



**District 105
Preschool Screening
Wednesday, October 28, 2020**

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

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

Screening will take place **Wednesday, October 28th between 8:30 AM and 2:30 PM** at **Hodgkins School 6516 Kane Ave, Hodgkins** for all district children. The entire screening will take about 60 minutes.

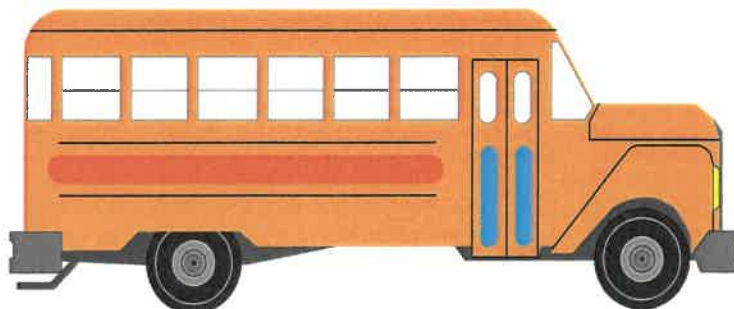
Please call the District Office at 708-482-2760 to schedule an appointment.

Appointments will be taken until Monday, October 26th.

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

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

For appointments, please call 482-2760.





THE D105 DIFFERENCE

School District 105

Board Report

BOARD OF EDUCATION
Dave Herndon, Pres.
Virginia Kogen, Vice-Pres.
Eileen Tucker, Secretary
Sheila Bryck
Elyse Hoffenberg
Kristine Lonsway
Elias Lopez
Adm. Off.: 701 S. Seventh Av.
LaGrange, IL 60525
Phone: (708) 482-2700
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d105.net

**A report of items discussed and action taken at the September 28, 2020
Regular Board of Education Meetings**

PRESENTATION

Coleen Winterfield and the D105 Social Workers gave a presentation on Social Emotional Learning in District 105.

PERSONNEL

The Board approved the following personnel action:

employment of: **Yareldi Carrillo**, Lunchroom Monitor at Gurrie Middle School, effective September 17, 2020; **Vanessa Mendiola**, K-1st Multi-Age Teacher at Hodgkins School, effective October 8, 2020; **Glenda Trejo**, Custodian for the District, effective September 8, 2020; **Nathan Wallin**, Part-Time Custodian for the District, effective September 16, 2020;

change of position for: **Jessica Colton**, from a .70 Art Teacher to a 1.0 Art Teacher at Hodgkins, Ideal and Spring Avenue Schools, effective August 31, 2020; **Maria Davy**, from a Paraprofessional to a Lunchroom Monitor at Spring Avenue School, effective September 15, 2020; **Hilda Gamboa**, from a part-time Clerical Aide to a full-time Clerical Aide at Hodgkins School, effective August 17, 2020; **Maria Valadez**, from a part-time Lunchroom Monitor to a part-time Lunch Monitor and part-time Custodian, effective September 21, 2020;

resignation of: **Selena Almaraz**, Lunchroom Monitor at Seventh Avenue School, effective September 9, 2020; **Patricia Hopp**, Lunchroom Monitor at Hodgkins School, effective August 10, 2020; **Chris Jesovic**, Lunchroom Monitor at Seventh Avenue School, effective August 17, 2020; **Maria Lopez**, Lunchroom Monitor at Hodgkins School, effective August 17, 2020; **Pamela Lopez**, Lunchroom Monitor at Ideal School, effective September 17, 2020; **Alexandra McCorry**, Kindergarten/1st Grade Teacher at Hodgkins School, effective October 2, 2020;

resignation for retirement of: **Sulema Granados**, Paraprofessional at Hodgkins School, effective September 30, 2020.

YOUR BOARD ALSO:

- Received the regular monthly administrative updates.
- Held the Budget Hearing and approved the FY21 Budget.
- Approved the Administrator and Teacher Salary and Benefits Report.
- Adopted the Red Ribbon Proclamation.
- Approved the Hazardous Condition Transportation Resolution.
- Received reports on: the Six-Day Enrollment Update, the Administrative Compensation Report, update of the Pilot RT-Lamp COVID Screening Program, update on Hybrid/Remote Learning, read for the First Time Press Policy Issue 105, and the School Board Election in 2021.
- Met in closed session for the purpose of discussing the appointment, employment, performance, and/or the dismissal/resignation of personnel and collective negotiating matters.

