



Hawk Herald



September 18, 2009

Volume 40, Issue 2

Message from the PTA President

Tracey Coleman

I hope everyone enjoyed the "Hawks Salute America" back-to-school family picnic last Friday. Margaret Lee, Polly Schill and committee members Michelle Burger, Judy Puhl, Mary Schaeffer and Betty Spartz worked hard organizing this fun event. Thank you to them and to the many staff members and parents who filled our volunteer needs - we could not have done it without you!

That participation is one of the things I really like about Hunting Ridge: we are fortunate that so many people are willing to lend their time and talents to our events. Already this year volunteers have stepped up to be room parents, to provide meals through our Family and Community Support Committee, to assist at Picture Day, and to help in the Learning Resource Center. Do not worry if your schedule has kept you too busy to volunteer so far - there are many more events during the year that can use your help and new people are always welcome!

How can you find out about upcoming events and ways to volunteer? Sign up for our Hunting Ridge PTA E-news! If you included your email address on the membership/directory form, we have already added you to our email list which will be fully operational by the end of September. You will also receive an electronic copy of the Hawk Herald each month; no more digging it out from the bottom of your child's backpack! Have not signed up yet? You can join the mailing list on the front page of www.hrpta.org. The more families we can communicate with, the stronger our community will be.

Speaking of a strong community, I would like to thank the more than 600 parents who have joined PTA already this year. This total represents approximately 300 out of our 500 families. We are also thrilled to announce that once again we have reached 100% staff membership-thank you for your support. Remember the many benefits of joining PTA, including the Hunting Ridge directory available to members in just a few weeks, the advocacy work of Illinois PTA on behalf of all children, and the partner benefits available from National PTA. It is not too late to join! You can find the membership form on our website, www.hrpta.org, under the link for PTA Forms. We appreciate your support of our mission and programs.

Now that we have celebrated "back to school" with our picnic, we are moving full speed ahead! Just in the next week there are two events: "Now We're Talking" sponsored by Northwest Suburban Council PTA on Monday at 6:45pm at Sundling Junior High, to help all District 15 parents talk with their children about healthy sexuality, and "Kids Home Alone", sponsored by our own Health and Safety committee, Thursday at 7pm in our cafeteria, for Hunting Ridge parents and students to help decide when it is appropriate for kids to be left home alone. I hope you will join us for these and other events during the year.

Tracey

September and October

- 9/21 NWSC PTA General Meeting, Sundling, 6:30 pm
- 9/25 Celebration Day
- 9/30 Market Day orders due
6th Grade Cross County,
Salk Park, 4 -5:30 pm
- 10/7 International Walk to School Day - Wear Blue
- 10/8 Market Day pickup
- 10/9 NO SCHOOL-Teacher Plan
Day
- 10/12 NO SCHOOL-Columbus Day
- 10/14 Board of Ed Meeting, Sundling, 7pm
- 10/17 Beautification Day
- 10/19 CogAT Testing Begins (2,4,6)
D37 PTA Dinner, Seville, 6pm
- 10/20 PTA Meeting, 6:30pm
- 10/21 Moms and Munchies, A-K, 8am
- 10/23 Moms and Munchies, L-Z, 8am

Hunting Ridge School

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Hunting Ridge PTA Newsletter, PTA District 37

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Message from our Principal

Mrs. Murphy

Dear Hunting Ridge Parents and Guardians,

The 2009-10 school year is officially in "full swing"! It was so great to see so many families and staff at Parent Orientation and at our PTA-sponsored Back to School Picnic, "Hawks Salute America." What a wonderful group of students, families, and staff members to be associated with!

It is always exciting for me to visit the classrooms and watch learning take place. Classroom mission statements are displayed in the classrooms, as well as on the bulletin board by the café. Many students have written their own personal goals. Ask your child about his/her classroom and personal mission statements. Our goal is continuous improvement!

This year the district has put all of the flyers from organizations outside of school on the district website. To view the flyers, go to the district website (ccsd15.net) and click on the tab "What's New". On the left side of that screen you will see "D15 E-Flyers". Click on that, and scroll down to the lists of flyers. Please know that we always have some paper copies of those flyers in our atrium.

Testing Update: 1.) On Friday, September 18, the scores from the ISAT tests and the ACCESS tests that were taken in the spring will be sent home in your child's back pack. 2.) We are currently doing MAP (Measures of Academic Progress) in math, reading and language usage for all students in grades 2-6. The district MAP window closes on September 25. Shortly after that your child's results will be sent home in his/her backpack.

Construction Update: The classrooms affected by the new south wall were all set and ready to be inhabited on the first day of school. There is some finishing work to be done on the outside of the building, and bulletin boards and window blinds have been ordered for the classrooms. Stay tuned!

