



Attention Parents of 8th grade Students:

Graduation photo retakes will be taken during the morning of Friday, February 28th.



Atencion Padres de Estudiantes de 8 grado:

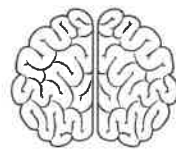
Las retomas de fotografias de graduacion se tomara durante la manana el viernes 28 de febrero.

**Presented by Tammy Tunac
LPC, CADA, Clinical Therapist with Linden Oaks**



SUBSTANCE USE & THE ADOLESCENT BRAIN

**FEBRUARY 25, 7:00 - 8:00 P.M
LYONS TOWNSHIP HIGH SCHOOL SOUTH CAMPUS
PERFORMING ARTS CENTER**



**Understand why adolescent drug and alcohol use is dangerous,
and how it impacts the developing teen brain**

Understand signs to look for in your teen

**Please RSVP to Barb Minneci of Lyons Township Mental Health
Commission at bminneci@lyonsts.com**

#REALTALK



PARENT CAFÉ

“LET’S TALK”

March 10, 7:00-8:30 P.M. @ Gurrie Jr. High School

A workshop for parents and teens attending Gurrie & McClure.

March 12, 7:00-8:30 P.M. @ Pleasantdale Middle School

A workshop for parents and teens attending Highlands & Pleasantdale

You are a powerful influence on your teen’s life.

It’s time for #REALTALK.

Please start talking and listening before they start using.
You talk, they listen. They talk, you listen.

Both parents and teens are welcome and encouraged to join us. Please RSVP to ckfrymark@me.com



www.drugfreelyontownship.org



www.facebook.com/coalitionforDFLT



Coalition for a Drug-Free Lyons Township
Together for Youth

Lyons Township Boys Volleyball Presents: **2020**

Boys Summer Clinics

Camp Focus

Individual and Team Skill Development
Led by Coaching Staff and Student Athletes

Dates

Monday - Friday
June 15th - June 19th

Times

Volleyball I

Grades 1st - 4th, 8:00 am - 9:30 am

Volleyball II

Grades 5th - 6th, 9:30 am - 11:00 am

Volleyball III

Grades 7th - 8th, 11:00 - 12:30 am

Location

South Campus Gyms

Register

<https://lths.revtrak.net/rw-summer-activities>

LTHS COMPETITIVE CHEERLEADING TRYOUTS

Our team is comprised of both males and females of all grade levels.



Open Gym Dates:

Monday, March 30th
Thursday, April 2nd
Monday, April 6th
Wednesday, April 8th
Tuesday, April 14th
Thursday, April 16th



All dates listed above will be held in the South Campus field-house from 6-9 PM. While these dates are not mandatory, it is highly suggested that you attend as many open gyms dates as possible to get the maximum amount of stunting and tumbling practice in before tryout week.



Tryout Dates:

Monday, April 20th from 6-9 PM
Tuesday, April 21st from 6-9 PM
Wednesday, April 22nd from 6-9 PM
Friday, April 24th from 4-??



All dates listed above will be held in the South Campus field-house.

All of these dates are mandatory. We will teach a cheer and a dance, as well as go over what we will be looking for during final evaluations. There will not be much time dedicated to tumbling and stunting as we have a lot to teach in 3 days and those skills should be practiced at our open gyms.

All paperwork will need to be turned in on the first day of tryouts (Monday, April 20th). Paperwork will be available in the beginning of March on our website (www.lths.net/cheer) under tryout information. Please make sure to read through our tryout information packet thoroughly.

Any questions can be emailed to Coach Demi at Dkorpan@lths.net.

Follow our Instagram for updates closer to tryouts! @LTHSCompCheerleading

ABOUT THE COMPETITIVE CHEERLEADING TEAM

We are one varsity level team that consists of all grade levels, both males and females.

The competitive cheerleading team will have a number of open gyms prior to tryouts. These open gyms are used to practice any stunts and tumbling skills that you wish to showcase at tryouts. Stunting and tumbling is a large part of our sport and we want to make sure you get enough time in before tryouts to show us what you can do. It is highly recommended that you attend as many days as you can. Get to know the coaches and returning cheerleaders and ask any questions you may have. Scoring rubrics for stunting and tumbling will be given out at the open gyms. We are looking for individuals who have great potential in stunting and tumbling skills. We are looking to up our level of difficulty this upcoming year. If you currently have no tumbling skills or have not advanced your tumbling recently, we highly suggest that you look into taking tumbling classes prior to tryouts.

We will hold tryouts in April. All tryout dates are mandatory. The first three days will be used to teach a dance, a cheer, and go over jumps. Final evaluations will take place on that Friday. During these tryouts you will be scored on stunting, tumbling, jumps, motions, voice, and performance. Results will be posted the following day.

Just like a pyramid, our foundation/base needs to be built strong (and early on) in order for the top of our pyramid (competition season) to look solid. Our summer practices start in June. We practice 3-4 days per week (25 total practice days) for about 3 hours. Our practice times will not conflict with summer school. We will work on building up our strength, jumps, tumbling, and stunting technique for the first half of our summer practices. Mid summer, we attend a 3-day, 2-night camp where we learn a majority of our elite level stunting skills and a routine. For the rest of the summer we work on conditioning those skills and building on them.

During our fall practices, also about 3 days/week, we practice our routine to perform at halftimes and the homecoming pep-rally. We continue to work and build on our strength, tumbling, and stunting progressions. We attend the varsity boy's varsity football games and walk in the homecoming parade. Although being on the summer/fall team is not required for winter competition season we HIGHLY advocate doing both as we use that time to prepare for what competition season brings. Being on the summer/fall team will greatly increase your chances of making the winter team.

Competition season starts at the end of October each year. During competition season we practice 4-5 days a week in addition to attending the boy's varsity basketball games. We will also attend up to 6 of our own competitions during the winter season. Our competitions give us a chance to compete against other Illinois high school teams in the same division. All of our competitions are held on Saturdays/Sundays. Winter practices are more dedicated to perfecting our routine and require more extensive work. Due to the speedy pace of our winter/ competition season, we do not have time to cover all cheerleading aspects so things like stretching and tumbling classes/open gyms are essential outside of practice as well.

The team will participate in a number of fundraisers throughout both seasons. We do a lot of team building activities to keep the team close. We hold each and every cheerleader to come out of this program a better person than when they came in by teaching discipline, hard work, motivation, sportsmanship, and dedication.

Thank you for your interest in our team! We hope to see you in March and April! ☺

Lyons Township Co-Ed Competitive Cheer Team

Summer/Fall 2020

Thank you for your interest in trying out for the LTHS competitive cheerleading team! This is the fifth year for the Lyons Township Competitive Cheerleading program and we are very excited for it to begin.

This competitive program is designed to prepare our sideline fall team for our competitive/winter tryouts. In order to be prepared and get to the level we need to be at for competitive season, the fall team will train during the summer and fall months to learn and work on skills that will carry over and help them tryout for our winter (competitive) season. Once the fall season ends, there will be another tryout held in late October to choose the competitive team and finalize alternates. From there, the competitive team will utilize the skills they learned in the past months to compete against other schools. *It is highly recommended that you tryout for our fall team if you plan on trying out for our competitive winter team. It will be hard to catch up if you join us in October.*

This competitive program will promote cheering on the football team (fall team), basketball team (winter/competitive team), and other LT athletic teams at their games. The team will participate in numerous other school spirit activities, such as the homecoming pep-rally and all-school assembly, and will compete against other cheer teams throughout the state of Illinois during the competitive season. In this packet you will find all the information about tryouts as well as a brief introduction to how our year will be run.

This is a varsity level competitive team and this squad requires **STRONG** skill abilities in the categories of jumps (height and flexibility), stunts (technique, strength, and spotting ability), sharp motion technique (in a routine and on the sidelines), a strong voice, ability to learn quickly, physical strength, and a **positive attitude**. Tumbling skills such as back-handsprings, tucks, layouts, and fulls are *highly recommended*. We are looking for potential in our cheerleaders with a willingness to learn and work hard both in and outside of our practice. We will select up to 20-30 members for our fall team, and up to 24 for our winter team. For the fall team, practices begin in June 2018 and will go throughout October 2018. The winter team will practice from the end of October 2018, when we will begin learning our choreography, until February 2019.

Expectations and Commitment:

The responsibilities are numerous and must be fully understood in advance. This team will practice 3-4 times a week during summer and fall season and 4-5 times a week during winter season. A few all-day weekend practices will be required for choreography when our competition season starts. We will also attend varsity football (fall) and basketball games (winter) as well as IHSA competitions (when winter season starts). Our winter cheerleaders will attend up to 6 competitions on the weekends (Saturdays and

Sundays) and potentially advance to the state finals in early February. **ALL PRACTICES AND GAMES ARE MANDATORY.** There will be a strict attendance policy that will be enforced. Schedule changes not in control of the cheerleading coaching staff will be made known to squad members as soon as possible. We cannot stress enough that all practices, games, and competitions will be mandatory and any unexcused absences or tardiness will not be tolerated.