Next Regular Meeting: Monday, October 26, 2020 at 7:30 PM
Gurrie Middle School Library Learning Center
(Meeting agendas are posted on the "School Board" section
of the district website, www.d105.net, 48 hours prior to the meeting)

Social Emotional

S.E.P.T.E.M.B.E.R

NEWSLETTER

September Spotlight

Hi D105 Families,

In an effort to support your child this school year, the D105 Social Work team will be providing weekly lessons about managing emotions through healthy and useful coping strategies. Your child is learning about the Zones of Regulation in their classroom, which is a useful tool for communicating about feelings through colors. An overview of this topic was presented at the September Board of Education meeting; this video can be found on the district website. See the image below to help you understand the various color zones and their corresponding emotions.

The ZONES of Regulation®

BLUE ZONE	GREEN ZONE	YELLOW ZONE	RED ZONE
Sad Sick Tired Bored Moving Slowly	Happy Calm Feeling Okay Focused Ready to Learn	Frustrated Worried Silly/Wiggly Excited Loss of Some Control	Mad/Angry Terrified Yelling/Hitting Elated Out of Control

Each month will revolve around a specific theme. For example, for the month of October, we will be teaching skills related to Deep Breathing. Your child will have an opportunity to practice the skill as well as maintain a journal logging the various strategies they have learned. By March 2021, your child will create an individualized coping strategy toolbox that they can use as a visual reminder. Coping strategies are most effective when practiced often! We recommend all families practice coping strategies even when a child is calm and in the Green Zone so when the Blue/Yellow/Red Zone happens, you are ready!

MONTHLY COOL TOOL CATEGORIES:

OCTOBER	Deep Breathing
NOVEMBER	Sensory
DECEMBER	Positive Thinking
JANUARY	Mindfulness
FEBRUARY	Self-Advocacy

Contact the Social Workers

Miss Yong at Ideal:
syong@d105.net
 Mrs. Hoffman at Hodgkins
mhoffman@d105.net
 Mrs. Weiland at Spring
gweiland@d105.net
 Miss Arcus at Seventh
carcus@d105.net



Social y Emocional

D·E·S·E·P·T·I·E·M·B·R·E

BOLETÍN

Consideración para el mes de septiembre:

Hola familias del Distrito escolar 105, en un esfuerzo por apoyar a su hijo(a) este año escolar, el equipo de trabajo social del distrito 105 proporcionará lecciones semanales sobre cómo manejar las emociones a través de estrategias de afrontamiento útiles y saludables. Su hijo(a) está aprendiendo sobre las Zonas de Regulación en su salón de clases, que es una herramienta útil para comunicar sentimientos a través de colores. En la reunión de la Junta de Educación de septiembre se presentó una descripción general de este tema; este video se puede encontrar en el sitio web del distrito. Vea la imagen a continuación para ayudarlo a comprender las diversas zonas de color y sus emociones correspondientes

Las ZONAS de Regulación™

ZONA AZUL	ZONA VERDE	ZONA AMARILLA	ZONA ROJA
Triste Enfermo Cansado Aburrido Moviéndote lentamente	Feliz Tranquilo Me siento bien Enfocado Listo para aprender	Frustrado Preocupado Bobo/Inquieto Emocionado Pierdo control un poco	Enojado/Enfadado Aterrorizado Gritando/Pegando Extasiado Fuera de Control

Cada mes girará en torno a un tema específico. Por ejemplo, para el mes de octubre, enseñaremos habilidades relacionadas con la respiración profunda. Su hijo tendrá la oportunidad de practicar esta técnica y de llevar un diario que registre las diversas estrategias que ha aprendido. Para marzo del 2021, su hijo(a) creará una caja de herramientas de estrategias de afrontamiento individualizada que podrá utilizar como recordatorio visual. ¡Las estrategias de afrontamiento son más efectivas cuando se practican con frecuencia! Recomendamos a todas las familias que practiquen estrategias de afrontamiento incluso cuando el niño está tranquilo y en la Zona Verde. Si se practican estrategias en la Zona Verde, cuando ocurra la Zona Azul / Amarilla / Roja, ¡puede estar listo!

