

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.

September 30, 2019

Dear Parent or Guardian:

Please be advised that on Friday, October 4, Gurrie Middle School will be holding a Lockdown Drill. This drill, which will be observed by officers from the LaGrange Police Department, will allow our students and staff to practice the proper procedures to follow should an intruder enter our building with the intent to do harm to students or staff.

If you have any questions or concerns, please call me at school (708) 482-2720.

Sincerely,



Ed Hood
Principal

Gurrie Middle School

MUSIC MATTERS

LaGrange School District 105 Music Department Newsletter For the week of October 7 - October 11

REHEARSALS/LESSONS THIS WEEK

BAND

- Monday:** Rehearsal (7:20-8:05): Concert Band
Lessons: Ideal and Spring(Tabor)
Ideal (Schwenker)
Rehearsal (3:05-4:05): Cadet Band
- Tuesday:** Rehearsal (7:20-8:05): Symphonic Band
Lessons: Seventh Ave (Schwenker),
Hodgkins (Schwenker), Gurrie (Tabor)
- Wednesday:** Rehearsal (7:20-8:05): Concert Band
Lessons: Seventh Ave (Tabor)
- Thursday:** Rehearsal (7:20-8:05): Symphonic
Band;
Rehearsal (3:05-4:05) 3 O'Clock Jazz
Band
Rehearsal (5:45-7:45) GMS Jazz
Ensemble
Lessons: Spring(Schwenker) and
Gurrie (Tabor)
- Friday:** Rehearsal (7:20-8:05): Concert Band
Lessons: Seventh Ave and Spring
(Tabor)

ORCHESTRA

- Monday:** Rehearsal (7:20-8:05): Philharmonic
Lessons: Seventh Ave (Valdez) and
Gurrie
- Tuesday:** Rehearsal (7:20-8:05): Chamber
Lessons: Spring Ave
- Wednesday:** Rehearsal (7:20-8:05): Symphony
Lessons: Ideal School
- Thursday:** Rehearsal (7:20-8:05): Chamber
Lessons: Seventh Ave (Guilfoyle) and
Hodgkins
- Friday:** Rehearsal (7:20-8:05): Symphony
Lessons: Gurrie

Dates to Remember

- 10/7- First Cadet Band Rehearsal
(3:05-4:05)
- 10/22 West Suburbans Symphony field trip
(gr Philharmonic and Chamber only)
- 10/29 LTHS 8th Grade Orchestra Festival

ANNOUNCEMENTS

WSSO Field Trip

Students will get to see the West Suburban Symphony perform a special educational concert on 10/22. Philharmonic and Chamber Orchestra students should have turned in permission slips for this field trip. Please contact Mr. Valdez with any questions.

LTHS 8th Gr. Orchestra Festival

Student should turn in permission forms as soon as possible. Students are also expected to be practicing this music on their own to ensure a strong performance!

Fine Arts Fundraiser coming

Pay attention to the materials coming home in the next few weeks.

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September 23, 2019

Dear Parent,

The adolescent years are marked by a roller-coaster ride of emotions and growth-difficult for kids, their parents, and educators. It is easy to misread depression as normal adolescent turmoil; however, depression (among the most common of mental illnesses) appears to be occurring at a much earlier age. Depression-a treatable condition-is a leading risk factor for suicide. In addition, self-injury has become a growing problem among youth.

To proactively address these issues, Gurrie is offering depression and suicide prevention training to students, staff, and parents as part of the SOS Signs of Suicide Prevention Program (SOS Program) in late October. The program has been successful at increasing students reporting concerns about themselves or a friend and is the only school-based suicide prevention program listed on SAMHSA's National Registry of Evidence-Based Programs and Practices that address suicide risk and depression, while reducing suicide attempts. In a randomized control study, the SOS high school program showed a reduction in self-reported suicide attempts by 40% (BMC Public Health, July 2007). The SOS Program is presented to us through Elyssa's Mission, a nonprofit organization dedicated to suicide prevention. Elyssa's Mission is the only organization in the state of Illinois to fund, distribute and implement SOS. To get more information on suicide prevention, and the SOS program visit their website at www.elyssasmission.org.

As part of the program, Elyssa's Mission staff will show the SOS Program video and subsequently lead students in discussion. Students will then complete a brief depression screener as well as fill out a Response Card indicating whether or not they would like to speak to an adult at the school regarding concerns about themselves or a friend. The depression screening tool addresses thoughts and feelings which a parent may be unaware their child is having. This tool does not provide a diagnosis of depression, but rather alerts school staff to those students requiring further investigation. Students also complete a Response Card indicating whether or not they would like to speak to an adult at the school about themselves or a friend. Our school counselor, social worker and/or psychologist as well as qualified staff from a community partner will be available to meet with designated students; school staff will subsequently notify parents/guardians regarding any needed next steps.

