

CHADWICK-MILLEDGEVILLE NEWSLETTER
FEBRUARY 2018

Notes from the Superintendent

The first semester of classes of the 2017-18 school year has been completed. Report cards were distributed to the students on January 12, 2018 and we hope you have had the opportunity to review and discuss your student's report card. It is vital that students approach their studies seriously so that they do not fall behind academically. I also encourage parents to monitor your child's progress closely and that you communicate regularly with their teachers. Parents who have concerns are strongly encouraged to contact their child's teacher and arrange a conference.

Parenting is a tough job and we are fortunate that the vast majority of the parents in our district do an outstanding job encouraging and supporting their children academically. However, if you ever need support our county is part of the All Our Kids Early Childhood Network which provides the following services: parenting programs, concrete support, social/emotional counseling, and several other training programs. If you would like to access these services call 815-599-8411.

One way parents can facilitate academic success is to provide consistent structure to your child's day and to strictly enforce a curfew. K-5 students should be in bed by no later than 9:00 P.M. on a regular basis, 6-8 should be in bed by 9:30 P.M. and high school students should be in bed by 10:00 P.M. on weekdays. Finally, I encourage parents to make sure that your child has a nutritious breakfast every day or take advantage of our breakfast program here at school. These simple things can make a huge difference in how your child performs at school.

Sincerely,

Tim J. Schurman
Superintendent

Counselor's Corner

Like last year, high school students will be choosing their classes through Teacher Ease. This process has already started for some students and is continuing into the first week of February. Instead of seeing the usual registration sheet, every student will be choosing their classes from drop down boxes in the course registration portion of Teacher Ease. Each student will be receiving the curriculum guide via email if they need to look up a class description. Parents, please talk with your student to make sure they have picked their classes through Teacher Ease and do not hesitate to call or email me if you have any questions regarding this process. Please check your email to see new guidelines regarding our Honors program.

I have been emailing all seniors as scholarships come in. Please make sure you are checking deadlines, as a lot of them have dates that are approaching quickly.

I have already met with the seniors regarding the local scholarship, and the deadline to turn this in is Wednesday, February 21.

Stacey Bontz
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20 Ways To Raise A Healthier Child

America's fight against childhood obesity starts with parents. The best tips for transforming your kids from fat to fit

Submitted by: Superintendent Tim Schurman
Source: Men's Health Magazine

The following is a list of fitness choices your entire family can make in order to improve your health and wellness.

Make Fitness a Top Priority

Many kids face the same workout saboteur as adults: Fitness is an afterthought. But creating a detailed fitness plan works for both adults and teens. When Ohio State University researchers helped high-school students plan to work out, 80 percent of the kids who had previously spent no time exercising outside of school became physically active in their free time. Merely committing change to paper can make it real. It's like a declaration of independence from fat. Sign on.

Set Aside 5 Minutes on Sunday

Jot down when you'll train this week, and include the exercises that will help you hit your goals for each session. For instance, you might aim to strengthen your upper body on Monday -- use pushups and pull-ups, or rows and bench presses. Train your lower body with squats and running on Wednesday or Thursday. Then plan an active outing for the weekend. Multiply by 52 weeks, and it'll be a whole new health equation for you in 2013.

Bulk up the Specifics

As your exercise plan takes hold, include more details, such as sets and reps. Do the same for your kids. Script every minute, from water breaks to instruction time, says Brian Grasso, president of the International Youth Conditioning Association and FitSchools faculty member. It won't appear regimented to the kids, he says, but the structure is a stress reliever for adults. Plus, setting mileposts along the way makes it easier to reach the finish line.

Assemble an All-Star Team

Draft supportive teammates. "To stick with exercise long term, you need social support and you need to have fun," says Jim Liston, C.S.C.S., FitSchools faculty member. Band with friends to get in shape for a 10-K or a hut trip in the Rockies. For kids, start and end play with high-fives or a cheer. And encourage camaraderie by acknowledging each person's participation.

Schedule a Fitness Date

Sign up for tennis class, dance or yoga with your spouse. Children with active dads are 3 1/2 times more likely to exercise than those with inactive dads. But when both mom and dad are active, kids are a whopping 6 times more likely to exercise, according to a 2006 report published in the *Journal of Sports Medicine*.

