

# District #205 December Newsletter

## NEWS FROM THE SUPERINTENDENT/HIGH SCHOOL PRINCIPAL, MR. FRANCIS FENNELL:

Good Day!  
Happy Holidays!

If you as a parent have not requested a user ID and received a temporary password at this time for the INOW web-based grading program, you may email Mrs. Thompson to get it. If you do not have internet access, please send a written request to the school's office to have midterms and report cards mailed to you. December 22<sup>nd</sup> is the end of the 2<sup>nd</sup> quarter and 1<sup>st</sup> semester. **Please take the time to check your student's progress.**

Please make sure that your students know the safety precautions that they can use in being out in the winter weather, such as proper clothing for the weather, car maintenance, and extra clothing in the car if they are drivers.

We had assemblies to recognize the 6<sup>th</sup> – 8<sup>th</sup> grade, 9<sup>th</sup> & 10<sup>th</sup> and the 11<sup>th</sup> & 12<sup>th</sup> graders for their academic and behavioral accomplishments.

The Jr. / Sr. High Band and Chorus will have their concert performance on December 7 at 7:00pm.

Mrs. Leitzen is having the 10<sup>th</sup> grade take the "PLAN" test on December 1 and the 8<sup>th</sup> grade take the "Explore" test on December 20.

The high school girls' and boys' basketball teams have started their schedules. They will be in tournaments before the winter break. Check their schedules on the website. The Jr. High boys' basketball is wrapping up and the 8<sup>th</sup> grade will have their conference tournament at Benton on Saturday, December 10. Please take an evening and come watch a good game of basketball by our Jr. and Sr. High teams. The games are listed on the calendar.

For the junior and senior parents, you will be receiving "School Messenger" phone calls for post-prom meetings. Please plan to support the different activities the committee is setting up to raise funds. You will not have to go door-to-door or do a factory fundraiser.

The teachers have been working on transferring their lesson plans to a sequence chart that will be used to identify gaps with the new Illinois Common Core Standards. Once the sequencing is finished per grade level per subject, we will have it put on our website. Along with this, we have been working with differentiated instructional strategies in the classroom to increase individual student needs.

The Friday 2:46 release time for teachers to work on RtI and PLC has been productive. On Fridays that are for RtI meetings, the teachers have been able to go over individual student performance. The teachers work together to identify student weaknesses and then the teachers set up goals for these students to improve student performances.

During the PLC time, some of the teachers have been working on increasing use of technology through the use of I-pads and mimios for teacher and student use. Others have been working on PSAT/ACT readiness strategies for the high school students and still others are working on such topics as Autism, best practice intervention, and electives.

Happy shopping and family get together!

**NEWS FROM THE WARREN ELEMENTARY SCHOOL PRINCIPAL, MRS. DEE DEE CALOW:**

The students just completed their second round of “Clubs” for their November Reward Day. They all seem to really enjoy going to their club and learning something new. It is great seeing the different age levels interact with each other while they are at their clubs.

First and Second Graders enjoyed seeing a play at Highland Community College. They saw several fables from Aesop’s Fables. I enjoyed hearing them talk about the different fables and which ones they liked the best. It was a good experience for the children to compare and contrast different pieces of from the play.

December is now upon us and then means snow and colder weather. Please make sure that your child is dressed appropriately for the colder weather. For the children to go outside at recess and play in the snow, they will need snow pants, a jacket, hat, mittens/gloves, and boots. If children are not dressed appropriately, they will stay on the cement area of the playground. That is never as much fun as the snow filled area where they can build snowmen and make snow forts.

Children can also get chilly in the classrooms at times when the temperature is cooler out. I would suggest your child keep a sweatshirt or sweater in their locker so they can add a layer if needed. Also, don’t forget to pack tennis shoes when your child steps out the door in their boots. Tennis shoes are required to participate in gym class.

The Christmas Program is scheduled for Wednesday, December 14<sup>th</sup> at 7:00. We will have practice that afternoon. If you are unable to come to the concert at night, feel free to join us for practice. The music teachers and children work hard to put on a great show.

School Christmas Parties are set for Thursday, December 22<sup>nd</sup>. You will be receiving more information on your child’s classroom party from their teacher. It is also an early dismissal day with children getting out at 2:15.

