



Hawk Herald



September 17, 2010

Volume 41, Issue 2

Message from the PTA President, Diane Zara

I hope everyone enjoyed the Sock Hop back-to-school family picnic last week. Thank you to the 140 parent and staff volunteers who helped make it a success! Also thanks to Coleen Anzalone and Michelle Burger and their committee, Brita Higgins, Polly Schill, Judy Puhl and Katina Mondus, who organized this big event. What a great way to kick off the school year!

PTA has several methods of keeping you informed of PTA happenings. In an effort to be green and cut costs, our monthly *Hawk Herald* will be sent electronically starting in October to all families who provided PTA with an email address. Everyone else will continue to receive a paper version. Providing PTA with your email also ensures you receive emails regarding upcoming PTA happenings at Hunting Ridge. Ever misplace your HR Directory or calendar? You can always go to the PTA website at www.hrpta.org for this information and all the latest PTA news, thanks to Linda Millar who keeps our website very current!

So much has already been accomplished by our awesome volunteers this month. Thank you to our room parent coordinators, Sharon Perkins and Ann Lenz, who quickly lined up room parents for every classroom. Kudos also to the 55 parents who will serve as the room parents to organize class parties, find volunteers for field trips, and more! Polly Schill and Pauline Carlson warmly welcomed our new HR families at a reception in August. See the photographs of our new faces at HR on the bulletin board by the office. Remember the volunteer sheets you filled out from the August mailing? Our parent volunteer coordinators, Coleen Anzalone and Greta Nielsen, have taken your names and forwarded them to the correct committee chairs. When these committee chairs are looking for help, they will have a list of interested parents to call. You can still call Coleen or Greta if you are interested in working on a committee.

Thanks to everyone who has turned in their PTA Membership forms. According to our Membership chairs, Greta Niesen and Sue Fisher, over 65% of our families and almost 100% of our staff have joined PTA already this year.

Please note that Beautification Day was rescheduled for Saturday, Oct 16 so chairperson Deb Chalmers can recover from her Achilles surgery. Feel better, Debby! Moms, take a morning off from making breakfast and come enjoy the food and conversation at Moms and Munchies. This year's event is on Oct. 15 and 22 and is hosted by Dave Eck and Kevin Katovich and their all male committee. Our Innisbrook wrapping paper sale is underway thanks to the hard work of Brita Higgins. Deadline to turn in these fundraising forms is Sept. 28.

Whew - with all that said, I hope you find time to enjoy the beauty of fall with your families.

For fast-acting relief, try slowing down. -Lily Tomlin

Diane

September and October

- 9/18 BAGGO Tournament - 9am - 5pm, Winston
- 9/21 PTA Meeting - Noon
- 9/24 MAP Testing Ends
- 9/27 NWSC PTA General Mtg, 7pm Sundling
- 9/28 PTA Fundraiser ends
- 9/29 Market Day orders due
- 9/30 Celebration Day
- 10/1 MAP testing ends
- 10/5 6th Grade Cross Country - Saulk 4 - 5:30pm
- 10/6 International Walk to School Day - WEAR BLUE
6th Grade Cross Country rain date
- 10/7 Market Day Pick Up
- 10/11 Columbus Day - NO SCHOOL
- 10/13 *Hawk Herald* Due
Board of Education Mtg, 7pm Sundling
- 10/15 Moms & Munchies A - K, 8am
Waste Free Lunch
- 10/18 CogAT Testing begins (2,4,6)
D37 PTA Dinner/Meeting - 6pm, Seville
- 10/19 PTA Meeting, 7pm
- 10/20 Beg. band and beg. orchestra rehearsals begin,
7:45am at HR
- 10/22 Moms & Munchies L - Z, 8am
Hawk Herald Distributed
- 10/27 Market Day orders due
- 10/29 Reflections Due
CogAT Testing ends
Celebration Day
Halloween Parade 1:15pm, Parties 2:15pm

Hunting Ridge School, PTA District 37

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Message from our Principal

Mrs. Murphy

Dear Hunting Ridge Parents and Guardians,

Another school year is up and running!!! We have been in school almost a month and have settled nicely into the mode of learning! We have practiced one fire drill and one disaster/tornado drill and both went very smoothly! Your children do an excellent job of following procedures! We have just begun MAP (Measure of Academic Progress) assessments for grades 2-6 in the areas of math, reading, and language usage. Results will go home soon after the "window closes" on October 1st. You will receive this information in your child's backpack.