Our goals in participating in this program are straightforward:

- To help our students understand that depression is a treatable illness.
- To explain that suicide is a preventable tragedy that often occurs as a result of untreated depression.

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- To provide students training in how to identify serious depression and potential suicide ideation in themselves or a friend.
- To impress upon our students that they can help themselves or a friend by taking the simple step of talking to a responsible adult about their concerns.
- To help students know whom in the school they can turn to for help, if they need it.

Students at Gurrie Middle School will participate in a single lesson utilizing this curriculum during the school day. Seventh grade will participate on October 22nd and eighth grade on October 24th. We hope all parents will partner with us to educate our students, but you do have the right to refuse participation. Please check whether or not you would like your child to participate in this program below and return this letter to your child's advisory teacher no later than Friday, October 18th, 2019.

If you need more information or have any questions about the SOS program please call myself or Jeannette Pedersen.

Respectfully,



Ed Hood
Principal-Gurrie Middle School

*****Detach Here*****

Child's Name _____ Advisory _____

Parent Name (Please Print) _____

Parent Signature _____

_____ I would like my child to participate in the SOS Signs of Suicide •Prevention Program

_____ I prefer that my child NOT participate in the SOS Signs of Suicide •Prevention Program

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Septiembre 23, 2019

Estimado Padre de Familia,

Los años de la adolescencia están marcados por una montaña rusa de emociones - difíciles para los adolescentes, sus padres y educadores. Es fácil malinterpretar la depresión como parte de la agitación normal de los adolescentes; sin embargo, la depresión (una de las enfermedades mentales más comunes) al parecer está ocurriendo a una edad mucho más temprana. La depresión – que es una condición que puede ser tratada – es uno de los principales factores de riesgo del suicidio. Además, el auto-lastimarse se ha convertido en un problema en aumento entre los jóvenes.

Para enfrentar este problema proactivamente, Gurrie estará ofreciendo entrenamiento en la prevención del suicidio y la depresión para los estudiantes, empleados y padres como parte del Programa de Señales de Prevención del Suicidio SOS a finales de Octubre. El programa ha tenido éxito aumentando los reportes de los estudiantes de las preocupaciones de sí mismos o de algún amigo y es el único programa de prevención del suicidio basado en las escuelas listado por SAMHA para su Registro Nacional de Programas y Prácticas Basados en Evidencias que maneja riesgos de suicidio y depresión, al mismo tiempo que reduce los intentos de suicidio. En un estudio de control aleatorio, el programa para las escuelas secundarias SOS mostró una reducción en los intentos de suicidio auto-reportados de un 40% (Salud Pública BMC, Julio 2007). El Programa de Señales de Prevención del Suicidio SOS nos será presentado por intermedio de Misión de Elyssa, organización sin ánimo de lucro dedicada a la prevención del suicidio. Misión de Elyssa es la única organización en el estado de Illinois que financia, distribuye y aplica SOS. Para mayor información en la prevención del suicidio, visite su página en internet: www.elyssamission.org.

Como parte del programa, los trabajadores de la Misión Elyssa mostrarán el video SOS y seguidamente liderarán una discusión con los estudiantes. Luego, los estudiantes completarán un breve chequeo de depresión, al igual que llenarán una Tarjeta de Respuestas indicando si les gustaría o no, hablar con un adulto en la escuela con respecto a preocupaciones de sí mismos o de un amigo. La herramienta de chequeo de depresión maneja pensamientos y sentimientos que los padres pueden no haberse dado cuenta de que sus hijos los tengan. Esta herramienta no proporciona un diagnóstico de depresión, sino más bien alerta a los empleados de la escuela de aquellos estudiantes que necesitan una mayor investigación. Nuestro consejero escolar, trabajadora social y/o psicóloga, así como personal calificado de un socio comunitario estarán disponibles para reunirse con los estudiantes designados; Subsiguientemente, el personal escolar notificará a los padres/guardianes legales con respecto a cualquier paso que se necesite seguir

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Nuestras metas de participar en este programa son sencillas:

- Ayudar a los estudiantes a entender que la depresión es una enfermedad tratable.
- Explicar que el suicidio es una tragedia que puede prevenirse y que con frecuencia ocurre como resultado de la depresión sin tratamiento.
- Proporcionar entrenamiento a los estudiantes en cómo identificar depresiones serias y cómo identificar la creación potencial de ideas de suicidio en sí mismos o en un amigo.
- Inculcar a los estudiantes que pueden ayudarse a sí mismos o a un amigo tomando el simple paso de hablar con un adulto responsable de sus preocupaciones.
- Ayudar a los estudiantes a identificar las personas con las que pueden contar en la escuela para ayuda, en caso de ser necesario.

