

District #205 February Newsletter

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News from the Superintendent, Dr. Sirgany:

The Board of Education voted to close the Apple River Middle School for the 2010-2011 school year. It was an agonizing decision for these board members, with most of them having attended the Apple River school. The Board and the staff are busy preparing for the move so that everything will be up and running smoothly by the time school starts in the fall. When asking a number of the staff about the move, they fondly remembered the summer of 2002 when the entire Warren building was emptied and moved to the Corn Plant and then all the items were returned back to the building after the completion of construction. To the people who went through that process, this move seems much easier.

Parents continue to check out our INow for Parents program on a regular basis. If they have been checking, parents already know how their children did for the first semester even before report cards were sent out. INow for Parents is an excellent way to keep up on what is happening with grades for your children. But I also realize that sometimes you need to talk to a live person because of questions or concerns. Well teachers are available from 7:30 – 8:00 a.m. or from 3:15 - 3:30 p.m. Feel free to call them during those times or call the school to schedule a meeting. They are more than willing to set down and answer your questions. Call the appropriate people to discuss any issues you might have. Teachers and administrators want to work with you to help your child. We welcome your call – and that’s a promise.

Many things lead to success at school. For instance, getting plenty of sleep will help kids concentrate at school. Under-sleeping causes most of the day’s experiences to be stored inefficiently in the brain. Interactions with teachers, book chapters, and lectures are harder to remember if a child is sleep deprived. Along with students getting enough sleep, they need a good breakfast. It is hard to concentrate if your stomach is growling. Sometimes students don’t want to eat breakfast because they are afraid of gaining weight or because it takes too much time. But research shows the importance of a good breakfast. We offer breakfast here at school if they don’t have time at home.

Another tip, at home, kids should study a little at a time. Resting a while after study helps them process information. At the same time, students need to take responsibility for their own homework! Generally speaking, it is a good idea to make your child responsible for his or her own homework assignments. If you are the parent of a youngster who has a learning disability or serious academic problems, you may need to provide some assistance. In most cases, however, children should do their own assignments. In this way, your child will learn responsibility, accountability, and self-discipline.

It is sometimes not easy to decide whether your child should be in school when they have a cold or otherwise are not feeling well. A rule of thumb is to keep your child at home when:

- Fever is present. With day care, you have little choice. Most facilities won’t accept a child with a fever.
- Other symptoms are compelling. A continual cough is disruptive. A pre-schooler with a profusely runny nose might also be better off at home.

Kids are contagious with a cold before symptoms appear. In school and day care they do catch each other's colds, but there is little you can do to prevent it. Keeping your child's resistance high will help – a little.

One last tip is to make sure your children come to school with proper clothing. Different rooms in the buildings are warmer and cooler than others. If the students dress in layers, they will be able to deal with the temperature of each individual room. In the event of a stalled car or one that ends in the ditch, proper clothing will help ensure the students don't get frost bite. Hats, gloves, coats, and boots are necessary items in this cold weather.

Parents cannot raise children alone, nor can we solve all problems, but our working together will help all of our students to be successful. So again I remind you to call the school and talk to the teacher if you have any questions or concerns.

It is this time of year when parents of seniors are frantically looking for financial aid for young adults who will be entering college in the fall. Financial Aid Search through the Web – or fastWEB- is a searchable database of more than 180,000 private-sector scholarships, fellowships, grants, and loans. Used by colleges across the United States, fastWEB is now available at no charge through the World Wide Web, courtesy of the Financial Aid Information Page and Student Services, Inc.

To use the fastWEB, a student fills out a detailed profile through a series of on-line forms. After the forms have been completed, fastWEB responds within 15 minutes with a list of matching award programs. Each entry in this list includes a short description, a deadline, a list of required majors, the amount of the award, and contact information.

As new financial aid opportunities are added to the fastWEB database (approximately 1,200 per day), they are compared with the student's profile, and any matching programs are added to the student's "mailbox." Students can check this mailbox at their convenience to find out about newly announced programs. Also students can use fastWEB to generate a form letter for requesting applications and further information about the programs. Students can print this letter directly from their web browser.