It was great to see so many families at our Parent Orientation meetings and the Back to School Picnic / Sock Hop. We played 50s music during some of our lunch hours prior to the picnic, so the kids were familiar with that era! What a great way to start a new school year! Thank you PTA and staff for all that you do to make Hunting Ridge the wonderful school that it is!

For those of you interested in working with your children in math, we have several websites for you to check out: www.aaamath.com, www.coolmath4kids.com, and www.mathplayground.com.

I have enjoyed visiting classrooms and watching the learning take place! If you didn't see your child's classroom mission statement on Parent Orientation Night, all of them are posted on the bulletin board by the café. Many students have their own personal goals that they are working on, as well. Ask your child about his/her classroom and personal mission statements. Our goal is continuous improvement!

REMINDER: Our district wellness policy states that **no edible birthday treats** are allowed in the classroom to celebrate your child's birthday. Please don't be offended if an edible treat is returned to your child to take home. A non edible treat, a book or game for the classroom are all acceptable items. Thank you for helping us out with that! Also, please be aware of our **district dress code** which is found on page 18 in the Hunting Ridge Parent Handbook. We do check for inappropriate clothing and we can usually take care of it here at school. If not, we do call home to help us out! Thank you for understanding!

Once again, I would like to thank all of you for making the beginning of the school year a smooth one. As always, I welcome your concerns, comments, and questions.

Sincerely,

Diane Murphy
Principal

Electronic *Hawk Herald*

Are you receiving the *Hawk Herald* via email? If not, sign up now! The *Hawk Herald* has is switching to electronic distribution, so join our mailing list today! Go to www.hrpta.org and look for the "sign up to be on our mailing list" link on the home page or email us at hawkherald@gmail.com. If you have any questions, please contact the editors at hawkherald@gmail.com or call HRPTA President Diane Zara at (847) 202-9272.

Book Fair

Kathy Ferry & Kim Piotrowski



Save the DAYte!

Our Book Fair is November 1st and 2nd* and our theme is Super Heroes!! More information will be flyin' your way soon...

*Please note that the book fair will *not* be during teacher conferences/Thanksgiving week.

A Note from Back-to-School Picnic

Coleen Anzalone & Michelle Burger, Co-Chairs

Thank You, Thank You, Thank You to all of our wonderful Sock Hop volunteers! Our Back-to-School Picnic was a huge success! We couldn't have had the fun that we did without all of our wonderful teachers, parents, and student volunteers. Extra special thanks to our confirmation students, Plum Grove Junior High students, Fremd High School Volunteers, Boy and Cub Scout Troops, and our Girl Scout Troops. We know that you worked long and hard shifts for us! Of course, nothing would have been set up correctly if it wasn't for Mr. Herron and his hardworking custodial staff. Thank You, Thank You! We also want to thank our committee: Brita Higgins, Katina Mondus, Judy Puhl, and Polly Schill for all of your wonderful, creative ideas and commitment to making our time travel back to the 1950s so much fun!

Legislation

Kim Eck, VP Legislation

Our school is back in session and activities on the legislative agenda have been moving forward. As your legislative voice here at Hunting Ridge, I will do my best to keep you informed throughout the year of the many changes our government is working towards as well as the current issues.

Do you have any idea just how strong your voice can be when it comes to advocating for your children? PTA defines advocacy as supporting and speaking up for children. It requires working with policy makers at federal, state and local levels, to ensure the creation of sound policies that promote the health and well-being of children. For over 100 years PTA has provided us with the support, information and resources needed to do just that.

Let me remind you that PTA's legacy includes the creation of universal kindergarten classes, child labor laws, a public health service, hot lunch programs, a juvenile justice system and mandatory immunization. Can you even believe that you and I, as parents, influence the federal policy agenda?

Please check out our Hunting Ridge School PTA website for legislation information at www.hrpta.org. You can also find valuable information at the following websites. You can also email me at eckfamm@comcast.net with any questions or concerns.

www.illinoispat.org

www.illinoispta.org

www.pta.org

www.pta.org/public_policy_agenda.asp

www.pta.org/advocacy

www.pta.org/take_action.asp

www.pta.org/issuecards

www.pta.org/national_legislative_conference.asp

Parental Engagement in School Makes a Difference - State Board urges families to get involved in students' academic life during the new school year.