Los estudiantes de la Escuela Intermedia Gurrie participarán en una sola lección utilizando este plan de estudio durante el día escolar. Los estudiantes de séptimo grado participarán de la lección el 22 de octubre y los de octavo grado el 24 de octubre. Esperamos que todos los padres se solidaricen con nosotros para educar a nuestros estudiantes, pero usted tiene el derecho para negarse a participar. Por favor indique en el formulario a continuación si a usted le gustaría que su hijo participe de la lección, o si prefiere que no lo haga, y envíe el formulario de vuelta al consejero de su hijo a más tardar el viernes 18 de octubre del 2019.

Si tiene cualquier pregunta, por favor llamarme a mí o a Jeannette Pedersen.

Respetuosamente,



Ed Hood

Director – Escuela Intermedia Gurrie

*****Recortar Aquí*****

Nombre Estudiante _____ Consejero _____

Nombre del Padre (Favor en imprenta) _____

Firma del Padre _____

_____ Me gustaría que mi hijo participara en el Programa SOS Señales de Suicidio

_____ Prefiero que mi hijo NO participe en el Programa SOS Señales de Suicidio

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23. Septembar 2019. godine

Dragi roditelji,

Adolescentske godine obeležene velikim oscilacijama u emocijama i rastu, što je teško za decu, njihove roditelje i vaspitače. Veoma je lako pogrešiti i zameniti depresiju sa normalnim adolescentskim emotivnim previranjima; međutim, depresija (među najčešćim mentalnim bolestima) se očigledno dešava u ranijem životnom dobu. Depresija, stanje koje se može tretirati, predstavlja vodeći faktor rizika za samoubistvo. Osim toga, samopovređivanje je postalo sve veći problem među mladima.

Za proaktivno rešavanje ovih problema, Gurrie škola nudi obuku o depresiji i prevenciji samoubistva učenicima, osoblju škole i roditeljima kao deo SOS Predznaci Samoubistva® Programa za Prevenciju (SOS Program) krajem oktobra meseca. Program se pokazao veoma uspešnim u povećanju broja učenika koji se obraćaju za pomoć jer su zabrinuti za sebe ili prijatelja te je jedini program za prevenciju samoubistava koji se sprovodi u školi i naveden je na SAMHSA-ovom Nacionalnom Registru Programa zasnovanih na praksi i dokazima, koji se tiču rizika od samoubistva i depresija, uz smanjenje pokušaja samoubistva. U randomiziranoj kontrolnoj studiji, SOS Program za srednje škole pokazao je smanjenje broja pokušaja samoubistva prijavljenih od strane učenika koji su razmišljali o samoubistvu, za 40% (BMC Zdravstvena Zastita, Juli 2007). SOS Program je nama predstavljen preko Elyssove Misije®, neprofitne organizacije posvećene sprečavanju samoubistva. Elyssa Misija je jedina organizacija u državi Illinois koja finansira, distributira i implementira SOS. Da biste dobili više informacija o prevenciji samoubistva, posjetite njihovu veb stranicu www.elyssasmision.org.

Kao deo programa, osoblje Elyssa Misije će prikazati video snimak SOS Programa i potom voditi učenike u diskusiju. Učenici će zatim popuniti kratki upitnik o depresiji kao i Karticu Odgovora koja ukazuje na to da li bi želeli ili ne da razgovaraju sa odraslom osobom u školi u vezi zabrinutosti za sebe ili prijatelja. Ova metoda za proveru depresije govori o mislima i osećanjima za koja roditelji možda nisu ni svesni da njihovo dete ima. Metoda ne pruža dijagnozu depresije, već upozorava školsko osoblje na one studente koji zahtevaju dalju istragu. Učenici će takođe popuniti Karticu Odgovora koja ukazuje na to da li bi želeli ili ne da razgovaraju sa odraslom osobom u školi u vezi zabrinutosti za sebe ili prijatelja. Naš školski savetnik, socijalni radnik i/ili psiholog kao i kvalifikovano školsko osoblje partnera iz naše zajednice, biće na raspolaganju da se sastanu sa dotičnim učenicima za razgovore koji slede posle ovog upitnika; školsko osoblje će naknadno obavestiti roditelje / staratelje o svim potrebnim sledećim koracima