In addition to practices, cheerleaders are expected to be proactive and are working to improve their skills **outside** of practice. This means outside tumbling classes, stretching, and workouts need to be part of the cheerleader's routine in addition to our practices. Cheerleaders will be required to maintain the skills they tryout with as well as grow in their individual skill set throughout the season(s).

A strong sense of commitment, dedication, flexibility, and understanding of team concept is required as this **will** be a high intensity sport. Individuals selected for the team must be able to balance schoolwork, home life, and commitment to this team without any issues. Athletes must also be in good academic standing throughout the entire year. Academic standings will be monitored weekly.

As a fairly new sport at the school, we take this team more seriously than we would if it were an activity. We are in the process of building up this program and trying to make a good impression on the school and community. With that being said, an individual's participation and commitment to this team is extremely important in order for the team to be both safe and successful. If you will be missing any more than 2 weeks of practice due to vacations, trips, or unexcused absences, it is not recommended that you tryout for our summer/fall season.

Tryouts

We will have 6 open gym dates: March 30th, April 2nd, 6th, 8th, 14th and 16th from 6-9 PM. These dates are highly recommended, but not required. Clinic days are April 20th, 21st, and 22nd from 6-9 PM. Tryouts will be held on Friday, April 24th starting at 4 PM. All clinic dates are required. All routine aspects judged at tryouts will be taught at the clinics. All dates will be held in the South Campus Fieldhouse. Cheerleaders will be judged & scored by a panel of judges on the following:

1. Stunting ability (as a base, flyer, or back-spot) (as well as flexibility, strength, skill, confidence, and potential)
2. Standing tumbling ability (standing skills already mastered without a spot)
3. Running tumbling ability (running skills already mastered without a spot)
4. Jump ability (toe-touches, pike, hurdler) (toe-touch to back-handspring and/or tuck)
5. Sideline performance (motions and voice - taught at the clinic)

Documents needed for clinics/tryouts

****On the LT Athletic website (www.lths.net/athletics) under the forms tab, you can find the Athletic Eligibility Form. Both parent and student MUST PRINT OUT AND READ it in its entirety! The student code of conduct is very important. All offences against the**

student code of conduct will have consequences. This is an IHSA regulated sport, and we are required to abide by all the IHSA rules. **All pages (2) at the end of the eligibility form must be signed and turned in on the first day of clinics. ****

On the first day of our tryout CLINIC (Monday, April 20th), you will need to turn in the following:

1. Athletic Eligibility Form signed (Includes permission form, waiver & release form, IHSA steroid testing form, code of conduct form, & concussion form) (LTHS Athletic webpage)
2. Physical Form for sports or a note if it is already on file with the Athletic department (LTHS Athletic webpage)
3. Signed parent consent form (attached)
4. Signed cheerleader contract (attached)
5. Emergency contact sheet (attached)
6. Cheerleader information sheet (attached)
7. Season preference sheet (attached)
8. One letter of recommendation from a teacher and/or coach – **IN A SEALED ENVELOPE SIGNED BY THE RECOMMENDER, or emailed to Coach Demi at dkorpan@lths.net.**

Please turn in documents stapled and in the order listed above. Coaches will keep these documents of the selected individuals throughout the season in case they need to refer back to them for whatever reason.

Cost

Below is an *estimate* of the cost per individual for the entire year (both fall and winter seasons). Keep in mind that we are still building this program, and participating in our mandatory fundraisers throughout the year could help reduce these prices. Only new team members and freshman will need to purchase all required items. Those previously on the team only need to purchase the items they do not have or need to replace for the upcoming year. Cheerleaders keep all items that they pay for. Payments will be made in installments over the year. Prices are subject to change and may or may not add up to what is listed below.

Items include (*but are not limited to*):

3-Day Overnight NCA Camp*	\$360
3-Day Home Camp**	\$210
Tumbling***	\$100
Camp/Practice Clothes	\$200
Game Shoes (Nfintiy Fearless)	\$65
Competition Shoes (Nfinty Evol.)	\$90
Warm-ups	\$160
Duffel Bag	\$40
Bows (for 7)	\$50
Choreo. & Music	\$120
TOTAL:	\$1,395

**Mark your calendars!*

*NCA Camp date is currently scheduled for:
July 10th - 12th*

***Local home camp TBD*

****Tumbling classes will be offered once a week
for 2 hours with a private instructor that will
come to us during practice.*

If a cheerleader quits, or is asked to leave the team, they will be responsible to pay for any pre-ordered items, re-choreography fee, and/or outstanding balances. They will not receive any ordered apparel if they are asked to leave or quit before items are delivered, as that apparel is designed for team members only. All outstanding balances at the end of the year will be added to the student's account and dealt with by the business office. Any school owned items not turned in at the end of each season will also be added to the student's account.

*For anyone that is **currently** on an All-Star or other club cheerleading team: You may not be on the IHSA regulated competitive cheerleading team at this school. If you are on an outside team and would like to be part of the school team, you must quit that team **if** you are selected to be on the team here at LT for the summer, fall, and winter seasons. There are off-season all-star teams that you can join once our winter season has ended.*

Selected team members will need to attend a mandatory informational meeting. A parent must accompany their cheerleader at the meeting. If selected to be on the team, an email will be sent out to parents/cheerleaders regarding information about this meeting. We will further discuss expectations, go over information for the upcoming season, and hand out schedules.

If you have any questions about the cheerleading program please feel free to contact Demi Korpan (head coach) at dkorpan@lths.net.

Thank you again for your interest in the Lyons Township Competitive Cheerleading program. We look forward to seeing you at tryouts! GO LIONS!

Coach Demi
Competitive Cheer Head Coach
dkorpan@lths.net



* Coaches reserve the right to make changes/additions to the rules as needed. *

Parent Consent Form

My child, _____, has my permission to try out for the 2020 Summer/Fall Lyons Township Competitive Cheerleading Team. We have both read the information packet and required forms. We are aware of the responsibilities, costs, expectations, commitment, and risks that are associated with becoming an LTHS cheerleader. I agree to abide by the policies described, if my child is chosen as a member of the squad. I also agree to the financial obligations as they are described in the information provided. I understand that failure to adhere to these policies, by my child or I, could result in dismissal from the team.

Cheerleader Signature

Date

Parent Name

Parent Signature

Date

Parent Phone Number

Parent Email

Summer/Fall 2020 Cheerleader Contract

I understand that cheerleading is a time-consuming and expensive activity. I understand that cheerleading is both a *privilege* and an *honor* and it can be a rewarding experience when all expectations are met. If selected to be on the LTHS competitive cheerleading team, I will abide by the rules and regulations set forth by the coaches, IHSA rules, LTHS administrators, and the LTHS code of conduct. I understand that, as a cheerleader, I am a representative of this school and that exemplary behavior is mandatory at all times especially in the community and at all school functions. I understand that my attitude and ability to work with other different personalities must be **exceptional**. I understand that I am to display good sportsmanship at **ALL** times. Any social media posts, group chats, actions, and/or attitudes that are detrimental to my team or team unity will NOT be tolerated by my coaches, and could be grounds for dismissal from the team. I understand that there will be no use of foul language at practices, games, and events. I will respect and be kind to the other members on my team and my coaches. Any disrespect to teammates, coaches, teachers, or administrators in any form will result in suspension or termination of cheerleading duties. I understand that it is mandatory to be present for **all** practices, games, or other events (camps, fundraisers, etc.). I understand that I will be expected to balance school work, home life, and cheerleading without issues. I understand that the very nature of this sport, activity, cheerleading, stunting, and tumbling can carry risks of physical injury. No matter how careful the participants and coaches are, how many spotters are used, or what landing surface is used, the risk cannot be eliminated. I will continuously work hard, both during and outside of practice, to better my teammates and myself. By agreeing to this contract, I understand that, if I am selected to be on the team, I am promising to take on each of these responsibilities with a positive attitude and uphold the hard work that is expected of me as a Varsity Competitive Cheerleader at Lyons Township High School.

Cheerleader Name

Cheerleader Signature

Date

Parent Name

Parent Signature

Date

Emergency Contact Sheet

Cheerleader name: _____

Parent/Guardian: _____

Cell phone #: _____

Parent/Guardian: _____

Cell phone #: _____

Please provide two emergency contacts other than a parent/guardian.

