

Improving Health Through Education



Stress Less: Life Hacks for School Success, for parents and students
Hosted on January 15th, 6:30pm at Gurrie Middle School 1001 S Spring Ave, La Grange, IL 60525

This 1-hour presentation seeks to teach parents and students how to identify causes of stress, develop stress management techniques, and learn mindfulness practice.

Richard Wistocki and Social Media Safety
Hosted on February 12th, 7pm at Gurrie Middle School 1001 S Spring Ave, La Grange, IL 60525

Ending The Silence for Parents
Hosted on February 5th, 7pm at McClure Middle School 4225 Wolf Rd, Western Springs, IL 60558

This 1-hour presentation for parents and primary caregivers includes information about mental health warning signs, facts and statistics, and how to talk with your child and how to work with school

Dr. Michael Maniacci on Anxiety and Resistance in Youth
Hosted on March 5th, 7pm at McClure Middle School 4225 Wolf Rd, Western Springs, IL 60558

This 1-hour presentation for parents and caregivers include symptoms of anxiety and list 5 strategies to deal with anxiety

Enrollment is Free

Register at <https://namimetsub.eventbrite.com>



La Grange Little League

Baseball and Softball


2019 Season Registration

December 1 - January 15*

**Early bird rates available through 12/31/18!*

LagrangeLittleLeague.com





PDLG NEW YEAR CELEBRATION

Friday, January 4th
6:00~7:30PM

Start the year with a celebration. There will be tons to do! Have fun jumping around in inflatables, making crafts, playing games and enjoy snacks. Start the new year with a bang! Pre-registration is encouraged, however, payment can be made at the door.

Adults are free.

RECREATION CENTER
536 EAST AVENUE
LA GRANGE, IL 60525

708-352-1762



Age: 1-12 years (with adult)
Pre-registration: \$5 per child
Day of event: \$7 per child

www.pdlg.org



District 105 Preschool Screening

Thursday, January 17, 2019

School District #105 will be conducting preschool screening for **three to five year old children** residing in the district. The screening team will assess each child's development to determine who might benefit from special services prior to Kindergarten. The following skill areas will be assessed:

1. Concepts-body parts, colors, rapid object naming, rote counting(counting forward, counting backward, number identification), meaningful counting(counting blocks, number relationships), shapes(identifying shapes, sorting shapes, sorting by color and size)
2. Speech and Language-personal information, articulation, identifying objects and actions (expressively and receptively), letters and sounds(alphabet song, letter naming, letter-sound correspondence), problem-solving
3. Vision and Hearing

Screening will take place **Thursday, January 17th between 8:30 AM and 12:30 PM** at **Hodgkins Park District, 8997 Lyons St, Hodgkins** for all district children. The entire screening will take about 60 minutes.

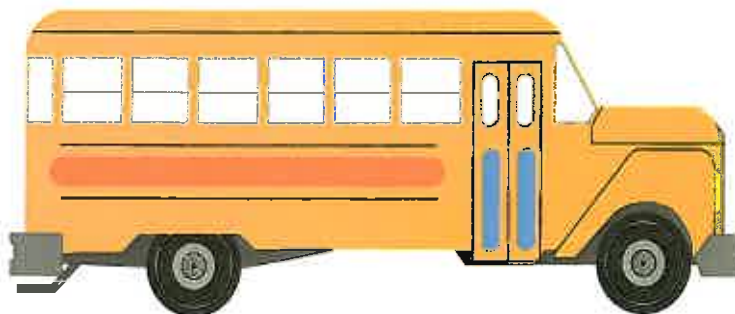
Please call the District Office at 708-482-2760 to schedule an appointment.

Appointments will be taken until Monday, January 14th .

****If your child is currently enrolled in ECE, the Early Learning Program, or Preschool For All, no screening is needed. If your child has already been screened and passed, he/she does not need to be screened again.****

PLEASE SHARE THIS INFORMATION WITH YOUR FRIENDS AND NEIGHBORS WHO HAVE 3 TO 5 YEAR OLD CHILDREN

For appointments, please call 482-2760.





Distrito 105
Evaluaciones para el Prescolar
jueves, 17 de enero del 2019

El Distrito Escolar #105 va a tener evaluaciones Prescolares para los niño/as, de **tres a cinco años de edad** que residen dentro del distrito. El equipo de especialistas evaluara el desarrollo de su hijo/a, para determinar si su niño/a, puede beneficiarse de los servicios especiales, antes de que entre al Kínder. Los niño/as, serán evaluados en las siguientes áreas:

1. Conceptos- nombrar las partes del cuerpo, los colores, nombrar objetos con rapidez, contar en orden, contar los números de mayor a menor, identificar los números, contar bloques y relacionarlos con el número, las figuras geométricas básicas, y separar las figuras geométricas por su color y tamaño.
2. Lenguaje y el Habla- información personal, articulación, identificar objetos y sus acciones, (expresivo y receptivo), letras y sus sonidos (la canción del abecedario) y resolver problemas.
3. Examen de Ojos y Oídos

La evaluación tomara lugar jueves, 17 de enero de las 8:30 AM a las 12:30 PM. en el Distrito del Parque De Hodgkins, 8997 Lyons St, Hodgkins. Esta es para los niño/as, del Distrito #105. La evaluación dura 60 minutos.

Por favor llame al Programa Prescolar al (708-482-2760), para hacer una cita.

Tomaremos citas solo hasta lunes, 14 de enero.

Si su niño ya está asistiendo alguno de estos programas ECE, Early Learning, o el Prescolar, no necesitan ser evaluado. Ahora, si su hijo/a, ya fue evaluado y paso la evaluación, el/ella no necesita otra evaluación. **

¡Por favor comparta esta información con sus familiares y amigos que tengan niños de 3 a 5 años de edad!

Para hacer una cita, llame al (708-482-2760)