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Naši ciljevi učešća u ovom programu su konkretni:

- Da pomognemo našim učenicima da shvate da je depresija bolest koja se može lečiti.
- Da objasnimo da je samoubistvo tragedija koja može da se spreči i često se javlja kao rezultat depresije koja nije tretirana
- Obezbeđivanje obuke studenata u prepoznavanju ozbiljne depresije i potencijalne samoubistvene ideje u sebi ili prijateljima.
- Da impresioniramo mlade kako bi shvatili da mogu pomoći sebi ili prijatelju jednostavnim korakom putem razgovora sa odgovornom odraslom osobom o njihovoj zabrinutosti.
- Da pomognemo učenicima da znaju kome u školi mogu da se obrate za pomoć, ako im zatreba.

Učenici Gurrie Škole će učestvovati u jednoj lekciji koristeći ovaj nastavni plan i program tokom jednog školskog dana. Sedmi razredi će učestvovati 22. Oktobra 2019. godine i osmi razredi će učestvovati 24. Oktobra 2019. godine. Nadamo se da će se svi roditelji udružiti sa nama da obrazujemo našu decu, ali isto tako imate pravo da odbijete učešće. Molimo vas da dolje označite da li biste želeli ili ne da Vaše dete učestvuje u SOS Programu u školi i da zatim vratite ovaj obrazac nastavniku vašeg deteta najkasnije do petka, 18. Oktobra 2019. godine.

Ako vam je potrebno više informacija ili imate bilo kakva pitanja o SOS Programu molim Vas da se javite meni ili Jeannette Pedersen.

S poštovanjem,



Ed Hood

Direktor-Gurrie Škola

*****Odsecite ovde*****

Ime deteta _____ Savetnik/nastavnik _____

Ime roditelja (Štampanim slovima) _____

Potpis roditelja _____

_____ Želeo/la bih da moje dete učestvuje u programu SOS Predznaci Samoubistva®

_____ Želeo/la bih da moje dete NE učestvuje u programu SOS Predznaci Samoubistva®

SCHOOL SPIRIT TASTES GREAT



Make dinner a selfless act by joining us for a fundraiser to support Gurrie Middle School PTO. Come in to the Chipotle at **5801 S. LaGrange Rd.** in Countryside on **Wednesday, October 2nd** between **5:00pm** and **9:00pm**. Bring in this flyer, show it on your smartphone or tell the cashier you're supporting the cause to make sure that 33% of the proceeds will be donated to Gurrie Middle School PTO.



MEXICAN GRILL

Online orders will not be included in the fundraiser total. To ensure your purchase is counted in the fundraiser, be sure to order and pay in-restaurant. Gift card purchases during fundraisers do not count towards total donated sales, but purchases made with an existing gift card will count.

DISTRICT



FOUNDATION

Strengthening connections throughout our community & providing college scholarships to our
graduating students

Back-to-School Family Night

Friday, October 4th 6-9PM

Gurrie Middle School

Movie! (How to Train Your Dragon: The Hidden World)

Balloon Animals!

Friends, Community, Fun!

Rain or Shine, Free Admission

Support the D105 Foundation:

\$5 for a burger, hot dog, or
pulled pork meal

\$5 bake sale

\$10 "Split the Pot"

Interested in volunteering?
Contact erinkhill@comcast.net
Thank you to The Rotary Club
of Countryside for their
support!

Learn more about the
D105 Foundation:
www.d105foundation.org

DISTRICT



FOUNDATION

Noche Familiar

Regreso a la Escuela

Viernes, 4 de octubre de 6-9 PM

Gurrie Middle School

Pelicula! (How to Train Your Dragon: The Hidden World)

Globos de animales! Amigos,

Comunidad, Diversión!

Con lluvia o sol, admisión gratis

Apoye la Fundación del D105:

\$5 por perro caliente o hamburguesa

\$5 venta de

Interesado en ser voluntario?
Contacte a

GURRIE MIDDLE SCHOOL



PTO

1st Fun Snack Friday Of the Year! October 8, 2019

The Gurrie PTO will be selling Honey Fluff Doughnuts
and soda during lunch hours.