Emergency Contact #1: _____

Relationship: _____

Phone #: _____

Emergency Contact #2: _____

Relationship: _____

Phone #: _____

Should an emergency occur, a parent/guardian will be contacted first.

Cheerleader Information Sheet

Name: _____

Birthday: _____

Year in school (for 2020): _____

LT School email: _____

LT School ID #: _____

Allergies: _____

Previous cheerleading experience (if any):

Name: _____

Which seasons do you plan on joining us for?
(Please circle one)

The fall team only

Or

The fall and winter team

Helpful tryout tips:

- Make sure you stretch, and stretch well, before doing any activity.
- Make sure your athletic shoes are clean and comfortable to workout in.
- Wear appropriate clothes that allow you to move easily. Avoid baggy or tight clothing. You must wear a t-shirt or something covering your bra.
- Pull hair up and away from your face. Make sure your hair tie is secure. This will help avoid any hair distractions.
- Do **not** chew gum and do **not** wear jewelry!
- Prepare yourself mentally and physically.
- Do not attempt to perform a skill you have never tried before.
- Stay mentally alert.
- Pay attention to what is being taught and think about how you can improve.
- Help others if you see them struggling. Teaching others will help you learn and perfect your own skills as well as show the coaches you are a team player
- Encourage yourself and others to do well. Coaches and judges like to see individuals who are good team players.
- Stand up tall. Good posture will help your confidence and enhance your presentation.
- Concentrate on what you are doing instead of on how nervous you are.
- Ask questions if you need help or clarification.
- If you make a mistake, do not panic. Simply ask the judges if you can begin again and be confident. Don't over perform. The judges look for coordination/skill, enthusiasm, confidence, and technical ability.
- Be confident in yourself and your ability. Visualize yourself doing everything perfect.
- Go home and practice! You can always improve your skills outside of the gym. Practice makes perfect.
- Have fun! You don't want to come off as nervous or scared. Being a cheerleader means performing in front of crowds of people on a normal basis.

Good luck!

Gurrie Middle School

Ed Hood, Principal

1001 South Spring Avenue
LaGrange, IL 60525-2798
(708) 482-2720

Gurrie Middle School: Empowering students to pursue their interests, talents and dreams.

Gurrie Middle School Activity Council is sponsoring a Winter Dance. It is for Gurrie Middle School students ONLY!! If you have any questions about the appropriateness of a dress, please talk with Mr. Hood or Mr. Alvarez prior to the evening of the dance. In case of a financial hardship, please call the office or Mr. Hood at (708) 482-2720 for assistance.

WHEN: Friday, February 21, 2020

WHERE: Gurrie Gymnasium

TIME: 7:00-9:00 P.M.

COST: \$5.00

ALL SCHOOL DANCE GUIDELINES / EXPECTATIONS

Tickets for the dance will be sold through Student Council *during lunch hours* on Wednesday, February 19, Thursday, February 20 and Friday, February 21. The cost of the ticket is \$5.00.

- **NO TICKETS WILL BE SOLD AT THE DOOR FRIDAY NIGHT.**
- A parent permission slip will be necessary to obtain a ticket.
- Students will only be admitted with a ticket.
- This dance is for Gurrie Middle School students only!!
- Transportation arrangements should be made prior to the dance. Students will be let out of the dance at 9:00 P.M. Please have your rides here no later than 9:00 P.M.
- Students will be permitted to leave their coats in the locker room.
- Pizza is included in the price of the ticket.
- Students not in attendance at Gurrie during the school day will not be permitted to attend the dance. Refunds will be given if the student is unable to attend due to illness, etc.
- All students are expected to conduct themselves in a proper manner, following dance expectations as follows:
 - food is to be eaten in cafeteria and foyer area only
 - no dangerous behavior (examples include, but are not limited to, tag, moshing, running)
 - no profanity (foul language)
 - treat everyone with respect
 - appropriate dancing
- Anyone not following these guidelines / expectations will be asked to call his or her parents to be picked up immediately.
- Students who will find it necessary to leave the dance early should bring a note to Mr. Hood before Friday night.
- If you lose your ticket, you will need to purchase a new one. No replacement will be issued.
- If a student purchases a ticket and is not eligible for the dance based on academic or behavioral concerns, then a full refund will be given.

If you have any questions, please call the school office at 708-482-2720.

Sincerely,

Ed Hood
Principal

Gurrie Middle School: “Be Respectful, Be Ready, Be Safe.”

(Please bring this form with you to school. You will need this signed to purchase a ticket at lunch)

Winter Dance

To: Gurrie Middle School

Student's Name: _____

Advisory: _____

My daughter / son has my permission to attend the Gurrie Activity Council Winter Dance on Friday, February 21, 2020.

The dance begins at 7:00 PM and will end at 9:00 PM.

Enclosed is \$5.00 to cover the admittance fee.

Please be at Gurrie no later than 9:00 PM to pick up your son or daughter.

Parent Signature

I understand the expectations listed above. If I violate any of these expectations, I understand that I will be asked to leave the dance immediately and my parents will be contacted to pick me up. I understand that if there are academic or behavioral concerns I may not be able to attend.

Student Signature

(Please bring this form with you to school. You will need this signed to purchase a ticket at lunch)

Escuela Intermedia Gurrie

Ed Hood, Director

1001 South Spring Avenue
LaGrange, IL 60525-2798
(708) 482-2720

Escuela Intermedia Gurrie: Empoderando estudiantes a perseguir sus intereses, talentos y sueños.

El Consejo Estudiantil de la Escuela Intermedia Gurrie está patrocinando un Baile del invierno. Es únicamente para estudiantes de la escuela Intermedia Gurrie! Si tiene alguna pregunta sobre lo adecuado de vestirse, por favor hable con el Sr. Hood o el Sr. Álvarez antes de la noche del baile. Si usted tiene dificultades económicas para pagar esta entrada por favor contacte al Sr. Alvarez.

CUÁNDO: Viernes, 21 de febrero, 2020.

DÓNDE: Gimnasio de Gurrie

HORA: 7:00-9:00 P.M.

COSTO: \$5.00

TODAS LAS NORMAS / EXPECTATIVAS PARA BAILES ESCOLARES

Los boletos para el baile se venderán a través del Consejo Estudiantil **durante las horas de almuerzo** el miércoles 19 de febrero, jueves 20 de febrero y viernes 21 de febrero. El costo del boleto es de \$ 5.00.

- **NO SE VENDERÁN BOLETOS A LA ENTRADA EL VIERNES EN LA NOCHE.**
- Es necesario tener el formulario de permiso del padre para poder comprar el boleto.
- Los estudiantes únicamente podrán entrar si tienen un boleto.
- Este baile es para estudiantes de la Escuela Intermedia Gurrie ¡únicamente!
- Deben hacerse arreglos de transporte antes del baile. Los estudiantes saldrán del baile a las 9:00 P.M. Por favor hagan que la persona que los vaya a recoger esté aquí antes de las 9:00 P.M.
- Se les permitirá a los estudiantes dejar sus abrigos en el vestuario.
- El precio del boleto incluye pizza.
- No se les permitirá participar en el baile a los estudiantes que no vengán a clases durante ese día escolar. Se devolverá el costo del boleto si el estudiante no puede asistir debido a una enfermedad, etc.
- Se espera que todos los estudiantes se comporten de manera apropiada, siguiendo las expectativas para el baile a continuación:
 - La comida debe comerse únicamente en la cafetería y en el área del vestíbulo.
 - No comportamientos peligrosos (ejemplos incluyen, pero no están limitados a: jugar a pillar, alborotos / disturbios, correr)
 - No groserías (lenguaje obsceno)
 - Deben tratarse a todos con respeto
 - Bailes apropiados únicamente
- Se le pedirá a cualquier estudiante que no siga estas normas / expectativas, que llame a sus padres para que lo recojan de inmediato.
- Los estudiantes que tengan que salir del baile temprano, deben traer una nota al Sr. Hood antes de la noche del viernes.
- Si pierdes tu boleto, deberás comprar otro. No se entregarán remplazos.
- Si un estudiante compra un boleto y no es elegible para el baile debido a preocupaciones académicas o de comportamiento, se le devolverá el costo del boleto completo.

Si tiene cualquier pregunta, por favor llame a la oficina de la escuela al 708-482-2720.

Sinceramente,

Ed Hood
Director

Escuela Intermedia Gurrie: “Se Respetuoso, Está Listo, Permanece Seguro.”

(Por favor trae este formulario contigo a la escuela. Necesitarás que esté firmado para poder comprar tu boleto durante el almuerzo)

Baile de Invierno

Para: Escuela Intermedia Gurrie

Nombre del estudiante: _____

Consejero: _____

Mi hijo(a) tiene mi permiso para asistir al Baile de Halloween del Consejo de Gurrie el viernes, 21 de febrero, 2020.