News from the Jr./Sr. High School Principal, Mr. Fennell:

Good Day!

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.

Please make sure that your students know the safety precautions that they can use in being out in this weather, such as proper clothing for the weather, car maintenance, and extra clothing in the car if they are drivers. The days are getting longer but winter is hanging on.

ISAT testing will be from the 1st to the 12th of March. A schedule will be coming out in February. We have been working hard all year covering the materials needed at each level for this test. The test serves as a measuring devise for us to compare our students' achievements with other students in the state and nations. We also use it to help instruction at an individual level as well as grade level. We ask that you encourage your student to do their best in preparing for and in taking the test.

The High School graduation has been set for May 22.

I would like to thank the Sr. High Pep Band and Mrs. Krahe for their performance at the home games. In addition I would like to thank all the fans for being positive supporters of sportsmanship for the efforts that our teams put forth. Great job everyone!

The Jr. High girls' basketball season is on its way please check the website calendar for games. The High School girls' basketball team's regional play starts the week of February 8. The High School boys' basketball regional play starts February 22. The High School academic team is in full swing. The games are listed on the calendar.

Have a great February! Happy Valentine Day!

News from the ARMS Principal, Mrs. Calow:

The 6th Graders just returned from a great trip to Lorado Taft for 3 days and 2 nights of outdoor education. We stayed in dorms and spent a lot of time outside in the great outdoors. The children were exposed to orienteering, pioneering, winter survival, and animal instincts. They also played some great games such as Alpha Wolf and Predator and Prey. They were led through several group team building activities.

The kids silk screened their own t-shirt and made candles. We also enjoyed a Dutch Auction and warming by a fire while drinking hot chocolate and s'mores. The 6th graders kept a journal of their trip to keep for their memories.

We have booked our trip for next year. We will again be going on the last Monday, Tuesday, and Wednesday of January. The weather can be cold but as long as the children dress appropriately they will be fine. The Taft Staff was top notch and very caring for all of our kids.

While we were at Lorado Taft the rest of the Apple River Staff and kids worked on ways to raise money for Haiti. During the week of Jan. 29th-Feb. 5th some great activities will take place. The children will be able to shoot for pop, learn Haitian music, explore percussion instruments, partake in a bake sale, and collect coins for Haiti. The week will conclude with an assembly where the money raised will be presented to a representative from the Red Cross on Friday, February 5th.

Our School Spelling Bee will be held on Thursday, February 4th at 2:00. Anyone interested in coming to our Spelling Bee is invited to attend. We will be charging 25 cents to add to our Haiti Relief Money. The winners of the Apple River Spelling Bee will then move onto the Warren Junior High to compete against the winners of the junior high spelling bee.

We are also busy getting ready for the ISAT Test. It will be here before we know it. The teachers have been working all year long preparing our students so they can do their best.

As you can tell we are busy at Apple River. The long winter months seem to keep dragging on but we are busily working on our school work and keeping.

News from the PTO President, Teri Williams:

The last monthly PTO meeting was held on January 12, 2010 in the Board Room of the Warren School. The Treasurer's Report indicated we have a checking account balance of \$11,966.73 with a combined income from the latest t-shirt sales and craft show fundraisers of \$5,650.15.

The group then wrapped-up discussion on our latest activities of Innisbrook, the craft show and t-shirt fundraisers. All three went very well and helped a great deal in our fundraising efforts. Thank you everyone who helped in any way to make these activities so successful!

The date of the Learning Fair is set for Friday, February 19th from 6:00 pm to 7:00 pm. Dee Dee Calow is coordinating this event and will update the brochure with the help of Mike Renz and send home with students in the next week or so. A new rule this year will be that projects will be limited to no more than two students per project. The class with the highest participation will win the traveling trophy for the year as well as an ice cream party! So, put on your thinking hats and get busy! Casey's pizza will be served in the Commons area during the fair.