CATEGORÍAS MENSUALES DE HERRAMIENTAS:

OCTUBRE	Respiración profunda
NOVIEMBRE	Sensorial
DICIEMBRE	Pensamiento positivo
ENERO	Atención plena
FEBRERO	Decisiones por sí mismo

Contacto de los trabajadores sociales:

Miss Yong en Ideal:
syong@d105.net

Mrs. Hoffman en Hodgkins
mhoffman@d105.net

Mrs. Weiland en Spring
gweiland@d105.net

Miss Arcus en Seventh
arcus@d105.net



Social Emotional

O.C.T.O.B.E.R

NEWSLETTER

Hi D105 Families,

We are excited to unveil that our October *Cool Tool* theme will be deep breathing! All students in grades K-6 will learn a specific deep breathing strategy each week this month, for a total of 4 new tools to add to their "coping toolbox". They will be able to understand why deep breathing is an effective coping strategy and how to apply this skill when they are having a strong feeling, outside of the Green Zone. Try practicing these strategies at home as a family by creating a social emotional SEL routine during breakfast, before dinner, or before bed.

October Spotlight: ZONES PARENT LANGUAGE

Using language from the Zones of Regulation at home will help your child generalize and apply these skills. Here are some examples of how to use this language at home:

GREEN	Notice how your heartbeat feels when you're in the green zone, doesn't that feel nice?	I notice you are in the green zone, what is helping you stay there in this moment?
BLUE	It's okay to feel tired, I do too sometimes. What can we do to wake you up?	It's okay to feel sad or have "off" days. I'm here if you want to talk or need help.
YELLOW	If this is causing you to feel frustrated you can tell me	It's okay to feel silly sometimes but this is not the right time
	Sometimes I take deep breaths or take a break when I'm in the yellow zone.	I'm glad you recognized this is upsetting. Let's use a tool to feel better
RED	It's okay to be in the red zone. It's not okay to say or do things to hurt other people	I can see you're upset. Use your tools and tell me when you're ready to join our group plan.
	Do you remember a tool you can use or do you need help thinking of one?	Remind yourself to stop and breathe when you start having a very strong feeling.

WEEKLY BREATHING STRATEGIES:

K-2	3-6
Hand on heart	Bubble breathing
Square breathing	Infinity 8 breathing
Superhero breathing	Mountain Breathing
Hot cocoa breathing	4, 7, 8 breathing

Contact the Social Workers

Miss Yong at Ideal
syong@d105.net

Mrs Hoffman at Hodgkins
mhoffman@d105.net

Mrs Weiland at Spring
gweiland@d105.net

Miss Arcus at Seventh
carcus@d105.net



Taffy Apple Sale!



Taffy Apples* are on sale from
Now until October 19th

Taffy Apples* están a la venta desde ahora hasta el 19 de octubre y pueden ser recogidas en la Escuela Hodgkins el 28 de octubre.

Taffy Apples will be ready for pick up at
Hodgkins School on Wednesday, October 28th
There will be no orders taken after October 19th.

No exceptions!

*Taffy Apple sales will support
District 105's Scary Book Night*

1 for \$2.00

3 for \$5.25

6 for \$7.25

1 case of 24 for \$27

*Affy Tapples are made in a factory that produces peanut products
Affy Tapples se fabrican en una fábrica que produce productos de maní

NAME: _____

TEACHER: _____ SCHOOL: _____

NUMBER OF APPLES: With Nuts, Con nueces _____ Without Nuts, Sin nueces _____

PAYMENT AMOUNT: _____



• CUB SCOUT PACK 3177 •

Fishing Derby

ALL D105
BOYS K-5th
INVITED

Pack 3177 3rd Annual Fishing Derby

Dean Nature
Sanctuary
115 Canterbury
Oak Brook, IL

Sunday
October 4

3-4:30PM



Pack 3177 is comprised of K-5 boys that attend all four D105 schools. We enjoy camping, hiking, and going to interesting places. We also serve our community. Pack 3177 has been leading a Thanksgiving food drive for over 60 years. Come on out and see what we're all about!!

Check us out on Facebook—Cub Scout Pack 3177 LaGrange, Illinois or visit our website—

<http://cubpack3177.scoutlander.com>

PLEASE NOTE---EVERYONE WILL BE REQUIRED TO WEAR A MASK AND MAINTAIN SOCIAL DISTANCE