Our Christmas Break will be here before we know it. It will also mark the half-way point of the school year. Enjoy the Christmas season with your family and the extra time you get to spend with your children. They really do grow up so fast!

**NEWS FROM THE WARREN JUNIOR HIGH SCHOOL PRINCIPAL, MRS. DEE DEE CALOW:**

The Junior High boys will soon be wrapping up their basketball season. The girls will start soon. Also the 6<sup>th</sup> graders will be starting their basketball season with Warren Youth Sports. It is a busy time for everyone. Please assist your child by checking their schedules for practice times and games. It is also good to do some pre-planning for studying for tests and keeping up on assignments.

The Junior High Student Council has finished their annual fruit sales. The profit from this sale helps to fund the Christmas Shopping Trip, dances, and the end of the year trip. These are all activities that the Junior High students enjoy. Miss Sirgany and Mrs. McGivney have been busy training all of the new Student Council Members on how to work in the concession stand. They are busy selling popcorn, candy, and pretzels during the Junior High Basketball Games.

Miss Phelps has the Math Counts Club up and running. They are holding practices to get ready for their upcoming competitions. The group meets during the week to practice their math problems. The students really enjoy the club as well as working out math problems.

The Junior High Students are working to have a 93% or higher average on completed assignments. If the Junior High along with the High School can accomplish this goal for second quarter, there will be a School Wide Reward Day. The students voted on what they would like to do if they achieve their goal. It sounds like skiing is top on their list. Last year the students fell just short of reaching their goal. They are really working hard to meet it this year.

The Christmas Variety Show will be Friday, December 2<sup>nd</sup>. Costumes have been sewn, parts have been rehearsed, and makeup will be applied. It promises to be a great time for everyone.

The Jr./Sr. High Christmas Concert is set for Thursday, December 7<sup>th</sup> at 7:00. All of the students have been busy practicing for the concert. Mrs. Bourquin and Mrs. Krahe impress me each year with the level of performance they get their students to achieve. I hope to see you all at the concert to start off the holiday season.

Our last day of the second quarter will be Thursday, December 22<sup>nd</sup>. It is also an early release day with students getting out at 2:15. During this festive holiday season, please step back and take some time to enjoy the wonderful gifts in your life. We can all get so busy with the holiday that we can sometimes forget what matters most. Have a Merry Christmas and a Happy New Year!

**ANNOUNCEMENTS FROM THE CHORUS DIRECTOR, MRS. SUE BOURQUIN:**

**Christmas Concerts –**

Wednesday December 7, - 7:00 PM – Gym - Grades 6-12

Wednesday, December 14, - 7:00 PM – Gym - Grades 1-5

**Chorus Fundraiser Cheesecake Pick/up Delivery**

Cheesecake delivery date:

Saturday December 10

10:00 AM – 12:00PM (Side door off of parking lot near shop.) Please be prompt and deliver quickly and in a frozen state.

**13th ANNUAL BLACK HAWK PARK DISTRICT  
BREAKFAST WITH SANTA  
SATURDAY MORNING, DECEMBER 10, 2011  
9:00 a.m. to 11:00 a.m.  
WARREN AMERICAN LEGION HALL  
PANCAKES\*\*SAUSAGE\*\*APPLESAUCE  
JUICE\*\*MILK\*\*COFFEE**

Everyone will have the opportunity to participate in the activities. Reserve early by calling Janice Toay at 815/745-3794 before December 5 with your name, telephone number, and number of adults and children attending. There is limited seating. (At least one parent is required to attend.)

This event is offered as a "Thank You" from Black Hawk Park District Board of Commissioners and staff.

Plan to attend and enjoy what your Park District has to offer.

**WARREN Jr-Sr HIGH**  
**PHYSICAL EDUCATION DEPARTMENT NEWS**

*Blue Ribbon Program Award Winner for Curriculum 2011-2016*

*Warren does it again!!!!!!!!!!!!!!!!!!!!!!!!!!!!*  
*Please watch for a special presentation January 24th!!!!*

*Warren's 6-12 grades have been awarded the Blue Ribbon for curriculum excellence from the Illinois Association of Physical Education, Health, Recreation and Dance!*

The following students have been acknowledged for exemplary performance for this month. This includes perfect attendance, dressing out daily, effort, sportsmanship, skill and written testing, participation and a fine attitude.