There were several other items discussed. First, the Square 1 Art fundraiser will be going on soon. This will give parents an opportunity to showcase their child's artwork on various items such as magnets, key chains, mugs, etc. Monica McGivney and Kristi Leverton will be coordinating this along with all the teachers. More information will be sent home with the students soon. Second, \$50 teacher stipends were distributed last month to all the preK through 6th grade classrooms to be used for needed equipment and supplies. The PTO distributes these funds twice per school year. Gifts to the secretaries and babysitters during our meetings were also given at this time. The PTO does appreciate all of the support these individuals provide. Third, dates for the PTO Spring Fling dance were discussed with Friday, April 30th being the first choice. This date will be confirmed soon and more information will follow. Finally, the group discussed hosting an assembly for the students this spring. Many different assemblies were mentioned. Several people from the group will look into more details on this and bring back to next month's meeting for further discussion.

The next PTO meeting will be on Tuesday, February 9, 2010 at 7:00 p.m. in the Board Room. Free babysitting will be provided in the Multipurpose Room during the meeting. Please plan on attending. Your input is always welcome!

News from the Chorus Director, Mrs. Bourquin:

Junior and Senior High School Choir and Band students are preparing for the annual Solo and Ensemble contests.

The Junior High Contest will be held at West Carroll High School on Saturday Feb 20th. Students have received their room numbers and times, and parents and friends are welcome to attend to support the students.

The High School Contest will be held at Stockton High School on Saturday, March 6th. Students will receive times and room numbers closer to the date, and parents and friends are welcome to attend.

School buses will be provided for both events, and high school students will only be permitted to be transported by a parent if they do not ride the bus. The administration will not permit students to drive to the event.

Pep Band will be performing on Feb. 5, Feb. 6 and Feb. 16.

Warren Jr/Sr/ High School will be presenting "Breakin' Up is Hard to Do" – a musical comedy based on the music of composer Neil Sedaka, on Friday and Saturday March 26-27th at 7:00 PM in the High School gym.

Neil Sedaka has written many memorable songs, including some of the following songs that are staged in the musical: "Breakin' Up is Hard to Do," "Calendar Girl," "Where the Boys Are," "Happy Birthday Sweet Sixteen," and "Stupid Cupid."

The cast is a mixture of Junior and Senior High students, and the stage and part of the gym will be reminiscent of a resort similar to the scene set in the movie "Dirty Dancing." Advance tickets will go on sale on March 1st for \$5 apiece. You will be guaranteed seating at a resort type table within close proximity to the stage, or among the 1st 5 rows of chair seating. All bleacher seating and seating behind the 5th row, purchased at the door will be \$5.

Costuming and the set will be retro 1960's, and will make you feel like you are visiting another era – one which will surely bring a smile! We know you will be tapping your toes and singing along before the night is over! So put the date aside to come see your friends!

WARREN Jr-Sr HIGH
PHYSICAL EDUCATION DEPARTMENT NEWS

Blue Ribbon Program Award Winner for Curriculum 2007-2010

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. Each student receives a certificate and a letter home to their parents!

Students of the Month for January!!

7 P.E. Veronica Moote ☺

8 P.E. DreAna Heidenreich ☺

H.S.P.E. Coral Wuebben ☺

Stength Training: Andrew Gray ☺

SPEEDBALL

Speedball is a vigorous game played with a variety of ball handling techniques such as trapping, dribbling, juggling, kick-ups, catching and throwing Overhead. The soccer ball may be kicked a dribbled with the feet as in the game of SOCCER. It can be caught and thrown or juggled as in BASKETBALL. It can also be punted or kicked as in FOOTBALL. The purpose of the game for each team is to advance the ball down the court and score a goal. There are 11 players on a team with court restraints for Halfbacks and Fullbacks. Scoring consists of a Field Goal, Drop Kick, Touchdown or Penalty Kick. All Physical Education classes participated in Round Robin Tournaments. The following were the winners with the most total points:

HSPE: Casey Newingham, Dylan Fosler, Krystal Francis, Tyler Plath and Delana Chumbler

8th Grade P.E.: Colton Janssen, Brian Sanderson, Austin Williams, Samantha Story, Alayna Waters, Aundrea Stilson, Matthew Koeller, Mitchell Eveland and Jason Heller.