Honey Fluff Doughnuts - \$2.00

(Ingredients: Bleached enriched flour (wheat flour, niacin, reduced iron, thiamine, mononitrate, riboflavin, folic acid). Sugar, cocoa (processed with alkali) milk replacer (whey (milk), isolated soy protein), soybean oil, defatted soy flour, contains 2% or less of each of the following: Dried egg yolks, sodium acid pyrophosphate, sodium bicarbonate, dextrose, salt, wheat starch, yellow corn flour, soy lecithin, natural and artificial flavor (milk), monocalcium phosphate, spices, guar gum.

Classic Vanilla Icing: Corn Syrup, water, vegetable shortening, (palm oil) Contains soybean oil, mono and Diglycerides (color) Salt, propyl paraben, natural and artificial flavor.

Soda - \$1.00

(Ingredients: Carbonated water, high fructose corn syrup and/or sucrose, caramel color, phosphoric acid, natural flavors, caffeine)



LA GRANGE FIRE DEPARTMENT 2019 OPEN HOUSE

on

SATURDAY, OCTOBER 5th
11:00 AM - 2:00 PM

at

300 W. BURLINGTON AVENUE

JOIN THE FIREFIGHTERS FOR REFRESHMENTS
AND POPCORN, MEET SPARKY THE FIRE DOG,
ENJOY TOURS OF THE FIRE HOUSE, AND SIT IN A
FIRE ENGINE

KIDS OF ALL AGES CAN PARTICIPATE IN A JUNIOR
FIREFIGHTER OBSTACLE COURSE

MEET REPRESENTATIVES FROM LA GRANGE HOSPITAL, THE LOCAL UTILITY
COMPANIES, BURLINGTON NORTHERN AND INDIANA HARBOR BELT RAILROADS,
THE LA GRANGE PARK DISTRICT AND PUBLIC LIBRARY, AND MANY OTHERS.



IF YOU NEED MORE INFORMATION, PLEASE CONTACT
CRAIG MARTINAITIS AT 708-579-2338 OR EMAIL AT
CMARTINAITIS@VILLAGEOFFLAGRANGE.COM

CALLING ALL GIRLS
(2ND GRADE – 8TH
GRADE) THAT ARE
INTERESTED IN
PLAYING SOFTBALL!

Dear Parents & Softball
Players,

On behalf of the
coaching staff at LTHS, I
would like to invite you to
attend our fall softball
camp on Sunday October
6th. It does not matter if
you are a beginner or
already play softball regularly, everyone is welcomed! You can
sign up online (as you would for summer camp) or using the link
here: [Softball Fall Camp 10/06/19](https://lths.revtrak.net/student-athletics/athletics-softball/)
Or <https://lths.revtrak.net/student-athletics/athletics-softball/>.



You can always pay as you walk in to the camp too! At camp
we will split up into groups based on the skills we will work to
improve on (hitting, defense, and base running). The coaching
staff and returning Varsity players are eager to meet you and
work with you! Camp will take place at the Varsity Softball field at
South Campus (just south of the school and west of the Corral). If
you have any questions please contact the head varsity coach
directly Coach (Marinec) Paluch at npaluch@lths.net.

Thank you,

Coach Paluch

Lyons Township High School

Head Varsity Softball Coach

nmarinec@lths.net

ZOMBIE CANDY HUNT

AGES
6-14
YEARS
OLD

Candy

COOL
PRIZES

FRIDAY, OCTOBER 18TH

Check in at 7:30PM & Hunt begins at 8:00PM

Join us as we hunt for candy and sweet prizes! It's a twist on an old tradition – wear a costume, bring your own flashlight and a container for all your goodies. Must be accompanied by a parent. Early bird registration fee of \$4 ends on Tuesday, October 1st.

SPONSORED BY



www.pdlg.org

After Tuesday, Oct. 1st: \$5 per participant

Sedgwick Park
(E. 48th St. & S. 10th Ave.)

Rain Location: Recreation Center (536 East Ave.)

SPONSORED BY



Carolyn Dentler Ward, DPS, PC
and Associates

708-352-1762

Park District of La Grange **HALLOWEEN PARTY**

**FREE Family
Event!**

**Friday, Oct. 25
6:00-8:00pm
Recreation Center
(536 East Ave., La Grange)**

Entertainment Games! Crafts!
Slime Room!
Bike Raffle! Candy!



Your Spooky Destination!

708-352-1762

WWW.PDLG.ORG

SPONSORED BY:

WINDOW★DEPOT USA
of CHICAGO



chiroxone
wellness centers