Health Update: We are doing all we can to keep our students healthy! Posters are displayed in rooms regarding coughing and keeping hands clean. Teachers are reminding students to wash their hands and cover their mouths when they cough. There are non-alcoholic hand sanitizers in the classrooms, too. We urge you to continue reminding your children of these good habits. Just a reminder that all students may bring water and healthy snacks to school. Thanks!

Photo Op Forms: This year the district has sent you a photo release form that you need to fill out and return to school. This form must be on file for each student and is valid as long as your child attends any District 15 school. (That's one less form to fill out every year!)

The morning drop off and afternoon pick up are running smoothly. Just a reminder: STUDENTS WHO WALK OR ARE DROPPED OFF AT SCHOOL MUST USE THE MALLARD-SIDE OF THE SCHOOL. WE HAVE AT LEAST 18 BUSES THAT USE THE HARVARD-SIDE OF THE SCHOOL AND IT IS DANGEROUS FOR STUDENTS TO BE DROPPED OFF THERE. Thanks to all of you who are following these directions - we truly appreciate your help in keeping our children safe.

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. You may contact me by email, phone, note, or in person!

Sincerely,

Diane Murphy



Legislation

Jacqueline Kurkcu, Vice President of Legislation

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?

Of course with time, changes come and new issues are always being discussed and proposed.

You already know of the basic websites that provide you with information: www.illinoispta.org and www.pta.org, but PTA has also developed a wealth of more specific resources to help you make a difference in the lives of our children.

Please take a look at these interesting sites:

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



Information taken from 2009-2010 PTA President's Quick Reference Guide.

PTA Programs: Book It!

Lisa Neal, Vice President of Programs

Every year Hunting Ridge PTA works hard at fundraising to bring you many programs that will enhance the academic lives of our students. Throughout the school year, the PTA spends roughly \$40 per child to bring assemblies that enhance curriculum and cultural arts. A cornerstone of our programs is the Pizza Hut Book It! program which runs October through December.

Prior to October 1 you will be receiving, via backpack, information about this program for grades K-sixth. This program encourages independent reading and the very special lap reading time of 20 minutes per day, which is in addition to the academic day. Students who complete this monthly program will earn a free personal pizza from Pizza Hut!

Please take time to read with your child and encourage him or her to read everyday. If you have questions about this program please call Lisa Neal, Vice President of Programs, (847) 397-0527 or email LBCNEAL41@comcast.net.

Beautification Day

Debby Chalmers

October 17 is Fall Beautification Day!!

Please help us plant tulips, hyacinths and daffodil bulbs on the school grounds Saturday October 17 from 9am-3pm. Come for an hour or stay all day, your time is greatly appreciated! Please bring hand tools and your gardening gloves.

The Beautification Committee also accepts plants from your garden.

Please email debby@colemancpas.com if you can attend Beautification Day, have any plants that you would like to transplant, or if you have any questions.

The Beautification Committee's goal is to make the outside of our school reflect the beauty and the brilliance on the inside. Through the hard work of students, teachers and parents, the Beautification Committee has been adding plants, flowers and even trees to the grounds! Please join us this fall as we add bulbs for spring pops of color.

Back to School Picnic
Margaret Lee and Polly Schill

After much anticipation, the "Hawks Salute America" all-school picnic was a huge success. Thank you to all 180 staff and parent volunteers who served food, sold tickets, monitored the games, baked goodies, and helped the committee. Without your participation, the picnic would not have been possible. Your willingness to volunteer is the reason Hunting Ridge PTA can sponsor such a wonderful event!

Market Day
Pam Altman

Welcome back to Hunting Ridge. As the school year kicks off, we look forward to another great year with Market Day! Market Day is the only ongoing fundraiser for the Hunting Ridge PTA, so we hope you will consider supporting this worthy cause. The next sale is Thursday, September 11. We have many new products to try, as well as some old favorites. If you are new to Market Day and have any questions, please call Pam Altman at (847) 991-2031.

Hunting Ridge PTA Book Club
Leila Noelle and Jan Kuehn

Fifth and Sixth Graders, Book Club is back. The Hunting Ridge PTA Book Club is back. Look for more information around school soon for our first session in early November. We will meet over the lunch hour at school. If you love to read and share your own ideas with friends, this is the book club for you. Attend all three sessions this year and be entered into a raffle for exciting prizes! Books can be purchased at a discounted price through the PTA Book Club or you can use your own copy. Our first book will be **The Lightning Thief** by Rick Riordan.

More information to come soon. We hope to see many reading enthusiasts at our club!

Yearbook
Jacqueline Kurkcu, Jacqui Downing,
Brian Chalmers

Yearbook has a new email address!
Please send any recommended photos for the yearbook to: yearbookhr@gmail.com

Please consider these things when taking those perfect pictures:

1. Always use a flash, both indoors and outdoors.
2. Do not take the photo from too far away.
3. Always be in focus.
4. Have a mixture of both candid and posed pictures.