7th Grade P.E.: Lexy Folks, Gunner Wenger, Autumn Wuebben, Eron Sigafus, Austin Rendon, Jamie Fenn, Jordan Grenoble, Koty Mackall, Morgan Kurth and Baylee Noll.

AWESOME!!

SATRYAN BALL® SOCCER

Satryan Ball Soccer is a fast paced game that can be played indoors or outdoors. The ball is shaped like the planet Saturn. It can be bounced, kicked, or thrown like a Frisbee. Players may run with the ball anywhere on the court or the field until the are touch tagged by an opposing team player, after they are tagged they have 3 steps to anchor a pivot foot, as in basketball, and pass off or shoot the ball. Neither of the team's players are allowed inside the goal zone. This is the 3 second zone in basketball, for indoor. This is a non-contact sport! In order to score: it can be thrown in the goal, kicked in the goal, or shot through the hoop from inside the 3-point line OR outside the 3-point line. We will be using heart-rate monitors and pedometers to measure our speed and intensity!!

STRENGTH TRAINING CLASSES-CORE CONDITIONING

Each Strength Training class period begins with Todd Durkin's Core Conditioning.

Over 60% of our power is generated from our trunk and core; therefore, training the core is an absolute must! Students will be participating in over thirty of the best exercises to develop their abdominals, lower back, obliques, and hips. Students use the Stability Balls, Medicine Balls, BOSU's, and the Power Wheel. The techniques learned have been proven to be the most effective to optimally condition the core. We are looking to maximize strength and power as well as reaching the next level of performance.

Keep up the GREAT work!!



Breakfast Menu



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Feb. 1</p> <p>Cereal Toast Fruit Margarine/Peanut Butter 100% Juice White/Chocolate Milk</p>	<p>Feb. 2</p> <p>Breakfast Pizza Fruit</p> <p>100% Juice White/Chocolate Milk</p>	<p>Feb. 3</p> <p>Pancake and Sausage on a Stick Fruit</p> <p>100% Juice White/Chocolate Milk</p>	<p>Feb. 4</p> <p>Breakfast Panini Fruit</p> <p>100% Juice White/Chocolate Milk</p>	<p>Feb. 5</p> <p>Yogurt Roll Fruit</p> <p>100% Juice White/Chocolate Milk</p>
<p>Feb. 8</p> <p>Cereal Toast Margarine/ Jelly</p> <p>100% Juice White/Chocolate Milk</p>	<p>Feb. 9</p> <p>Breakfast Pizza Fruit</p> <p>100% Juice White/Chocolate Milk</p>	<p>Feb. 10</p> <p>French Toast Sticks Sausage Patty Fruit</p> <p>100% Juice White/Chocolate Milk</p>	<p>Feb. 11</p> <p>Breakfast Bagel Fruit</p> <p>100% Juice White/Chocolate Milk</p>	<p>Feb. 12</p> <p>Mini Pancake Wrap Fruit</p> <p>100% Juice White/Chocolate Milk</p>
<p>Feb. 15</p> <p>No School</p>	<p>Feb. 16</p> <p>Breakfast Pizza Fruit</p> <p>100% Juice White/Chocolate Milk</p>	<p>Feb. 17</p> <p>Sausage Gravy over Biscuit Fruit</p> <p>100% Juice White/Chocolate Milk</p>	<p>Feb. 18</p> <p>Breakfast Burrito Salsa/Sour Cream Fruit</p> <p>100% Juice White/Chocolate Milk</p>	<p>Feb. 19</p> <p>Waffle Sticks Syrup Fruit</p> <p>100% Juice White/Chocolate Milk</p>
<p>Feb. 22</p> <p>Cereal Toast Margarine/ Jelly</p> <p>100% Juice White/Chocolate Milk</p>	<p>Feb. 23</p> <p>Breakfast Pizza Fruit</p> <p>100% Juice White/Chocolate Milk</p>	<p>Feb. 24</p> <p>Scrambled Eggs Toast Fruit</p> <p>100% Juice White/Chocolate Milk</p>	<p>Feb. 25</p> <p>Breakfast Bar Fruit and Nut Mix</p> <p>100% Juice White/Chocolate Milk</p>	<p>Feb. 26</p> <p>Peanut Butter and Jelly Sandwich Fruit</p> <p>100 % Juice White/Chocolate Milk</p>



Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Feb. 1 <u>Main Menu:</u> Pizza Green Beans Lettuce / Dressing Fresh Fruit Cookie Bread/Margarine~Milk <u>JrSr High Alternate Menu:</u> Taco Bar</p>	<p>Feb. 2 <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>Feb. 3 <u>Main Menu:</u> Ham Patty on Bun Smiley Face Potatoes Peas Mandarin Oranges Bread/Margarine~Milk <u>JrSr High Alternate Menu:</u> Salad Bar</p>	<p>Feb. 4 <u>Main Menu:</u> Chicken Wrap Lettuce /Tomato Onion/Cheese Peaches Cake Bread/Margarine~Milk <u>JrSr High Alternate Menu:</u> Sandwich Bar</p>	<p>Feb. 5 <u>Main Menu:</u> Beef Stew Cheese Carrots / Celery Pineapple Baking Powder Biscuit Bread/Margarine~Milk <u>JrSr High Alternate Menu:</u> Chicken Wrap Bar</p>
<p>Feb. 8 <u>Main Menu:</u> Spaghetti Meat Sauce Peas Peaches Garlic Bread Bread/Margarine~Milk <u>JrSr High Alternate Menu:</u> Taco Bar</p>	<p>Feb. 9 <u>Main Menu:</u> Chicken Nuggets Hash Brown Green Beans Fresh Fruit Pudding Bread/Margarine~Milk <u>JrSr High Alternate Menu:</u> Potato Bar</p>	<p>Feb. 10 <u>Main Menu:</u> Pork Choppette on Bun Corn Pineapple Cookie Bread/Margarine~Milk <u>JrSr High Alternate Menu:</u> Salad Bar</p>	<p>Feb. 11 <u>Main Menu:</u> Baked Chicken Mashed Potatoes Gravy Fruit Cocktail Pears Bread/Margarine~Milk <u>JrSr High Alternate Menu:</u> Sub Sandwich Bar</p>	<p>Feb. 12 <u>Main Menu:</u> Mini Corn Dogs Carrots Pears Jello / Topping Bread/Margarine~Milk <u>JrSr High Alternate Menu:</u> Biscuit and Gravy</p>
<p>Feb. 15 No School President's Day</p>	<p>Feb. 16 <u>Main Menu:</u> Chicken Patty on Bun Tater Tots Corn Fruit Cocktail Bread/Margarine~Milk <u>JrSr High Alternate Menu:</u> Potato Bar</p>	<p>Feb. 17 <u>Main Menu:</u> Max Cheese Stix Spaghetti Sauce Green Beans Mandarin Oranges Cookie Bread/Margarine~Milk <u>JrSr High Alternate Menu:</u> Salad Bar</p>	<p>Feb. 18 <u>Main Menu:</u> Hot Dog or Polish Sausage on Bun Baked Beans Pears Bar Bread/Margarine~Milk <u>JrSr High Alternate Menu:</u> Sandwich Bar</p>	<p>Feb. 19 <u>Main Menu:</u> Cheese Quesidilla Sour Cream / Salsa Rice Carrots Peaches Bread/Margarine~Milk <u>JrSr High Alternate Menu:</u> Macaroni and Cheese</p>
<p>Feb. 22 <u>Main Menu:</u> Hamburger on Bun French Fries Corn Peaches Bread/Margarine~Milk <u>JrSr High Alternate Menu:</u> Taco Bar</p>	<p>Feb. 23 <u>Main Menu:</u> Roast Turkey Mashed Potatoes Gravy Peas Mandarin Oranges Bread/Margarine~Milk <u>JrSr High Alternate Menu:</u> Potato Bar</p>	<p>Feb. 24 <u>Main Menu:</u> Taco Salad Lettuce /Tomato Onion/Cheese Applesauce Cake Bread/Margarine~Milk <u>JrSr High Alternate Menu:</u> Salad Bar</p>	<p>Feb. 25 <u>Main Menu:</u> Sliced Ham Scalloped Potatoes Carrots Pineapple Cookie Bread/Margarine~Milk <u>JrSr High Alternate Menu:</u> Sub Sandwich Bar</p>	<p>Feb. 26 <u>Main Menu:</u> Tomato Soup Crackers Grilled Cheese Sandwich Carrots/Celery Pears Bread/Margarine~Milk <u>JrSr High Alternate Menu:</u> French Bread Pizza</p>

