



# 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

School Closing Hotline: 708-482-2722

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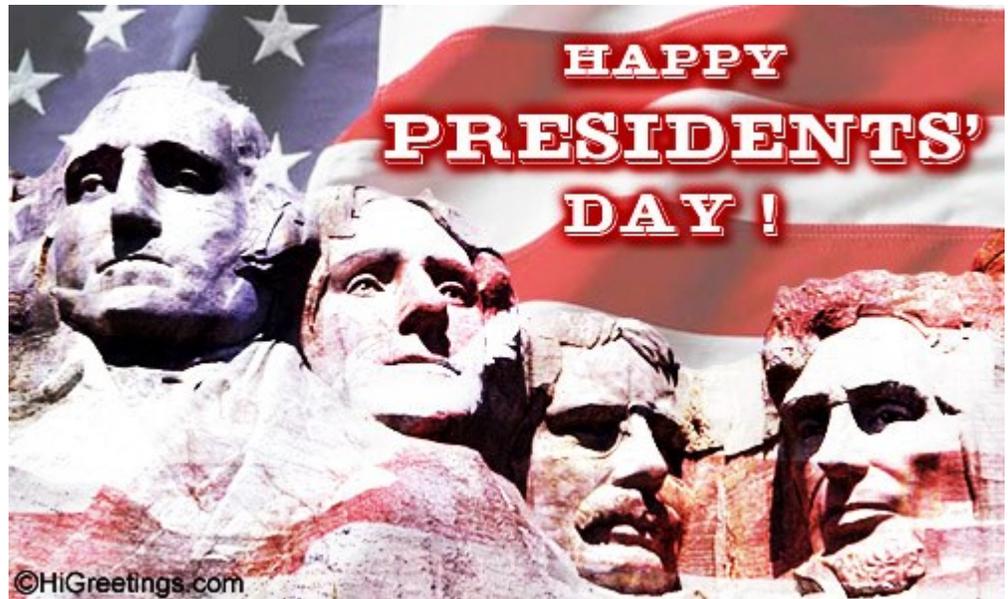
### **CALENDAR**

#### **February**

23 Gurrie Winter Dance 6:45-9:00 pm  
26 Board of Education Mtg. 7:30, LLC

#### **March**

2 End of Trimester 2  
2 Graduation Picture Retakes  
6 Winter Band Concert, 7 p.m.  
Gurrie Gym  
8 Winter Choir Concert, 7 p.m.  
Gurrie Gym  
9 8th Grade Shakespeare Trip  
10 Instrumental Solo & Ensemble Festival  
19 PTO Mtg. 7:00 p.m.  
19 BOE Mtg. 7:30 p.m.  
23 Next *Tiger Tracks*



# 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 8th 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.

## **8<sup>th</sup> Grade Graduation – End of Year Events**

As our year moves along I wanted to provide end of the year information for our 8<sup>th</sup> 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 8<sup>th</sup> graders.

<u>January 26<sup>th</sup></u> <ul style="list-style-type: none"><li>• Graduation pictures and gown measurement</li><li>• Retake date will be Friday, March 2<sup>nd</sup>.</li></ul>
<u>February 8<sup>th</sup></u> <ul style="list-style-type: none"><li>• LT elective selection at Gurrie</li></ul>
<u>February 15<sup>th</sup>- May 15<sup>th</sup></u> <ul style="list-style-type: none"><li>• Please submit payments for Great America and Graduation Gown and Medallion during this time window.</li></ul>
<u>April 4<sup>th</sup></u> <ul style="list-style-type: none"><li>• Eighth grade visit to LT – Jr. Lion Tour - 9A.M.</li></ul>
<u>May 24<sup>th</sup></u> <ul style="list-style-type: none"><li>• Class Trip to Great America</li><li>• Buses board at 8:15 A.M.</li><li>• Students return to Gurrie approximately 6:45/7:00 P.M.</li></ul>
<u>May 25<sup>th</sup></u> <ul style="list-style-type: none"><li>• Eighth Grade Graduation Dance at Gurrie</li><li>• 7-10 P.M.</li></ul>
<u>May 29<sup>th</sup></u> <ul style="list-style-type: none"><li>• Graduation at LT South Campus (4900 S. Willow Springs Road, Western Springs) – Field House</li><li>• All students will wear graduation gowns provided by the school. Gowns will be returned right after the ceremony</li><li>• Students should report to LT South Campus no later than 6:30.</li><li>• Doors open at 6 P.M.</li><li>• Tickets are not required for entrance</li><li>• Ceremony begins promptly at 7P.M.</li></ul>

