on Wednesday, February 27th. This is an all-day jazz band workshop at the LTHS South Campus. The festival begins at 9:00 a.m. and all middle school students from the township will be performing. Dress for the workshop is our performance black and white. The group will be performing at 10:25 am in the band room at LTHS.

On March 14th, the GMS Jazz Ensemble will be performing groups at Riverside Brookfield High School for their annual Big Band Blast concert, featuring the Hip Young Gunslingers Big Band, a professional group from Chicago. The performance will start at 7:00 pm and end at 9:00 pm. The cost is \$10 for adults and \$5 for students. We would love to see some familiar D105 faces in the audience.



Solo and Ensemble Festivals

In preparation for the LT Solo and Ensemble Festival on Saturday, March 9th, all 5th-8th grade band students and 4th-8th grade orchestra students will be performing at our first D105 Solo and Ensemble showcase on Tuesday, March 5th. Information has been distributed to students, please let us know if you have any questions or concerns.

SPORTS CALENDAR

February

- 12 Girls' Volleyball at Park Red
- 14 Girls' Volleyball vs. Willow Springs
- 21 Girls' Volleyball vs. McClure
- 25 Girls' Volleyball vs. Washington
- 26 Girls' Volleyball vs. Highlands
- 28 Girls' Volleyball at Park Blue

March

- 4 Girls' Volleyball vs. Pleasantdale
- 5 Girls' Volleyball at Westchester
- 11 Girls' Volleyball vs. Park Red
- 12 Girls' Volleyball at Highlands
- 14 Girls' Volleyball at Willow Springs

Boys' Basketball Recap

This year the 7th and 8th grade Boys Basketball teams worked hard and showed a lot of improvement. The 7th grade ended up with a 12-2 conference record and a 12-3 overall winning our division and the 8th grade team ended with a 13-1 conference record and a 14-2 overall record and also winning our divisional conference. 7th grade team members were Michael Badrov, Jimmy Brechaj, Sean Cherry, Johnny Garcia, Shawn Jenkins, Jacob Kawczynski, Xavier Leverette, Emilio Lopez, Jack McClane, Andrew Peto, Eliezer Soto-Gracia. 8th grade team members were Devell Brittmon, Liam Carolan, Aidan Collins, Patrick Engels, Grant Kostrzewa, Matthew Meehan, Niklas Polonowski, Michael Rocha, Thomas Tobolaski, Jake Warkentien, Patrick Wenstrup. See you next year!



Girls' Volleyball



Tryouts were held for the 7th and 8th grade girls' volleyball teams the week of January 21st. The following girls were selected for this year's teams.

8th Grade

Nikki Avizius
Sophia Dike
Hannah Eskra
Sara Gjorgjevska
Maddie Gonzalez
Emma Kallal
Karman Kapsa
Karen Martinez
Piper Oldenburg
Margot Pooler
Lily Prendergast
Grace Sneed
Allyssa Wong

7th Grade

Lydia Busker
Claire Collins
Caitlin Crowe
Sara Crowe
McKayla Duran
Hannah Kallal
Reese Metz
Maddie Rowen
Grace Turner
Izzie Wirtz

We hope to see you at the games!

LTESAC CONFERENCE SCHOOLS

Highlands	579-6890
1850 Plainfield Road, LaGrange, 60525	
McClure	246-7590
4225 Wolf Road, Western Springs, 60558	
Park	482-2500
325 N. Park, La Grange, IL 60526	
Pleasantdale	246-3210
7450 S. Wolf Road, Burr Ridge, 60525	
Washington	783-4200
8101 Ogden Avenue, Lyons 60154	
Westchester	450-2735
1620 Norfolk, Westchester, 60154	
Willow Springs	839-6828
8345 Archer, Willow Springs, 60480	