SPRINGFIELD - The Illinois State Board of Education is encouraging parents to volunteer in their children's schools and monitor students' academic progress as schools around the state open their doors for the start of a new year. Studies show parental involvement improves students' learning experience and academic performance. "Parents and family members can significantly impact their children's attitude and performance in school by getting involved with school events and activities," said State Superintendent of Education Christopher A. Koch. "A parent doesn't need to spend every week at school to make a difference. Even a few hours each year can enhance your children's learning experience and benefit their school."

The Illinois Parent Teacher Association promotes "Three for Me," a National PTA program that encourages families and community members to pledge three hours a year volunteering on school-related work in or outside the school building. National program results have shown that parents generally spend at least three times the goal - or nine hours per year - once they make the commitment. Volunteer work can take place in or outside of school. For more information on the program, visit the Illinois PTA site at http://www.pta.org/three_for_me.asp.

PTA-Sponsored Programs - Pizza Hut Book It!

Rajneesh Singh

Every year Hunting Ridge PTA works hard at fund raising to bring many programs to enhance the academic lives of our students. Throughout the school year the PTA spends roughly \$40 per child to bring grade-level assemblies to enhance the curriculum. A cornerstone of our programs is the *Pizza Hut Book It!* program which starts in October and runs through December.

In the last week of September you will be receiving, via backpack, information about this program for grades K-6. This program encourages independent reading as well as the very special lap-reading time! The students must read or be read to for 20 minutes every day, in addition to the academic day during the months of October, November and December. Students who complete this monthly program will get a free personal pizza coupon which can be redeemed at *Pizza Hut!*

Reading transforms lives so please help our students become better readers by encouraging them to read every day. If you have questions about this program please call Rajneesh Singh, Vice President of Programs, 847-925-9511 or email rajneeshsingh1@yahoo.com

Fuel for School

Wendy Milligan, RD, LDN, Health and Safety Committee Member

Back to school means making sure kids have all their school supplies, backpacks, new shoes, and get to the bus stop on time. What about after the bell rings? Are they ready to learn? The food they eat, their physical activity, and the amount of sleep they get can alter their mood and concentration at school. Here is a list of the best fuel for brain power so they can stay focused and can achieve their academic potential.

Breakfast- Begin the day with fuel in the tank. Whole grains like oatmeal or shredded wheat cereal provide slow-burning carbohydrates and a steady supply of the fuel the brain needs. Study after study shows that kids who eat breakfast do better academically and have fewer behavior problems.

Water- Staying hydrated is extremely important to prevent fatigue and stay focused.

Blueberries- Found to be so beneficial for learning and memory that they are sometimes called "brain berries".

Salmon- Rich in DHA, an omega-3 fatty acid found to be essential for brain development and function. Tuna, ground flaxseed, and walnuts are also good sources of omega-3 fatty acids.

Eggs- Contain choline, a nutrient necessary for the regulation of thought, memory and focus.

Lean Meat and Poultry- Good sources of iron and protein for mental alertness and zinc for memory.

Physical Activity- Studies show physical activity actually improves academic performance and achievement and reduces disruptive behaviors.

Adequate Sleep- Sleep is critical to the developing brain. Tired children are less attentive and have poor short-term memory. Try for the recommended 10-11 hours of sleep each night that school-aged children need.

Avoid Brain Drain- Sweets and sugary beverages create a rollercoaster effect that ends up with a drop in blood glucose, leaving kids feeling sleepy and irritable. Include whole grains and protein at each meal to keep blood glucose stable. Trans fats are also brain drainers. Limit foods with "partially hydrogenated oils" in their ingredient list and include healthy fats like avocados, olive oil, canola oil, and nuts and seeds.

References:

Breakfast, blood glucose, and cognition. D Benton and P Y Parker, Am J Clin Nutr, April 1998 (Vol. 67, Issue 4, pages 772S-778S)
Peaslee, K R. The Power of a Blue Diet. Today's Dietitian. Vol. 8, No.7, p 32.
Actionforhealtykids.org

Moms & Munchies

Dave Eck

Make sure you remind your sons and daughters that Moms and Munchies is coming up! This year's breakfast for all Moms and their kids will be held in the cafeteria on the following dates:

Friday, October 15, 8:00 AM - Last names beginning A thru K

Friday, October 22, 8:00 AM - Last names beginning L thru Z

A flyer will be coming home soon with more information. Please RSVP for your scheduled date, but if you can't make it please RSVP for the day you are able to attend. The more Moms the merrier!