February Ala-Carte Menu

- Feb. 01 Pretzel / Cheese Sauce
- Feb. 02 Chicken Tenders
- Feb. 03 Hot Pocket
- Feb. 04 Pizza Patty on Bun / Mozzarella Sticks
- Feb. 05 Stuffed Crust Pizza

- Feb. 08 Pretzel / Cheese Sauce
- Feb. 09 Vegetable Soup / Crackers
- Feb. 10 Twice Baked Potatoes
- Feb. 11 Stuffed Crust Pizza
- Feb. 12 Hot Pocket

- Feb. 15 **NO SCHOOL**
- Feb. 16 Hot Pocket
- Feb. 17 Soup / Crackers
- Feb. 18 Onion Rings
- Feb. 19 Pretzel / Cheese Sauce

- Feb. 22 Cheese Nuggets
- Feb. 23 Chicken Sandwich
- Feb. 24 Hot Pocket
- Feb. 25 Stuffed Crust Pizza
- Feb. 26 Pretzel / Cheese Sauce

February 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																																																
	1 6:00 PM FS/VS G Basketball vs Stockton (Non-Conference Game) (Away)	2 4:15 PM JH G Basketball vs Belmont (Away) <i>Groundhog Day</i> ICEPT Testing	3	4 4:15 PM JH G Basketball vs Galena (Home) 6:00 PM FS/VS B Basketball vs Galena (Away)	5 6:00 PM FS/VS G Basketball vs East Dubuque (Home)	6 6:00 PM FS/VS B Basketball vs River Ridge (Home)																																																																																																																
7	8 Academic Meet vs River Ridge (Away)	9 4:15 PM JH G Basketball vs East Dubuque (Home) 6:00 PM FS/VS B Basketball vs Stockton (Away) 7:00 PM PTO Meeting Academic Meet vs East Dubuque (Home)	10	11 4:15 PM JH G Basketball vs Scales Mound (Home)	12 <i>Lincoln's Birthday</i>	13 9:00 AM HCC Servant-Leadership Training 6:00 PM FS/VS B Basketball vs Scales Mound (Away)																																																																																																																
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14 Chinese New Year Valentine's Day	15 No School <i>Presidents' Day</i>	16 4:15 PM JH G Basketball vs River Ridge (Away) 6:00 PM FS/VS B Basketball vs Orangeville (Non-Conference Game) (Home) Academic Meet vs Scales Mound (Away)	17 <i>Ash Wednesday</i>	18 4:00 PM JH G Basketball vs Benton (Home) Academic Meet vs Galena (Away)	19	20 Academic Meet Masonic Bowl Regionals JH Band & Chorus IGSMASolo & Ensemble Contest																																																																																																																
21	22 Academic Meet vs Stockton (Home)	23 4:15 PM JH G Basketball vs Shullsburg (Home)	24	25 4:15 PM JH G Basketball vs Belmont (Home) Academic Meet Lena-Winslow (Home) <i>Mawlid al-Nabi begins at midnight</i>	26	27																																																																																																																
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