***February 15<sup>th</sup>-May 15<sup>th</sup>***

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:	\$35.00
Graduation Gown and Medallion:	\$25.00

**\$5 for Kids**

During the month of February, the Gurrie PTO is once again sponsoring the \$5forKids fundraising campaign. Our goal this year is to raise \$5,000 for a Genius Bar 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 December 15, 2017, Gurrie students assembled during MP period to participate in Gurrie's 10th annual Project Linus. Many students stayed after school until 4:00 to continue making blankets for those in need.

Gurrie students and staff completed 70 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:

Alyssa Wong	Grace Sneed	Emmett Driscoll	Grant Kostrewza
Aidan Nill	Malia Fink	Hussein Bato	Lilly Renick
Gabriella Luburic	Samuel Kogen	Cole Kostrzewa	Grant Dixon
Mr. Hood	Sophia Dike	Margot Pooler	Sophie Peto
Colin Meehan	Caroline LaVoie	Ryan Ingwersen	Lillian Prendergast
Lauren Elliott	Libbi Christman	Katie Young	Ava Paganis
Gianna Pigatto	Lisa Carson	Connor Carson	Marge Kosinski
Dlhy Family	Danny Callaghan	Kelly Lenti	Billy Bach
Angie Bukowiecki	Katie Morris	Tristan Hall	Leesa McHugh
Madison Kosenecki	Mia Kosenecki	Katelyn LeMarier	Jackson Kirk
Mason Gray	Lytic Bengoche	Adam Kwak	Emma Kwak
Nicole Musillami	Katie Hess	Grace Kernagis	Lilly Metz
Mr. Sullivan	Mrs. Rioux	Jackson Garelli	Emma Rogers
Joel Nunez	Beau Brown	Chabria Family	Shane Curtin
Dryden Hall	Louie Long	Peggy King	Layla Abu Arab
Jovany Garcia	Susan Yeager	Audrey Hultman	Maggie Kernagis
Sophia Cabrera	Nataly Martinez	Jimena Ruiz	William Connolly
Adam Koppel	Sophie Morrisey	Jamila West	
Kulaga-Halper Advisory	Synowiec-LaBud Advisory		

## Gurrie Blanketeers

Keira Hernandez, Beth Tosch, Jackie Villa, Alex Leon, Alex Ocana, Lauren Elliott, Beau Brown, Samantha Diaz, Gaby Pantaleon, Christina VanDeVanter, Lillian Renick, Brooklyn Roach, Kayla Tlaseca, Karla Hernandez, Rolando Garcia

# *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 29th 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 24th. Cost for the trip this year will be \$35.00. 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 [jpetersen@d105.net](mailto:jpetersen@d105.net) or  
Mr. Alvarez at [ealvarez@d105.net](mailto: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



## **Dare to Dream Club News**

The tenth 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 13, 2018. Over eight hundred girls and women from DuPage County and Suburban Cook County 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 students who attended include: Sameerah Abu Arab, Xenya Bizarro, Sofia Cabrera, Mariella Marcial, Yaira Martinez and Victoria Medina. They were accompanied by the club sponsor Ms. Martha Ramirez.