El baile comienza a las 7:00 PM y se terminará a las 9:00 PM.

Adjunto \$5.00 para cubrir el costo de la entrada.

Por favor estén en Gurrie a más tardar a las 9:00 PM para recoger a su hijo(a).

Firma del Padre

Entiendo las expectativas mencionadas anteriormente. Si no cumplo cualquiera de estas expectativas, entiendo que se me pedirá salir del baile de inmediato y se contactará a mis padres para que me recojan. Entiendo que de tener preocupaciones académicas o de comportamiento, quizás no pueda asistir.

Firma del Estudiante

(Por favor trae este formulario contigo a la escuela. Necesitarás que esté firmado para poder comprar tu boleto durante el almuerzo)



ILLINOIS YOUTH SURVEY

During the spring semester (January through June) of the 2019-2020 school year, schools within the city of Chicago and throughout the state will have the opportunity to conduct the Illinois Youth Survey (IYS) with students in 8th, 10th, or 12th grade. Your child's school may choose to participate.

WHAT IS THE ILLINOIS YOUTH SURVEY?

The purpose of the IYS is to better understand youth attitudes and behaviors that can impact student problems and academic success. It will ask about topics including nutrition, physical activity, bullying, tobacco, alcohol, and other drug use. Students will be asked to complete a survey (with no names or identification numbers) that will be confidentially administered during one class period. The survey is completely voluntary and privacy will be strictly protected.

DO I HAVE TO DO ANYTHING TO ALLOW MY CHILD TO PARTICIPATE?

Approximately 1 month before the school-selected survey date, you will be sent a notification form officially informing you that the survey is being conducted at your school. This form will allow you to exclude your child from participation and only needs to be returned if you do not want your child to participate. Even if you allow your child to participate, every student will also be given the choice to participate or not.

WHAT IS THE SURVEY DATA USED FOR?

The Illinois Youth Survey will provide your school with a local report of the combined student results which will help to determine which programs may be needed to keep students safe and healthy.

For more information, please visit the Illinois Youth Survey website at
<http://iys.cprd.illinois.edu>

ILLINOIS

CPRD | Center for Prevention
Research & Development
SCHOOL OF SOCIAL WORK



The IYS is funded by the Illinois Department of Human Services and is coordinated by the Center for Prevention Research and Development at the University of Illinois.



ILLINOIS YOUTH SURVEY

During the spring semester (January through June) of the 2019-2020 school year, schools within the city of Chicago and throughout the state will have the opportunity to conduct the Illinois Youth Survey (IYS) with students in 8th, 10th, or 12th grade. Your child's school may choose to participate.

WHAT IS THE ILLINOIS YOUTH SURVEY?

The purpose of the IYS is to better understand youth attitudes and behaviors that can impact student problems and academic success. It will ask about topics including nutrition, physical activity, bullying, tobacco, alcohol, and other drug use. Students will be asked to complete a survey (with no names or identification numbers) that will be confidentially administered during one class period. The survey is completely voluntary and privacy will be strictly protected.

DO I HAVE TO DO ANYTHING TO ALLOW MY CHILD TO PARTICIPATE?

Approximately 1 month before the school-selected survey date, you will be sent a notification form officially informing you that the survey is being conducted at your school. This form will allow you to exclude your child from participation and only needs to be returned if you do not want your child to participate. Even if you allow your child to participate, every student will also be given the choice to participate or not.

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ILLINOIS

CPRD | Center for Prevention
Research & Development
SCHOOL OF SOCIAL WORK



The IYS is funded by the Illinois Department of Human Services and is coordinated by the Center for Prevention Research and Development at the University of Illinois.

Illinois Youth Survey Parent Notification Letter

Your child is being asked to participate in a voluntary survey called the Illinois Youth Survey, whose purpose is to better understand Illinois youth risk and protective behaviors as they relate to students and their success. Participation will involve completing a survey (with no names or identification numbers) that will be confidentially administered by a classroom teacher, counselor, or community member who has received training on administering this survey. Your child's participation will last no more than one class period (40-45 minutes). Risks related to participating are minimal, but some questions ask about sensitive topics and personal behavior that might make some students feel uncomfortable. The benefits related to this research include improving your community's ability to develop programs and strategies to prevent youth problem behaviors and enhance youth development. The alternative to participating in the survey is an alternate activity such as quiet reading in the classroom.

Principal Investigator Name and Title: Nancy Flowers, Director of Research Programs

Department and Institution: Center for Prevention Research and Development / University of Illinois

Contact Information: 217-333-3231

Sponsor: Illinois Department of Human Services

Why is your child being asked?

Your child's school district is working with Center for Prevention Research and Development at the University of Illinois to conduct the Illinois Youth Survey, a survey of middle and high school students. The survey asks about behaviors such as personal use of alcohol and other drugs; perception of risks; consequences; and approval or disapproval. Also asked are students' school experiences; family and personal characteristics; communication about substance use; feelings about self and moods; and student health behaviors. The purpose of the Illinois Youth Survey is to better understand Illinois youth risk and protective behaviors as they relate to students, their success, and the programs that may be needed to keep students safe and healthy. Your child has been asked to participate in this survey because he or she is a student in an elementary, middle, or high school located in the state of Illinois. Approximately 230,000 student participants will take this survey at Illinois schools in the spring of 2020. Your child's participation in this survey is voluntary. Your and your child's decision whether or not to participate will not affect your or your child's current or future dealings with your child's school or with the University of Illinois. If you decide your child can participate, you or your child are free to withdraw at any time without affecting those relationships.

What procedures are involved?

The study procedures involve completing a survey (with no names or identification numbers) that will be confidentially administered by a classroom teacher, counselor, or community member who has received training on survey administration. This survey will be take place in a regular classroom at your child's school and will be administered either online or on paper. Your child's participation will last no more than one class period (40-45 minutes).

What are the potential risks and discomforts?

Some questions ask about sensitive topics and personal behavior that might make respondents feel uncomfortable. Participants don't have to answer any questions they don't want to and may stop responding at any time.

Are there benefits to participating in the research?

The results of this survey may improve your school's or community's ability to develop programs and strategies to prevent youth problem behaviors and enhance youth development.

What other options are there?

You have the option to refuse your child's participation in the survey. If you do not want your child to participate, he or she will be asked to participate in an alternate activity such as quiet reading in the classroom while the survey is taking place.

Will my child's study-related information be kept confidential?

We will use all reasonable efforts to keep your child's personal information confidential, but we cannot guarantee absolute confidentiality. When this research is discussed or published, no one will know that your child took part in the survey. But, when required by law or university policy, information may be seen or copied by: a) The Institutional Review Board that

approves research studies; b) The Office for Protection of Research Subjects and other university departments that oversee human subjects research; or c) University and state auditors responsible for oversight of research.

Will we be reimbursed for any expenses or paid for participation in this research?

You will not be offered payment for your child's participation in this study.

Can my child withdraw or be removed from the study?

If you allow your child to participate, you are free to change your mind and discontinue participation at any time. Your child can also choose to not participate or to stop participating in the survey.

Will data collected from my child be used for any other research?

Your child's de-identified information could be used for future research without additional informed consent.

Who should I contact if I have questions?

If you have questions about the survey process at your child's school, please contact the school office. If you wish to look over the survey questionnaire, it is available for review in your child's school office or online at <https://iys.cprd.illinois.edu/about/content>. If you have any questions about this study or your child's part in it, or if you have concerns or complaints about the research, contact Nancy Flowers, Director of Research Programs at the Center for Prevention Research and Development toll-free at 888-333-5612 or nflowers@illinois.edu.

What are my child's rights as a research subject?

If you have any questions about your child's rights as a participant in this study, please contact the University of Illinois at Urbana-Champaign Office for the Protection of Research Subjects at 217-333-2670 or irb@illinois.edu.

What if I do not want my child to participate?

If you do not want your child to participate in the survey, please complete the attached form, sign it, and return it to the school within 2 weeks. Your decision to refuse permission will not in any way influence your future relationship with your child's school. You may also withdraw your child during the survey by notifying the school office.

ILLINOIS YOUTH SURVEY PARENT OPT-OUT FORM

If you do not want your child to complete the survey, return this form with your signature to your child's homeroom teacher (if applicable). The Illinois Youth Survey coordinator at your child's school will ensure that your child does not participate. You do not have to complete this form if you are allowing your child to participate.