We hope you can join us!



Beautification Day

Debby Chalmers

Beautification Day Rescheduled to October 16th

Please mark your calendars for October 16 from 9am to 3pm for the Fall Beautification Day (moved from September 11).

Please bring hand tools and shovels and your own gardening gloves. We will be weeding, relocating some perennials and general clean-up of the grounds. Can you spare an hour or two? Help us make the beauty on the outside of school reflect the beauty on the inside.

Questions? Call or email me at 773-710-0703 or debby.chalmers@gmail.com

Remember to Join the PTA and Support Hunting Ridge!

If you haven't already, please consider contributing the \$10 family membership fee which helps provide programs and events that support our students and families in both educational and fun ways! Membership forms can now be found in the office.

Remember: Only PTA Members Receive the Hunting Ridge Directory

International Walk to School Day

Linda Millar



KIDS - As part of our yearlong Action Plan for Healthy Kids, we are inviting every student to participate in Hunting Ridge's third annual "Walk to School Day". On October 6, join us and millions of children, parents, teachers and community leaders from over 5,000 schools in the United States and from over 40 countries around the world and celebrate International Walk to School Day.

On October 6- wear **blue** and walk or ride your bike to school. Remember to use the cross walks and to look both ways! Once you reach school, you will be given a special sticker to wear. Wear this sticker all day to show that you participated in this international event.

Don't worry if you are unable to walk to school, you will be given an opportunity to walk at lunch time on school grounds and you will receive your sticker then!

For more information on International Walk to School Day - www.walktoschool.org.

This event is sponsored by the Hunting Ridge PTA.

Reflections

Pam Kulpins & Nancy Mau

The PTA Reflections theme this year is "Together we can..." The program consists of six art areas - photography, literature, visual arts, musical composition, film production, and dance choreography and will be due on Friday, October 29. Full details will be sent home in backpacks and added to the HR website.

We strongly encourage students in all grade levels to consider submitting an entry. This contest gives students a chance to express themselves creatively, and is a great way to spend some free time. Full details will be sent home in backpacks soon and posted on the HR PTA website, but for now please have your children start brainstorming ideas for submissions according to this year's theme. In addition, the National PTA is having a contest for themes for the 2012-2013 and 2013-2014 school years. The 2011-2012 theme will be "Diversity is...". The student who submits the winning entry will receive \$100, and his or her theme will be presented at the 2011 National PTA Convention. If you have any questions, we can be reached at hr.reflections@gmail.com.



During the month of September the artwork of a number of Hunting Ridge students is on display at the Palatine Public Library. Last Spring the library contacted me and asked if I would be interested in displaying artwork from our school. I was quite excited to be able to do the display. *The artwork is from the last academic school year and the grade level noted below is the student's grade level when they did the artwork and not their current grade level.* Congratulations to the following students whose artwork is on display:

First Grade Artwork: Samuel Gould, Danielle Cimaglia, Greg Harmon, Arielle Styczen, Stefania Lawrence, Caitlin Perrin, James Myftiu, Griffin Drucker, Deanna Bohrer, Justin Glab, Matthew Kunstman, and Isabelle Lekas

Second Grade Artwork: Eden Grabianski, Gina Kang, Madeline Stelk, Denise Carlson, CJ Williams, Jason Jung, Adam Davis, Peter Martin, Mitchell Kelley, Nipun Velupally, Holly Chvoy, Abigail Dannenbring, Jenna Gillette, Madelynn Harrison, Fariha Siddiqi, Allyson Sheehan, Ananya Singh, Patrick Breen, TJ Davis, Justin Chang, Thomas Filipiuk, Isabella Malik, Yaehee Noh, Sarah Stevens, Julia Finegan, Ryan Palmer, Logan Bayer, Nathan Siciliano and Evan Folkers

Third Grade Artwork: Adrian Conway, Ethan Pitzafferro, Arthur Szacik, Marissa Wade, Angeline Crocilla, Perry Smyros, Ethan Saunders, Haley Nelson, Jiyeon Hwang, Hannah Lin, Jennifer Tischuk and Suchet Kumar