Thank for your help and contributions!

District 15 Newsletter
Sign up for District 15 E-News

This year all flyers from local businesses and community groups like the park district and scouts are being sent exclusively via the District 15 E-News email, not your child's backpack. To receive District 15 E-News updates sign up at <http://www.ccsd15.net/Home/>

You can also find the flyers posted on the website at: <http://www.ccsd15.net/WhatsNew/OnlineFlyers/>



2nd Annual Walk to School
Linda Millar

As part of our year long Action Plan for Healthy Kids, we are inviting every student to participate in Hunting Ridge's second annual "Walk to School Day". On October 7, 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 7, 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.

Do not worry, if you are unable to walk to school, you will be given an opportunity to walk at lunch time on school grounds and earn your sticker.

Health and Safety

Linda Millar

Home Alone?

Have you wondered if your child is ready to be left home alone for a few hours? Please join us on Thursday, September 24, 2009 at 7:00 pm for the presentation of "Kids On Their Own" created by the Palatine Police Department. This seminar will be conducted by Officer Todd Holtz and Officer Kellie Poliquin of the Palatine Police Department Crime Prevention Unit. Issues to be discussed include how to determine if your child is the right age to be alone, police concerns, how your child can check-in with you, and routines that kids need to start forming. This seminar will be held in the Hunting Ridge cafeteria and is approximately one hour long. All parents and children nine years and over are invited to attend. Do not miss out on this great informative opportunity. Please email linmillar@comcast.net to RSVP.

Helping Hands Program

The Helping Hands Program sponsored by the Palatine Police Departments Crime Prevention Unit is being discontinued. The Palatine Police Department is asking that we collect all of the outstanding Orange Placards. If you are one of the 35 Helping Hand Participants, please send your Orange Placard to school with your child so that it may be turned in to the office. Thank you for participating in this program. Your commitment to the children was greatly appreciated.

Sample September

September is a great month for your child to sample new foods. Farmers Markets, grocery stores, and even school hot lunches are providing a great opportunity for sampling something new. We are hoping to give your child another opportunity to sample in September. Our plan is to provide every child a fresh, crisp sugar snap peapod during lunch on September 25. This small sample is a great way to introduce your child to a healthy food they might not have tried before. Of course, your child can opt out of trying this new food, but we hope they give it a try. Look for a note to come home soon regarding this opportunity.

Outside in October

October is a great month to get your kids outside. Beginning October 13 and running through October 31, we will be sponsoring the "Outside in October" program. All your child has to do is try to spend 30 minutes outside each day - not counting school lunch and recess. Outside tracking charts will be sent home October 8 or 13 and should be turned in to your child's teacher November 2. Details regarding the program will be attached to the tracking chart.



Healthy Snacks

Barbara Walt

In accordance with the District 15 Wellness Policy, we are trying to stress the importance of bringing healthy snacks to school. Please keep in mind that daily snacks are OPTIONAL.

Snacks should be high in fiber, such as fresh fruits and vegetables. They should also be low in fat. Avoid pre-packaged, processed foods that are generally high in calories and fat and have little nutritional value. Limit portion sizes so that the snack does not become a substitute for a nutritious meal. If a student brings a snack that does not meet these guidelines they will be asked to bring the item home.

We have good news! Thanks to PTA, every classroom will be provided with alcohol-free hand sanitizers. Children are encouraged to wash their hands, especially after coughing or sneezing and before they eat snack or lunch.

Just Try It! How to Get Your Kids to Try New Foods

Wendy Milligan, RD, LDN, Healthy & Safety Committee Member

There may be a reason behind the difficulty we have in getting our children to try new foods. Avoiding new tastes and unfamiliar foods is believed to be a natural protective mechanism to prevent possible poisoning from bitter toxins. Babies and children have a natural preference for sweet and salty foods. Children will gradually begin to accept and like bitter, sour and savory foods as they get older. Enjoying tastes from a wide variety of foods will develop during adolescence and into adulthood.

Knowing what we are up against, how do we encourage our children to eat healthy and try new foods? First, know that accepting new foods will take time. The key is repeated exposure without pressure or bribing. Offer and keep offering a variety of healthy foods. Do not give up! It can take at least 10 or even 20 times before a child will eat an acceptable portion and appreciate a new flavor.

Serve a small portion of a new food alongside other things you know your child already likes. It's okay if they just smell it or poke at it the first time the new food is served. Next time, encourage your child to try at least one bite before they say "No thank you". Do not force them to clean their plate, or you will risk associating a certain food with a bad memory.