_____ I do not want my child to participate in the Illinois Youth Survey.

Parent/Guardian Signature: _____

Student's Name: _____

Homeroom Teacher (if applicable): _____

Encuesta Juvenil en Illinois Carta de Notificación a Padres

Su hijo/a está invitado a participar en una encuesta voluntaria llamada Encuesta Juvenil de Illinois, cuyo propósito es entender mejor los comportamientos que ponen en riesgo o protegen a los jóvenes o afectan su éxito. La participación de su hijo/a consiste en contestar una encuesta (sin nombres o números de identificación) administrada confidencialmente por un maestro, consejero, o miembro de la comunidad que ha sido entrenado en la administración de la encuesta. La participación de su hijo/a no tomará más de un período (40-45 minutos). Los riesgos relacionados con la participación son mínimos; sin embargo, algunas preguntas sobre temas sensibles y comportamientos personales pueden hacer sentir incómodos a algunos estudiantes. Los beneficios relacionados con este estudio incluyen incrementar la habilidad de su comunidad para desarrollar programas y estrategias para prevenir problemas juveniles de comportamiento y contribuir al desarrollo de jóvenes. La alternativa para quienes no participen será una actividad apropiada como lectura calmada en el aula.

Nombre y Título del Investigador Principal: Nancy Flowers, Directora de Programas de Investigación
Departamento e Institución: Centro de Investigación de Prevención y Desarrollo de la Universidad de Illinois
Datos de Contacto: 217-333-3231
Patrocinador: Departamento de Servicios Humanos de Illinois

¿Por qué su hijo/a está invitado a participar?

El distrito escolar de su hijo/a está trabajando con el Centro de Investigación de Prevención y Desarrollo de la Universidad de Illinois para implementar la Encuesta Juvenil de Illinois, una encuesta para estudiantes en escuela media y secundaria (middle y high school). La encuesta pregunta sobre comportamientos como uso personal de alcohol y otras drogas; percepción de riesgos; consecuencias del uso; aprobación o desaprobación del uso. También pregunta sobre experiencias escolares de los estudiantes; características familiares y personales; comunicación familiar sobre uso de sustancias; sentimientos sobre sí mismo y estados de ánimo; y otros comportamientos de salud. El propósito de la Encuesta Juvenil de Illinois es entender mejor los comportamientos que ponen en riesgo o protegen a los jóvenes o afectan su éxito, y los programas que pueden ser necesitados para mantener a los estudiantes sanos y sin peligros. Si su hijo/a está invitado a participar en este estudio porque él/ella es estudiante de una escuela media o secundaria (middle o high school) ubicadas en el estado de Illinois. Aproximadamente 230,000 estudiantes tomarán esta encuesta en la primavera del 2020. La participación de su hijo/a en esta encuesta es voluntaria. Su decisión y la decisión de su hijo/a de participar o no, no afectará su relación actual o futura con la escuela o con la Universidad de Illinois. Si usted permite que su hijo participe, usted y su hijo son libres de retirar su participación en cualquier momento sin afectar ninguna de estas relaciones.

¿En qué consiste la participación?

El estudio consiste en completar una encuesta (sin nombres o números de identificación) administrada confidencialmente por un por un maestro, consejero, o miembro de la comunidad que ha sido entrenado en la administración de la encuesta. Esta encuesta se administrará en el aula escolar en la escuela de su hijo/a y será administrada en papel y lápiz o en línea. La participación de su hijo/a no tomará más de un período (40-45 minutos).

¿Qué riesgos potenciales o incomodidades pueden presentarse?

Algunas preguntas son sobre temas sensibles y comportamientos personales que pueden hacer sentir incómodos a algunos estudiantes. Los participantes no tienen que contestar ninguna pregunta que no deseen contestar y pueden parar de contestar la encuesta en cualquier momento.

¿Hay beneficios por participar en el estudio?

Los resultados de esta encuesta pueden ayudar a mejorar la habilidad de su escuela o su comunidad para desarrollar programas y estrategias para prevenir problemas juveniles de comportamiento y contribuir al desarrollo de los jóvenes.

¿Qué otras opciones hay?

Usted tiene la opción de negar la participación de su hijo/a en la encuesta. Si usted no desea que su hijo/a participe, él/ella podrá participar en una actividad alterna como leer calmadamente en el aula mientras la encuesta está siendo administrada.

¿La información de la encuesta de mi hijo/a será mantenida confidencialmente?

Haremos todos los esfuerzos razonables para mantener la información de su hijo/a confidencial, pero no podemos garantizar absoluta confidencialidad. Cuando esta investigación sea discutida o publicada, nadie sabrá que su hijo/a tomó parte en este estudio. Sin embargo, cuando sea requerido por leyes o reglas de la universidad, información puede ser vista o copiada por: a)

University of Illinois at Urbana-Champaign
Institutional Review Board

Approval Date: July 23, 2019
Closure Date: June 2, 2024
IRB #11126

El Consejo de Examinación Institucional (Institutional Review Board - IRB) que aprueba los estudios de investigación; b) la Oficina para la Protección de Personas Participantes en Investigación y otros departamentos universitarios que supervisan estudios de investigación con personas; o c) Auditores de la universidad y del estado responsables de la supervisión de investigaciones.

¿Seremos reembolsados por algún gasto o remunerados por la participación en este estudio?

No se ofrecerá ningún pago por la participación de su hijo/a en este estudio.

¿Puede mi hijo/a suspender o ser removido de este estudio?

Si usted permite que su hijo/a participe, usted es libre de cambiar de idea y discontinuar la participación de su hijo/a en cualquier momento. Su hijo/a puede elegir no participar o discontinuar la participación en el estudio.

¿La información de la encuesta de mi hijo/a será usada en otros estudios?

La información no-identificada de su hijo/a puede ser usada en investigaciones futuras sin consentimiento adicional.

¿A quién puedo contactar si tengo preguntas?

Si tiene preguntas sobre la administración de encuesta en la escuela de su hijo, por favor contacte la oficina de la escuela. Si desea revisar el cuestionario de la encuesta, este está disponible para su revisión en la oficina de la escuela de su hijo(a) o en línea <https://iys.cprd.illinois.edu/about/content> . Si tiene preguntas sobre el proyecto y desea contactar a una persona en la Universidad de Illinois, por favor contacte a Nancy Flowers, Directora de Programas de Investigación en el Centro de Investigación de Prevención y Desarrollo llamando al (888) 333-5612 (tarifa gratuita en Illinois) o por correo electrónico a nflowers@illinois.edu .

¿Cuáles son los derechos de mi hijo/a como participante de este estudio?

Si tiene preguntas sobre los derechos de su hijo/a como participante en este estudio, puede llamar a la Oficina para la Protección de Personal Participantes en Investigaciones (Office for the Protection of Research Subjects (OPRS), al 217-333-2670 o escribir por correo electrónico a irb@illinois.edu.

¿Qué debo hacer si no deseo que mi hijo/hija participe?

Si usted no desea que su hijo/a participe en el estudio, por favor complete el formulario a continuación, fírmelo y regrese a la escuela de su hijo/a en las próximas dos semanas. Su decisión de negar permiso no afectará de ninguna manera sus relaciones futuras con la escuela de su hijo/a. Usted también puede suspender la participación de su hijo/a durante la encuesta notificando a la oficina de la escuela.

ENCUESTA JUVENIL DE ILLINOIS - FORMULARIO DE PADRES PARA REMOVER PERMISO DE PARTICIPACION

Si usted no desea que su hijo/a complete la encuesta, por favor regrese este formulario con su firma al maestro titular (si se aplica) de su hijo(a). El coordinador de la Encuesta Juvenil de Illinois en la escuela de su hijo/a, se asegurará que su hijo/a no participe. Ud. No tiene que completar este formulario si usted. Permite que su hijo/a participe.

_____ Yo no deseo que mi hijo/a participe en la Encuesta Juvenil de Illinois.

Firma del Padre/Madre/Guardián: _____

Nombre del Estudiante: _____

Maestro titular (si se aplica): _____

Kids saying they are
bored this winter?

**Try some of these Fun,
Free Activities!**

Free Museum Winter Days:

Museum of Science and Industry

Show Illinois ID to enter the Museum of Science and Industry free during Free Days in February and September, including Feb. 3-6, 10-13, 18-20, 24-27.

Planetarium

Free days February 4-6, 11-13, 17-20, March 9-12, April 20-23

Art Institute Of Chicago

Chicago residents under the age of 18 can get into this museum for free any time. Children age 14 years and younger are always free. Illinois residents of any age can also enjoy free admission year-round on Wednesdays from 5-8 p.m.

Chicago Children's Museum (Navy Pier)

Admission is free for kids 15 and under all day on the first Sunday of every month.

The Field Museum

Illinois residents can spend a day at The Field Museum with complimentary admission on the following free days in 2020: February 1-29

Lincoln Park Zoo

Offers free admission 365 days a year.