Fourth Grade Artwork: William Stelk, Karina Nielsen, Joseph McTague, Kelly Allen, Hope Yates, Kostek Pawlowski, Sharon Kim, Lauren Noelle, Rachel Kagan, Matt O'Reilly, Michael Freeman, Jack Chalmers, Matt Wallace, Michael Fermanis, Jasmine Caro and Andrew Ruzanski, Elliott Kim, Melissa Schill, Asa Neal and Victor Perez

Fifth Grade Artwork: Alyssa Ricken, Sarah Azzarello, Samantha Newsom, Drew Kelley, Claire Bowman and Aly Ferry

The display will be up until Thursday, September 30. Please visit the library and see the amazing artwork created by these talented Hunting Ridge students.

Mrs. Pass
Visual Art Teacher

Cups for Sale, Cups for Sale!

The fun doesn't have to stop now that the Sock Hop is done! There's still time to get your commemorative Sock Hop Family Picnic cup and serve up your own root beer floats or any refreshing treat at home. We are offering the remaining cups at a discount for only \$1 a cup or 4 for \$3. Get your order in quickly before they are gone! Contact Michelle Burger at burgermichelle@aim.com or Coleen Anzalone at cta38@att.net if you have any questions.

Sock Hop Souvenir Cup Order Form:

Youngest Child's First & Last Name: _____

E-Mail: _____ Youngest Child's Teacher: _____

Item:	Cost:	Quantity:	Total:
Souvenir Sock Hop Cup	\$1.00/cup		
Souvenir Sock Hop Cup - 4 pack	\$3.00/4 cups		
TOTAL ***			

***Make checks payable to Hunting Ridge PTA!

Box Tops and Labels for Education

Jeanette Stevens & Liz Cohen

Building Better Schools One Label At A Time!

Welcome to another great year at Hunting Ridge School!

Thank you to those who have been saving Box Tops and Labels for Education over the summer months. For those of you who are new to our school, we receive cash and credit for all submitted General Mills Box Tops and Campbell's Labels. Last year we received \$1,269 in Box Tops! This money goes to our HR PTA and helps provide all the fun programs the PTA sponsors for our children such as assemblies throughout the year.

We also have over 7,000 labels in our "Campbell's" bank! Last year some classrooms received electric sharpeners, CD's, and a Franklin Spelling Ace with a Thesaurus...all this just from clipping!

Your child may bring his/her labels in to their teacher or if you are ever in the school there is a Campbell's bin in the atrium. But hold on to the labels for now and look for information regarding our classroom Box-Top contest coming soon!

Clip, Clip, Clip!



Will Your Class Be The Midnight Coyote Winner?

The Labels for Education Committee is kicking off a classroom contest. Which class can collect the most Box Tops and Campbell's Soup Labels in 1 month?

From September 20 to October 20, the Labels for Education Committee will be running a contest to see which classroom can collect the most Box Tops for Education and Campbell's Soup labels. ***The winning class gets an extra 20 minutes to play MIDNIGHT COYOTE - the most popular gym game in the history of Hunting Ridge School!!!***

How to participate:

- 1) Clip and save your General Mills Box Tops for Education, found on such common grocery items as General Mills Cereals, Trix Yogurts and Gogurts, Betty Crocker, Pillsbury, Ziplock, Huggies, Kleenex, Scott, and Hefty Products, etc. For a complete product list go to www.boxtops4education.com
- 2) Clip and save labels from products such as Campbell's soups, SpaghettiOs, Prego Sauces, Swanson, Pepperidge Farm breads, cookies, and goldfish, and V8, etc. For a complete list go to www.labelsforeducation.com
- 3) Bring your labels and box tops to school in a Ziploc bag. **MAKE SURE TO WRITE THE NAME OF YOUR CHILD'S TEACHER ON THE ZIPLOC BAG.** Then give the bag to the classroom teacher or drop it in the Campbell's container in the atrium.

The Winning Class gets to play an extra 20 minutes of **Midnight Coyote** - a howling good time! Clip away and get your labels in by October 20. The classroom winner will be announced on **Monday, October 25, 2010!**

If you have any questions, please contact Liz Cohen lizcohen1@att.net or Jeanette Stevens athomemama42@comcast.net