Try to be a role model and shop, prepare, and eat the new foods together as a family. Children are more likely to eat a new food if they see a parent, teacher or friend enthusiastically consuming it. They are also more likely to try something that they helped to prepare. Serve only one meal for everyone at the table. Do not be a short-order cook. Do not jump up to make something else if your child does not like what is served at meal time.

Consider Ellyn Satter's theory for the "Division of Responsibility of Feeding" from [Secrets of Feeding a Healthy Family](#), 2008. The parent is responsible for the what, when, and where of feeding. The child is responsible for the how much and whether to eat.

Finally, try not to let kids fill up between meals on snacks, soda and juice. Limit snacks and beverages except water for about two hours prior to mealtime. Coming to the table with a good appetite always helps.

References:

Cooke L, Wardle J, Gibson EL. The relationship between child food neophobia and everyday food consumption. *Appetite*. 2003; 41: 95-6.
Birch LL, Marlin DW. I don't like it: I never tried it: Effects of exposure on two year old children's food preferences. *Appetite*. 1982;3:353-360.



Board of Education Report

Lisa Neal, Vice President of Programs

Summary of the Board of Education Meeting on September 10, 2009

Sixth Day Enrollment Report:

The Sixth Day of Enrollment report was given by Mr. Garwood. The total number of students enrolled in all D15 schools was down 139 students, to 12,128.

Class size issues exist at multiple schools. Each building is managing this challenge differently. Frank C. Whiteley began a multi-age model for first and second grades as a result of increased August student registrations. Stuart R. Paddock has handled large enrollment by splitting a teacher with a half day in first and half day in second.

H1N1 Update:

The Center for Disease Control (CDC) is operating under the assumption that the H1N1 flu will be widespread throughout the schools. District 15 has a crisis team who is addressing this flu virus and the associated issues.

The CDC has currently made the following recommendations for all schools. These recommendations may change as we reach a "critical" number of kids with the flu.

1. Practice good hygiene, frequent hand washing.
2. Sneeze and cough in your arms. (Elbow)
3. Print posters in both English and Spanish.

Board members discussed the use of hand sanitizers, as well.

Transportation Update:

Mr. Garwood gave a report about the status of the Transportation Department. D15 transports 10,000 kids daily. Since 2004 the Board of Education has been trying to improve the transportation. Recent changes include:

- Freezing a rotating four-tier system to reduce costs. Many did not like the late dismissal and not being able to change start and dismissal times.
- Started a costly two-tier system, in 2007/2008.
- Modified the two tier system to reduce costs, increase efficiency and reduce time on the bus, in 2008/2009.

This year, the D15 transportation department is striving to make further improvements.

Families expressed concerns regarding stops being moved too far from house and parents unable to see the bus stop, crossing busy streets, no sidewalks, and overcrowding. Many of the concerns were driven by poor communication between the Transportation Department and parents.

Approximately 20 parents and community members spoke about the busing issues and their individual concerns about safety of the stops. Mr. Garwood and Dr. Lukich stated these concerns would be addressed and parents would be notified of the changes.



Northwest Suburban Council PTA/PTSA presents

"Now We're Talking"
A parent's guide to coaching your teen towards healthy sexuality

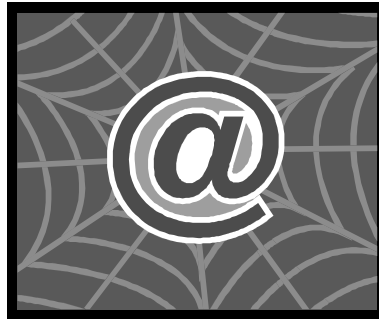
Monday, September 21
6:45pm
Walter R. Sundling Jr. High
1100 North Smith Street, Palatine

All parents of children in District 15 are invited to this presentation by a representative from PHD in Palatine. Due to the nature of the topic, this event is for adults only. The evening will also include a short NWSC PTA/PTSA general member meeting.

For more information, contact HR PTA president Tracey Coleman at traceycoleman@sbcglobal.net.

www.hrpta.org

Checkout the Hunting Ridge PTA website for news, events, forms, past issues of the Hawk Herald and other helpful information.

**A Note from the Editors:**

Nine issues of the Hawk Herald will be published during the 2009-2010 school year. We can be reached at hawkherald@gmail.com. One copy per family is sent home from school with the youngest/only child in the family until we are set up for electronic distribution. At that time, you can opt for a paper copy. Paper copies will be provided to all Hunting Ridge faculty members until we switch to electronic distribution. An electronic copy of each newsletter is sent to the PTA President, Newsletter Editor(s) and Webmaster of each District 15 school, as well as all members of the District 15 Board of Education and the Director of District 37 PTA. Current and past newsletters can be found on the Hunting Ridge PTA website, www.hrpta.org.