Shedd Aquarium

Free days February 3-7, 10-14, 17-21, 24-28, 2020

Brookfield Zoo

Admission to Brookfield Zoo is FREE on Tuesdays, Thursdays, Saturdays and Sundays through February 29. (Parking fees apply) Stroll the zoo and see how the animals spend their winter days.

Home Depot Free Kids Workshops

On the first Saturday of each month from 9pm - noon, Home Depot stores offer free workshops for kids ages 5-12. Kids will take part in fun projects like building toolboxes, fire trucks and mail organizers, learning do-it-yourself skills and tool safety. Participants receive a kid-sized orange apron and an achievement pin. Registration is suggested.

*****For weekly updates on fun weekend activities, check out:**

<https://www.chicagoparent.com/weekend/>

<https://mykidlist.com/weekend-planner/>

7 EXERCISE IDEAS TO KEEP YOUR KIDS ACTIVE THIS WINTER

We're all aware that regular physical activity is important and has many health benefits. But even some very active kids have a difficult time keeping the exercise going during the winter months. We get it – it's cold, it's dark earlier, and the couch is so inviting.

But despite the weather, it's important to get kids active and help them stay that way, because the majority of them aren't getting enough exercise – especially in the winter months. The Physical Activity Guidelines for Americans recommend that children and adolescents ages 6-17 receive 60 minutes or more of moderate to vigorous physical activity each day. This should include aerobic activity as well as age-appropriate muscle- and bone-strengthening activities like push-ups, running, jumping and active play.

1. GO OUTSIDE

Just because it's cold outside does not mean you have to stay inside! The key is to bundle up. Dress in layers, wear boots instead of gym shoes, thicker, warmer socks, a hat at all times, and mittens or gloves. Moving around outside and getting your heart rate up will help keep you warm as well. Encourage your kids to walk the dog, go to the park, shoot basketball or play outside with friends.

2. TRY ANOTHER INDOOR LOCATION

Especially in the winter months, getting out of the house can help prevent cabin fever. Try choosing a location that also incorporates physical activity like a bowling alley, local gym, indoor basketball court, roller or ice skating rink, or an indoor pool.

3. CHECK OUT A NEW INDOOR CLASS

If you're looking to get your kids involved in something fun and consistent, enroll them in a class. It's a great way to try something new, be active, and meet new people. There are many available classes throughout the community. Check out classes at the YMCA, park district, Flying High and more!

4. TRY AN EXERCISE VIDEO

If you have trouble getting to a class or they don't like group activities, have your kids try a kid-friendly exercise video. We developed our own exercise videos to help them get moving over the winter. There are also quite a few other online exercise resources out there. Here are a few of our favorites: gonoodle.com; [PopSugar fitness](http://PopSugarfitness.com), fitnessblender.com; Alo yoga for kids. If you're looking for an actual exercise video, check out the selection at the library before you buy them. Further, we have a Healthy Living Series on YouTube that highlights many different exercise, nutrition and wellness tips for getting your family on the right track.

5. WORKOUT WHILE GAMING

If your kids love video games, why not incorporate some physical activity at the same time? Although it's probably not as beneficial as outdoor play, the latest gaming systems offer some great, family-friendly options to get everybody moving. And it can be done from the warmth of your living room. There are many new virtual reality games that are very active along with the Xbox 360® Kinect and the Playstation®Move. A recent study showed that children who participated regularly in active video games were more likely to take up forms of non-gaming exercise as well.

6. DO MORE EVERYDAY ACTIVITIES

Everyday activities can count as exercise too, so long as your kids are getting their heart rates up. Things like walking the dog, getting the mail, or going to the park. Incorporating these activities into your kids' daily routines will help them develop a healthy lifestyle that will stay with them for the rest of their lives. Parents should encourage an hour a day, but these activities can be accumulated throughout the day not necessarily all at once.

7. LIMIT SCREEN TIME

It's worth noting that children now spend more than seven and a half hours a day in front of a screen, which includes TV, video games, computers and iPads. This is likely one of the reasons why kids today just aren't getting enough physical activity. The American Academy of Pediatrics recommends **parents limit their kids' screen time** to two hours or less a day. By doing this, kids are much more likely to be active.

I believe that in order for kids to find exercise fun, they need lots of variety. And when they find exercise fun, they're much more likely to stick with it over an extended period of time. Plus, trying new physical activities together as a family will not only benefit your kids' health, but can help fight the winter exercise blues too. So get up, get moving, and stay active this winter!

¿Tus hijos dicen que
están **aburridos** este
invierno?

**!Trate algunas de
estas actividades que
son gratuitas!**

Días de Museos Gratis en Invierno:

Museo de Ciencias e Industria

Muestre el ID de Illinois para ingresar al Museo de Ciencia e Industria gratis durante los días gratis en febrero y septiembre, incluyendo Feb. 3-6, 10-13, 18-20, 24-27.

Planetario

Días gratis en Febrero 4-6, 11-13, 17-20, en Marzo 9-12, Abril 20-23

Instituto de Arte de Chicago

Los residentes de Chicago menores de 18 años pueden ingresar a este museo gratis en cualquier época. Los niños de 14 años y menores entran siempre gratis. Residentes de Illinois de cualquier edad pueden gozar de admisión gratis todo el año los miércoles de 5-8 p.m.

Museo de Niños de Chicago (Navy Pier)

Entrada gratis para niños de 15 y menores todo el día el primer domingo de cada mes.

El Museo "Field Museum"

Residentes de Illinois pueden pasar el día en el Museo Field con entrada gratis los siguientes días del 2020: Febrero 1-29

Parque Zoológico Lincoln

Ofrece entrada gratis los 365 días del año.

Acuario Shedd

Días gratis en febrero 3-7, 10-14, 17-21, 24-28, 2020

Zoológico de Brookfield

La entrada al Zoológico Brookfield es GRATIS los martes, jueves, sábados y domingos hasta el 29 de febrero. (El parqueadero no es gratis) Camine por el Zoológico y vea cómo los animales pasan los días de invierno .

Talleres Gratis de Home Depot para niños

El primer sábado de cada mes de 9 pm al mediodía, los almacenes Home Depot ofrecen talleres gratuitos para niños de 5-12 años. Los niños participarán en proyectos divertidos como la construcción de cajas de herramientas, camiones de bomberos y organizadores de correo, aprender habilidades de "hágalo usted mismo" y seguridad de herramientas. Los participantes reciben un delantal naranja del tamaño de un niño y un pin de logro. Se sugiere el registro.

*****Para actualizaciones de fin de semana de actividades divertidas, vea:**

<https://www.chicagoparent.com/weekend/>

<https://mykidlist.com/weekend-planner/>

7 IDEAS DE EJERCICIO PARA MANTENER A SUS HIJOS ACTIVOS ESTE INVIERNO

Todos somos conscientes de que la actividad física regular es importante y tiene muchos beneficios para la salud. Pero incluso algunos niños muy activos tienen dificultades para mantener el ejercicio durante los meses de invierno. Lo entendemos: hace frío, está oscuro y el sofá es tan acogedor. Pero a pesar del clima, es importante que los niños estén activos y ayudarlos a mantenerse así, porque la mayoría de ellos no están haciendo suficiente ejercicio, especialmente en los meses de invierno. Las Pautas de Actividad Física para Estadounidenses recomiendan que los niños y adolescentes de 6 a 17 años reciban 60 minutos o más de actividad física moderada a vigorosa todos los días. Esto debe incluir la actividad aeróbica, así como actividades de fortalecimiento muscular y óseo apropiadas para la edad como flexiones, correr, saltar y jugar activamente.

1. VAYA AFUERA

Sólo porque hace frío afuera no significa que tengan que quedarse adentro! La clave es abrigarse. Vístase en capas, use botas en lugar de zapatos de gimnasia, calcetines más gruesos y cálidos, un sombrero en todo momento y guantes. Moverse afuera y subir su frecuencia cardíaca también le ayudará a mantenerse caliente. Anime a sus hijos a pasear al perro, ir al parque, jugar al baloncesto o jugar al aire libre con amigos.

2. ENSAYE OTRO SITIO DENTRO

Especialmente en los meses de invierno, salir de la casa puede ayudar a prevenir “la fiebre de cabina”(estar aburrido de estar adentro). Elija un lugar que también incorpore actividad física como un boliche, gimnasio local, cancha de básquetbol cubierta, pista de patinaje sobre ruedas o sobre hielo, o una alberca cubierta.

3. CHEQUEE UNA NUEVA CLASE ADENTRO

Si usted está buscando que sus hijos se involucren en algo divertido y consistente, inscribálos en una clase. Es una gran manera de probar algo nuevo, ser activo y conocer gente nueva. Hay muchas clases disponibles en toda la comunidad. ¡Eche un vistazo a las clases en la YMCA, del Park District, Flying High y mucho más!