**Students of the Month for November!**

**Leaders!**

7 PE: Cassie Blair ☺

8 PE: Ryleanne Stuckey ☺

HSPE Gunner Wenger ☺

Strength Training: Suzanna Thompson☺

**National Guard!**

The National Guard came to visit our High School Physical Education and Strength Training classes!! Students participated in Team-Building activities and Circuit Training skills. Our students performed quite well!! The Sgt. Ben Booher is a recruiter from the Freeport area and talked to students about what the National Guard has to offer our youth. Thank you to all students for your participation and effort!!

**BLUE RIBBON AWARDS!**

Mrs. Barker attended the 2011 IAHPERD (*Illinois Association of Health, Physical Education, Recreation and Dance*) Convention at Pheasant Run in St. Charles November 17-18. Superintendent Fennell and Mrs. Barker accepted the Blue Ribbon Award for Physical Education for grades 6-12 curriculum from 2011through 2016. Only nine schools in the state won the excellence award this year!! CONGRATULATIONS to our students for this outstanding honor. We will have a special presentation from the IAHPERD on January 24<sup>th</sup> at half time of the boys' basketball game. We are planning a "Blue Out" so please wear blue to the game! We also are planning to "Pack the Place" that night. Please come to honor our students for their hard work and great support of Physical Education in Warren! We couldn't be prouder!

## VO2 Max Testing! What is it??

VO2 Max, or maximal oxygen uptake, is one factor that can determine an athlete's capacity to perform sustained exercise and is linked to aerobic endurance. VO2 Max refers to the maximum amount of oxygen that an individual can utilize during intense or maximal exercise. It is measured as "milliliters of oxygen used in one minute per kilogram of body weight."

This measurement is generally considered the best indicator of an individual's cardiovascular fitness and aerobic endurance. The more oxygen you can use during high-level exercise, the more ATP you can produce.

The test consists of seeing how far you can run/walk in twelve minutes. Students converted their distances into meters in order to figure their VO2 Max.

**Below are some AWESOME VO2 Max scores!!!!**

<u>High School</u>	<u>LAPS</u>	<u>VO2 MAX</u>
Andrew Gray	34	55
Zach Sigafus	33	53
Cody Runkle	32	51
Caleb Cherry	30	49
Brice Cox	30	49
Kyle Smith	30	49
Blake Freese	30	49
Sara Schwoob	28	43
Jordyn Hicks	28	43
Jacob Molitor	28	43
Kristy Boelk	28	43
Nick Mackall	32	51
Pat Holland	30	49
Austin Pax	33	53
Brandon Strothman	34	51
Autumn Wuebben	23	46
Colby Bennett	34	55
JT Barker	30	49
Emily Ortman	32	51
Cullen Connors	30	49
Brett Vondra	32	51

<u>Jr. High</u>	<u>LAPS</u>	<u>VO2 MAX</u>
Emma Riedl	30	49
Kyle Wolff	30	49
Dakota Koeller	29	46
Cody Hynek	32	51
Cassie Blair	32	51
Tyler Wulfekuhle	29	46
Hannah McGivney	29	46
Gabby Petsche	29	46

**Amazing Scores!**

**Super effort!**

It is recommended the you must raise your heart rate to between 65 and 85 percent of its maximum through aerobic exercise for at least 20 minutes, three to five times per week!!!

**What's next in P. E. class???**

Warren Physical Fitness Testing, "Bags" Tournaments, Volleyball Skills Testing.