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 is 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 28, 2018  
LTHS Jazz Festival, LTHS South Campus
- March 3, 2018  
IGSMA Jazz Band Competition
- March 6, 2018  
D105 Solo and Ensemble Festival
- March 10, 2018  
LTHS Solo and Ensemble Festival
- March 17, 2018  
IGSMA Band and Orchestra Competitions
- April 19, 2018  
7th Annual Band Aid Concert
- April 24, 2018  
Orchestra Awards Concert 7:00 p.m.
- May 1, 2018  
Band Awards Concert 7:00 p.m.
- May 3, 2018  
Choir Awards Concert 7:00 p.m.
- May 9 and 10, 2018  
D105 Musical 7:00 p.m.

## Chaperones and Volunteers 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](mailto:tschwartz@d105.net), Mrs. Lansford at [clansford@d105.net](mailto:clansford@d105.net) or Mr. Valdez at [dvaldez@d105.net](mailto: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 28th. This is an all-day jazz band workshop 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, and then will be performing at the evening concert at 7:30 pm. Opening for the LTHS Jazz Ensemble and legendary Chicago saxophonist Mark Colby.

## D105 Goes

### “Into the Woods”!

We are excited to announce that the D105 musical this year will be “Into the Woods”! Cast lists will be posted shortly.



## Band-Aid Concert 2018

The Seventh Annual Benefit Concert will be held on April 19th 2018! The District 105 Fine Arts Program will be supporting the Karam Foundation, a non-profit that supports people effected by the ongoing humanitarian crisis in Syria. The Gurrie Choir, Symphony Orchestra, Concert Band, and Jazz Ensemble will be performing. All proceeds will go to charity!

## Solo and Ensemble Festivals

In preparation for the LT Solo and Ensemble Festival on Saturday, March 10th, all 5th-8th grade band and orchestra students will be performing at our first D105 Solo and Ensemble showcase on Tuesday, March 6th. Information has been distributed to students, please let us know if you have any questions or concerns.



# SPORTS CALENDAR

## February

- 26 Girls' Volleyball at Washington
- 27 Girls' Volleyball vs. Park Blue

## March

- 1 Girls' Volleyball at Pleasantdale
- 5 Girls' Volleyball vs. Highlands
- 6 Girls' Volleyball at Willow Springs
- 12 Girls' Volleyball vs. Park Red
- 13 Girls' Volleyball vs. Pleasantdale

## 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 12-1 conference record and 12-3 overall winning our division and the 8th grade team ended with a 11-2 conference record and also winning our divisional conference. Great job! Member of the 8th grade team are Billy Bach, Jack Bradbury, Owen Cherry, Connor Crowe, Shane Curtin, Dryden Hall, Diego Lopez, Jack Nutting, Antonio Ruiz, Michael Springer, Luke Whelton, Aiden Wirtz. Members of the 7th grade team are Devell Brittmon, Liam Carolan, Dylan Colbert, Aidan Collins, Patrick Engles, Grant Kostrzewa, Mathew Meehan, Nick Polonowski, Thomas Toboloski, Jake Warkentin, Patrick Wenstrup. The coaches were Coach Pontrelli and Coach Alvarez.



## Girls' Volleyball



Tryouts were held for the 7th and 8th grade girls' volleyball teams the week of January 22nd. The following girls were selected for this year's teams.

### 8th Grade

Maggie Brejcha  
Anna Brown  
Juliet Duarte  
Katie Hess  
Grace Kernagis  
Maggie Kernagis  
Meah LaRocco  
Leslie Mendoza  
Lilly Metz  
Ava Paganis  
Sophie Peto  
Emma Rogers  
Ella Rovai  
Anna Westrick

### 7th Grade

Nikki Avizius  
Emilija Bozovic  
Hannah Eskra  
Sara Gjorgjevska  
Maddie Gonzalez  
Karman Kapsa  
Piper Oldenburg  
Margot Pooler  
Katrina Phillippe  
Lilly Prendergast  
Lauren Robinson  
Sammy Shanahan  
Alyssa Wong

We hope to see you at the games!

## LTESAC CONFERENCE SCHOOLS

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