4. ENSAYE UN VIDEO DE EJERCICIOS

Si usted tiene problemas llevándolos a una clase o no les gustan las actividades en grupo, haga que sus niños traten un video de ejercicios amigable para niños. Nosotros desarrollamos nuestros propios videos de ejercicios para ayudarles a moverse durante el invierno. También hay varios recursos de ejercicios en línea. Aquí están unos pocos de nuestros favoritos: gonoodle.com; [PopSugar fitness](http://PopSugarfitness.com), fitnessblender.com; Alo yoga para niños. Si usted está buscando un video de ejercicios actual, chequee la selección en la biblioteca antes de comprarlo. Más aún, nosotros tenemos una Serie de Vida saludable en

YouTube que indica diferentes ejercicios, nutrición y consejos para el buen vivir para llevar a su familia por el buen camino.

5. EJERCICIO MIENTRAS JUEGA

Si a sus niños les gustan los juegos de video, porque no incorporarles algo de actividad física al mismo tiempo? Aunque no es tan beneficioso como jugar afuera, los últimos sistemas de juegos ofrecen algunas grandiosas opciones amigables a la familia pero poner a todos a moverse. Y se puede hacer desde la calidez de su sala. Hay muchos juegos de realidad virtual que son muy activos junto con la Kinect del Xbox 360® y el Move de Playstation®. Un estudio reciente mostró que niños que participan regularmente en juegos de video activos estaban más que gustosos para tomar formas también de ejercicio de no juegos.

6. HACER MÁS ACTIVIDADES DIARIAS

Las actividades diarias también pueden contar como ejercicio, siempre y cuando sus hijos estén subiendo sus frecuencias cardíacas. Cosas como pasear al perro, recibir el correo o ir al parque. Incorporar estas actividades en las rutinas diarias de sus hijos les ayudará a desarrollar un estilo de vida saludable que permanecerá con ellos el resto de sus vidas. Los padres deben alentar una hora al día, pero estas actividades se pueden acumular a lo largo del día no necesariamente a la vez.

7. LIMITAR EL TIEMPO DE PANTALLA

Vale la pena resaltar que los niños ahora pasan más de siete horas y media al día frente a una pantalla, lo cual incluye TV, juegos de video, computadoras y iPads. Es posible que esta sea una de las razones por las cuales los niños de hoy no están teniendo suficiente actividad física. La academia americana de Pediatría recomienda que los **padres limiten el tiempo de pantalla a sus niños a dos horas** o menos al día. Al hacer esto, los niños estarán más dispuestos a ser activos.

Creo que para que los niños encuentren diversión en el ejercicio, necesitan mucha variedad. Cuando encuentran diversión en el ejercicio, es mucho más probable que se queden con él durante un largo período de tiempo. Además, probar nuevas actividades físicas juntos como familia no solo beneficiará la salud de sus hijos, sino que también puede ayudar a combatir los blues del ejercicio de invierno. ¡Así que levántate, muévete y mantente activo este invierno!

Gurrie Middle School

Ed Hood, Principal

1001 South Spring Avenue
LaGrange, IL 60525-2798
(708) 482-2720
www.d105.net

Gurrie Middle School: Empowering students to pursue their interests, talents and dreams.

January 15, 2020

Dear Parents/Guardians of Eighth Grade Students:

We are in the process of planning the end of the year activities for eighth grade students. While more information will be coming home over the next few months, below is a timeline of activities culminating with graduation on Tuesday, May 26.

<u>January 31</u> • Graduation pictures and gown measurement ○ A retake date will be determined and then communicated at a later date
<u>February 6</u> • LT elective selection at Gurrie
<u>February 15- May 15</u> • Please submit payments for Great America and Graduation Gown and Medallion during this time window
<u>April 2</u> • Eighth grade visit to LT – Jr. Lion Tour at 9:00AM
<u>May 21</u> • Class Trip to Great America ○ Buses board at 8:15AM ○ Students return to Gurrie approximately 6:45/7:00 PM
<u>May 22</u> • Eighth Grade Graduation Dance at Gurrie ○ 7:00-9:30 PM
<u>May 26</u> • 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 6:30PM • Doors open at 6:00PM • Tickets are not required for entrance • Ceremony begins promptly at 7:00PM • This is the last day of school for our 8th grade students

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Great America and Graduation Fees

February 15-May 15

During this window of time, please send payment for activities listed below to your child's advisors or the office. Attached to this document are the graduation and Great America information forms. 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 one of your child's advisors or Mr. Hood at (708) 482-2720.

If sending in a check, please make payable to:

Gurrie Middle School for	Great America	\$37.00
LaGrange School District 105 for	Graduation Gown and Medallion	\$25.00

Put your child's name in the memo area.

Thank you for your attention to this matter. Please call the office with any questions.

Sincerely,

Ed Hood

Escuela Intermedia Gurrie

Ed Hood, Director

1001 South Spring Avenue
LaGrange, IL 60525-2798
(708) 482-2720
www.d105.net

Escuela Intermedia Gurrie: Empoderando estudiantes a perseguir sus intereses, talentos y sueños

Enero 15, 2020

Estimados Padres/Acudientes Legales de Estudiantes de octavo Grado:

Estamos en el proceso de planear las actividades de fin de año para los estudiantes de octavo grado. Aun cuando más información se enviará a sus casas en los próximos meses, a continuación se muestra un calendario de actividades que termina con la graduación el martes 26 de mayo.

<u>Enero 31</u> • Fotos de graduación y medidas de la Bata de graduación ○ La fecha de retomas de fotografías será determinada y compartida en una fecha posterior.
<u>Febrero 6</u> • Selección de electivas de LT en Gurrie
<u>Febrero 15 - Mayo 15</u> • Favor enviar sus pagos para Great América, para la Bata y el medallón de Graduación durante este periodo de tiempo.
<u>Abril 2</u> • Visita de Octavo Grado a LT – Recorrido de Lion Jr. a las 9A.M.
<u>Mayo 21</u> • Paseo de la clase a Great América ○ Subiremos a los buses a las 8:15 A.M. ○ Los estudiantes regresan a Gurrie aproximadamente entre 6:45/7:00 P.M. •
<u>Mayo 22</u> • Baile de Graduación de Octavo Grado en Gurrie ○ 7-10 P.M.
<u>Mayo 26</u> • Graduación en las instalaciones atléticas de la Sede sur de LT (4900 S. Willow Springs Road, Western Springs) – Edificio de Atletismo • Todos los estudiantes usarán batas de graduación proporcionadas por la escuela. Las batas deberán ser devueltas inmediatamente después de la ceremonia • Los estudiantes deben reportarse a la Sede sur de LT a más tardar a las 6:30 p.m. • Las puertas se abren a las 6 P.M.

Escuela Intermedia Gurrie

Ed Hood, Director

1001 South Spring Avenue
LaGrange, IL 60525-2798
(708) 482-2720
www.d105.net

Escuela Intermedia Gurrie: Empoderando estudiantes a perseguir sus intereses, talentos y sueños

- No son necesarios boletos para la entrada
- La ceremonia comienza puntualmente a las 7 P.M.
- Este es el último día de clases para nuestros estudiantes de 8 grado.

Costos del Paseo a Great América y de la Graduación

Febrero 15 - Mayo 15

Durante este período de tiempo, por favor envíe el pago de las actividades enumeradas a continuación a los consejeros de su hijo o a la oficina de la escuela. Junto con este documento están los formularios de información de la graduación y del paseo a Great América. Estamos enviando esta información a sus casas ahora, para que las familias puedan presupuestar y planear de acuerdo con sus circunstancias. En caso de dificultades familiares, llame a uno de los consejeros de su hijo o al Sr. Hood al (708) 482-2720.

Si va a enviar un cheque, por favor hágalo a nombre de:

Gurrie Middle School for	Great América	\$37.00
LaGrange School District 105 for	Bata y Medallón de Graduación	\$25.00

Gracias por su atención a este asunto. Por favor llame a la oficina de la Escuela si tienen cualquier pregunta.

Sinceramente,

Ed Hood

Gurrie Middle School

Ed Hood, Principal

1001 South Spring Avenue
LaGrange, IL 60525-2798
(708) 482-2720
www.d105.net

Gurrie Middle School: Empowering students to make a difference in our world by assisting them to be self-directed, passionate, lifelong learners.

January 15, 2020

Dear Parent of Eighth Grader:

The eighth grade class at Gurrie will be making a class trip to Great America on Thursday, May 21. The cost of this trip will be \$37.00 and is due as soon as possible. The money and the permission slip must be in by Friday, May 15. In addition to this fee, students will need some spending money for a lunch and refreshments, as no bag lunches are allowed in the theme park.