# Breakfast Menu



Monday	Tuesday	Wednesday	Thursday	Friday
			<p><b>Dec. 1</b></p> <p>Sausage Patty Toast Fruit</p> <p>100% Juice White/Chocolate Milk</p>	<p><b>Dec. 2</b></p> <p>Peanut Butter and Jelly Sandwich Fruit</p> <p>100% Juice White/Chocolate Milk</p>
<p><b>Dec. 5</b></p> <p>Cereal Toast Fruit Margarine/ Jelly</p> <p>100% Juice White/Chocolate Milk</p>	<p><b>Dec. 6</b></p> <p>Sausage and Gravy over Biscuit Fruit</p> <p>Margarine/Jelly 100% Juice White/Chocolate Milk</p>	<p><b>Dec. 7</b></p> <p>Breakfast Bar Fruit</p> <p>100% Juice White/Chocolate Milk</p>	<p><b>Dec. 8</b></p> <p>Breakfast Pizza Fruit</p> <p>100% Juice White/Chocolate Milk</p>	<p><b>Dec. 9</b></p> <p>Pancakes Syrup Fruit</p> <p>100% Juice White/Chocolate Milk</p>
<p><b>Dec. 12</b></p> <p>Egg Patty On English Muffin Fruit Margarine/ Jelly</p> <p>100% Juice White/Chocolate Milk</p>	<p><b>Dec. 13</b></p> <p>Breakfast Bagel Fruit</p> <p>100% Juice White/Chocolate Milk</p>	<p><b>Dec. 14</b></p> <p>Pancake and Sausage on a Stick Syrup Fruit Margarine/Jelly 100 % Juice White/Chocolate Milk</p>	<p><b>Dec. 15</b></p> <p>Breakfast Pizza Fruit</p> <p>100% Juice White/Chocolate Milk</p>	<p><b>Dec.16</b></p> <p>Ultimate Breakfast Round Fruit</p> <p>100% Juice White/Chocolate Milk</p>
<p><b>Dec. 19</b></p> <p>Cereal Toast Fruit Margarine/ Jelly</p> <p>100% Juice White/Chocolate Milk</p>	<p><b>Dec. 20</b></p> <p>French Toast Sticks Fruit</p> <p>100% Juice White/Chocolate Milk</p>	<p><b>Dec. 21</b></p> <p>Breakfast Bar Fruit</p> <p>100% Juice White/Chocolate Milk</p>	<p><b>Dec. 22</b></p> <p>Breakfast Pizza Fruit</p> <p>100% Juice White/Chocolate Milk</p>	<p><b>Dec. 23</b></p> <p><b>Christmas Break</b></p>



# Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
			<p><b>Dec. 1</b>  <u>Main Menu:</u>            Salisbury Steak            Mashed Potatoes/Gravy            Corn            Fruit Cocktail            Bread/Margarine~Milk  <u>JrSr High Alternate Menu:</u>            Salad Bar</p>	<p><b>Dec. 2</b>  <u>Main Menu:</u>            Totally Taco Max Snax            Sour Cream / Salsa            Green Beans            Peaches            Cake            Bread/Margarine~Milk  <u>JrSr High Alternate Menu:</u>            Sandwich Bar</p>
<p><b>Dec. 5</b>  <u>Main Menu:</u>            Chicken Wrap            Lettuce / Tomato            Onion / Cheese            Pears            Cookie            Bread/Margarine~Milk  <u>JrSr High Alternate Menu:</u>            Pizza Bar</p>	<p><b>Dec. 6</b>  <u>Main Menu:</u>            Spaghetti            Meat Sauce            Green Beans            Pineapple            Garlic Bread            Bread/Margarine~Milk  <u>JrSr High Alternate Menu:</u>            Potato Bar</p>	<p><b>Dec. 7</b>  <u>Main Menu:</u>            Mini Corn Dogs            Baked Beans            Fruit Cocktail            Ice Cream Treat            Bread/Margarine~Milk  <u>JrSr High Alternate Menu:</u>            Taco Bar</p>	<p><b>Dec. 8</b>  <u>Main Menu:</u>            Roast Turkey            Mashed Potatoes            Gravy            Peas            Peaches            Bread/Margarine~Milk  <u>JrSr High Alternate Menu:</u>            Salad Bar</p>	<p><b>Dec. 9</b>  <u>Main Menu:</u>            Max Cheese Sticks            Spaghetti Sauce            Mixed Vegetables            Orange Wedges            Bar            Bread/Margarine~Milk  <u>JrSr High Alternate Menu:</u>            Sandwich Bar</p>
<p><b>Dec. 12</b>  <u>Main Menu:</u>            Hamburger on Bun            Cheese Slice            French Fries            Corn            Fruit Cocktail            Bread/Margarine~Milk  <u>JrSr High Alternate Menu:</u>            Chili Bar</p>	<p><b>Dec. 13</b>  <u>Main Menu:</u>            French Toast Sticks            Sausage Patty            Orange Juice            Applesauce            Bread/Margarine~Milk  <u>JrSr High Alternate Menu:</u>            Potato Bar</p>	<p><b>Dec. 14</b>  <u>Main Menu:</u>            Hot Dog or Polish            Sausage on Bun            Baked Beans            Pears            Bar            Bread/Margarine~Milk  <u>JrSr High Alternate Menu:</u>            Taco Bar</p>	<p><b>Dec. 15</b>  <u>Main Menu:</u>  <b>Christmas Dinner</b>            Creamed Chicken            Mashed Potatoes            Peaches            Cake            Bread/Margarine~Milk  <u>JrSr High Alternate Menu:</u>            Salad Bar</p>	<p><b>Dec. 16</b>  <u>Main Menu:</u>            Pizza            Lettuce / Dressing            Mandarin Oranges            Pudding            Bread/Margarine~Milk  <u>JrSr High Alternate Menu:</u>            Sandwich Bar</p>
<p><b>Dec. 19</b>  <u>Main Menu:</u>            Pepperoni Bosco Stick            Spaghetti Sauce            Cheese Stick            Green Beans            Apple Wedges            Milk  <u>JrSr High Alternate Menu:</u>            Pizza Bar</p>	<p><b>Dec. 20</b>  <u>Main Menu:</u>            Hamburger Stew            Baking Powder Biscuit            Cheese Slice            Strawberries            Graham Treat            Bread/Margarine~Milk  <u>JrSr High Alternate Menu:</u>            Potato Bar</p>	<p><b>Dec. 21</b>  <u>Main Menu:</u>            Pork Choppette            on Bun            Tater Tots            Peas            Pineapple            Bread/Margarine~Milk  <u>JrSr High Alternate Menu:</u>            Taco Bar</p>	<p><b>Dec. 22</b>  <u>Main Menu:</u>            Chicken Stix            Rice            Corn            Fruit Cocktail            Cookie            Bread/Margarine~Milk  <u>JrSr High Alternate Menu:</u>            Salad Bar</p>	<p><b>Dec. 23</b>  <b>Christmas            Break</b></p>

## December Ala-Carte Menu

December 01	Pork Patty on Bun
December 02	Popcorn Chicken
December 05	Pretzel / Cheese Sauce
December 06	Chicken Nuggets
December 07	Soup / Crackers
December 08	Stuffed Crust Pizza
December 09	Hot Pocket
December 12	Soup / Crackers
December 13	Chicken Bar-B-Que on Bun
December 14	Hot Pocket
December 15	Pretzel / Cheese Sauce
December 16	Boneless Chicken Drumsticks
December 19	Pretzel / Cheese Sauce
December 20	Hot Pocket
December 21	Soup / Crackers
December 22	Brat Patty on Bun
December 23	<b>Christmas Break</b>

# December 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 4:15 PM JH BBB @ RiverRidge 6:00 PM HS GBB @ RR-SM	2 6:00 PM HS BBB @ Pearl City 7:00 PM JH Variety Show	3 6:00 PM HS GBB vs West Carroll VS BBB Eastland Shoot-out
4	5 4:15 PM JH BBB @ Shullsburg 6:00 PM HS BBB @ Argyle	6 4:15 PM JH BBB vs Scales Mound 6:00 PM HS GBB @ Eastland	7 7:00 PM JH/HS Concert	8 6:00 PM HS BBB vs Le-Win	9 5:30 PM VS GBB @ Durand	10 ACT Test JV BBB Galena Tourney VS GBB Pearl City Tourney
11	12 JH BBB Tourney @ Benton	13	14 7:00 PM K-6 Concert	15 JV BBB Galena Tourney	16	17
	VS BBB West Carroll Tourney and VS GBB Pearl City Tourney					
18	19	20	21	22 2:15 PM Early Dismissal	23 No School	24
25 Christmas	26 No School	27 No School	28 No School	29 No School	30 No School	31 New Year's Eve
		VS BBB Eastland Tourney				