Students will leave for the trip shortly after arrival at school that day and will return to school at about 7:00 P.M. Our usual bus transportation from school to home will be available upon our return to the school building at the end of the day.

Not all students will be allowed to go on the trip. Any student who has two major disciplinary referral slips from March 30 on may not attend. Students are aware of this policy. **Any student not making the trip will have a regular full day of school with his/her teachers.**

The students will be chaperoned on the trip by teachers. If you have any questions, please refer them to your child's advisors or call the school office.

Sincerely,

Mr. Ed Hood, Principal

----- Cut Here and Retain -----

GREAT AMERICA CLASS TRIP

_____ Yes, my child has my permission to participate in the Great America trip on May 21.

(This permission slip must be returned with payment. The fee of \$37.00 must be paid by May 15. Make checks payable to Gurrie Middle School.)

_____ No, my child will not participate in the trip and I understand he/she must attend a regular day of school that day.

_____ Yes, my child has my permission to participate in the Great America trip on May 21, but will use a Great America pass which the family has already purchased.

Student

Parent's Signature

Gurrie Middle School: "Be Respectful, Be Ready, Be Safe."

Escuela Intermedia Gurrie

Ed Hood, Director

1001 South Spring Avenue
LaGrange, IL 60525-2798
(708) 482-2720
www.d105.net

*Escuela Intermedia Gurrie: Empoderando estudiantes a marcar la diferencia en el mundo
ayudándoles a ser estudiantes con iniciativa propia y apasionados de por vida.*

Enero 15, 2020

Estimados Padres de Estudiantes de Octavo Grado:

Los estudiantes de octavo grado de Gurrie tendrán un paseo de clase a Great América el jueves 21 de mayo. El costo del paseo es de \$ 37.00 y debe pagarse tan pronto como sea posible. El dinero y la hoja de permiso deben enviarse de vuelta a la escuela a más tardar el viernes, 15 de mayo. Además de este pago, los estudiantes necesitarán algo de dinero para sus almuerzos y refrigerios, ya que no se permite el ingreso de alimentos al parque de diversiones.

Los estudiantes saldrán al paseo un poco después de llegar a la escuela ese día y regresarán a la escuela hacia las 7:00 p.m. Nuestras rutas habituales de autobús desde la escuela hasta las casas estarán disponibles a nuestro regreso a la escuela al final del día.

No todos los estudiantes serán elegibles para asistir al paseo. Cualquier estudiante que tenga dos fichas de referencias disciplinarias mayores a partir del 30 de marzo no podrá asistir. Los estudiantes conocen esta regla. **Cualquier estudiante que no vaya al paseo, tendrá un día regular de clases en la escuela con sus maestros.**

Los estudiantes serán acompañados en el paseo por maestros. Si tiene alguna pregunta, contacte al consejero de su hijo.

Sinceramente,

Sr. Ed Hood, Director

----- Recorte Aquí y Envíe de Vuelta el Siguiendo Permiso -----

PASEO DE CLASE A GREAT AMÉRICA

_____ Sí, mi hijo tiene permiso de participar en el paseo a Great América el 21 de Mayo.

(Este formulario de permiso debe enviarse con el pago. El costo de \$ 37.00 debe pagarse antes del 15 de mayo. Favor hacer los cheques a nombre de: Gurrie Middle School.)

_____ No, mi hijo no participará en el paseo y entiendo que deberá asistir a la escuela en ese día para un día regular de clases.

_____ Sí, mi hijo tiene permiso de participar en el paseo a Great América el 21 de Mayo, pero usará un pase de Great América que nuestra familia ya compró

Estudiante

Firma del Padre

Escuela Intermedia Gurrie: "Se Respetuoso, Está Listo, Permanece Seguro."

GURRIE MIDDLE SCHOOL

Mr. Ed Hood, Principal

1001 South Spring Avenue
LaGrange, IL 60525-2798
(708) 482-2720
www.d105.net

Gurrie Middle School: Empowering students to make a difference in our world by assisting them to be self-directed, passionate, lifelong learners.

January 15, 2020

Dear Eighth Grade Parents:

As has been the tradition at Gurrie, graduates will wear royal blue gowns with medallions on gold ribbons around their necks. Students will rent their gowns and purchase their medallions. Please check the statement below that applies to you.

_____ I am enclosing the \$25.00 rental fee at this time.

_____ I will pay the \$25.00 rental fee by May 15th.

_____ I would like to discuss a payment plan with Mr. Hood or my child's advisor.

Signature

Date

Student's Name

We are sending this home now so that families may budget and plan according to their circumstances.

Please make checks out to LaGrange School District 105

Sincerely,

Ed Hood, Principal

ESCUELA INTERMEDIA GURRIE

Sr. Ed Hood, Director

1001 South Spring Avenue
LaGrange, IL 60525-2798
(708) 482-2720
www.d105.net

Escuela Intermedia Gurrie: Empoderando estudiantes a marcar la diferencia en el mundo ayudándoles a ser estudiantes con iniciativa propia y apasionados de por vida.

Enero 15, 2020

Estimados Padres de Estudiantes de 8° Grado :

Como ha sido la tradición en Gurrie, los estudiantes que se van a graduar usarán batas de color azul real y medallones con cintas doradas alrededor de sus cuellos. Los estudiantes alquilarán las batas y comprarán los medallones. Por favor revise la siguiente información y marque según aplique su elección

- _____ Yo envío el costo del alquiler de \$ 25.00 en este momento.
- _____ Yo pagaré el costo del alquiler de \$25.00 antes del 15 de mayo.
- _____ Me gustaría discutir un plan de pago con el Sr. Hood o con el consejero de mi hijo.

Firma

Fecha

Nombre del Estudiante

Estamos enviando esta información ahora para que las familias puedan hacer un plan de pago de acuerdo a sus circunstancias.

Favor hacer los cheques a nombre de LaGrange School District 105

Sinceramente,

Ed Hood, Director

Está Listo, Se Respetuoso, Permanece Seguro



SAVE THE DATE!!!

DISTRICT



FOUNDATION



Ticket Go On Sale in March.

THE DISTRICT 105 FOUNDATION
A NIGHT AT THE BALLPARK WITH THE
WINDY CITY THUNDERBOLTS!

WHAT: BOLTS VS. SCHAUMBURG

WHERE:  IN CRESTWOOD

WHEN: 6:05PM ON SATURDAY, MAY 16TH

EVENT DETAILS



- 2020 ThunderBolts Opening Night!
- Spectacular Fireworks show to follow game
- \$10 per Ticket
- Enjoy an evening with your D105 family and support the work of our D105 Foundation.
- All children must be accompanied by an adult



Please contact Kelly Lenti with any questions at 708-482-2700.



¡¡¡GUARDA LA FECHA!!!

DISTRICT



FOUNDATION



Boletos a la Venta en Marzo.

**LA FUNDACIÓN DEL DISTRITO 105
INVITA A NOCHE EN EL ESTADIO CON
LOS ¡WINDY CITY THUNDERBOLTS!**

¿QUÉ?: BOLTS VS. SCHAUMBURG

¿DÓNDE?: OZINGA EN CRESTWOOD



¿CUÁNDO?: 6:05PM SÁBADO, 16 DE MAYO

DETALLES DEL EVENTO



- Noche de comienzo de temporada del 2020 de los ThunderBolts!
- Espectaculares fuegos artificiales después del juego
- Boletos a únicamente \$10
- Disfruta de una noche con tu familia del D105 y apoya el trabajo de nuestra Fundación D105.
- Todo niño debe estar acompañado por un adulto



Favor contactar a Kelly Lenti al 708-482-2700 para cualquier pregunta.



The Legacy Guild Spring Party Saturday, February 29, 2020

Raising college scholarships for local students who have lost a parent

7:00 PM – Midnight

FitzGerald's in Berwyn

Featuring live music by:



Ticket includes:

- Top-shelf drink package
- Dinner and late night pizza from Jimmy's Place, Forest Park
- Roundtrip coach bus transportation to/from Palmer Place in La Grange
- Live and silent auction

Sponsorships and Tickets available at:
TheLegacyGuild.com

The Legacy Guild was formed by a group of local men in 2012. They were drawn together after a cluster of sudden and unexpected deaths of treasured friends and neighbors. The organization formed within weeks of these tragic events to honor the legacy of those parents who have died in our community and help send their children to college.

In 2019, the Guild provided over \$225,000 in college scholarships and has awarded over \$888,500 to 144 scholars since 2012!



*The Legacy Guild is designated as a federal 501(c)(3) charitable organization and registered with the State of IL
Tax ID# 46-0888441*

The Legacy Guild
823 Burlington Avenue, Western Springs, IL
www.thelegacyguild.com