Upgrade Your Health -- Every Day

Nobody shapes kids' lives more than their families, says David Jack, life and sport director of Teamworks Centers, and FitSchools faculty member. A powerful way to lead is by making healthy choices every day. Think of it as 365 childhood obesity interventions in a year. If just 10

percent of the men reading this magazine follow through on this one step, that's more than a million interventions, which is more powerful than any change an organization can inspire. If you're making healthy changes in your own life, and in the lives of the kids around you, let us know on our **FitSchools blog**. Good examples need to be shared, so they spread.

Fake Your Way to a Good Sweat

Want to stay fit for life? Find activities you truly enjoy, and display your enthusiasm after a good workout. Not feeling it? Pretend. "We want to show kids that fitness is fun," says Jack. "Nothing motivates kids more than a fun challenge and a fired-up leader." When exercise was fun or playful, 83 percent of overweight, obese, and severely obese children did it consistently, report U.K. researchers. Kids who took part in 10 weeks of sports and games viewed exercise more positively and were more likely to engage in fitness activities again.

Kickstart Their Confidence

Overweight kids who are taunted are two to three times more likely to contemplate or attempt suicide, according to researchers at the University of Minnesota. But perhaps what's most disturbing is that parents and siblings -- not just school bullies -- frequently tease overweight kids; 32 percent of them experience verbal abuse. Even as their psyches are being wounded, so are their bodies. "The more social and emotional problems kids have at school, the less likely they are to become involved in activities and sports," says social psychologist Robert Crosnoe, Ph.D., of the University of Texas at Austin.

Make Exercise a Reward, Not a Punishment

If you've ever watched "fat-to-fit" reality shows, you've witnessed running and pushups performed as punishment. "It's absurd," says Liston. "If you punish kids with exercise, how can they ever love it?" Likewise, if the only time you exercise is the Monday after a dissolute weekend, then you will associate exercise with painful payback. Remember, exercise is something you and your kids should do for fun. Your dog wags his tail before a walk; build that sense of anticipation into activities you pursue and suggest to your kids.

Take Charge

Kindergarten students gain more weight when they're not in school, according to research in the *American Journal of Public Health*. In the study, body mass index (BMI) rose twice as fast when kids were on summer vacation than when they were in school. So whether it's Thanksgiving break or just a long weekend, parents can help children stay fit by standing in for their gym teacher. You'll all exercise more.

Make Your Gym Portable

Ever try to keep up with a 3-year-old? It's interval training at its most challenging. That's why a playground can be a perfect training ground. Jack suggests beginning with racing up the slide and sliding down. Do this five times. Then push your little guy on the swing as an "active rest" period. Next, do as many chin-ups as you can at the bars, or climb ropes together. Then knock out a few sets of pushups with your hands or feet on a beam or slide. If he's young and light enough, have him sit on your back while you do pushups. Finish by jumping onto the benches and racing around the playground.

Serve Smoothies

Exercise can be its own reward -- it activates brain reward pathways that act like antidepressants. But kids may need a little added encouragement. "Remember what it was like to win a trophy or go out for ice cream as a kid? It really meant something," says Jack. Integrate rewards into your active weekend when you think the kids need a boost. They'll associate that tough bike ride with the delicious fruit smoothies you serve afterward.

Lead Games

Feed kids fresh ideas to teach them fitness fundamentals, says Grasso. But this isn't spring training. Just improvise and have fun.

Day 1: All you need is a ball and a little creativity. Throw a football, catch a baseball, kick a soccer ball, or whack a tennis ball against a wall. Use old tires for targets, as you might see in a football skills competition. Even a game of catch has social and physical effects. *The benefit:* Develops agility and hand-eye coordination.

Day 2: Jump, lunge, and skip to various markers around the house. Or collect a group of objects, such as medicine balls, basketballs, and tennis balls, and toss them for height or distance. *The benefit:* Builds strength and flexibility.

Day 3: Run wild. Organize relay races with neighborhood kids and their parents; create obstacle courses using cones or trash cans. Tow your kids on wheeled toys or in sleds when it snows. Then try the wheelbarrow race with them or set up a course that alternates sprints and crawling around on all fours. *The benefit:* Boosts speed; teaches kids to apply and resist force.

Join a Film, Music, or Book Club

Developing skills and interests can boost self-image, says Crosnoe. And that impacts more than just your health. According to Crosnoe's new study in *Sociology of Education*, obese girls are typically half as likely to go to college as normal-weight girls, but their chances of attending are nearly equal if they engage in more activities.

Build the Ultimate Home Gym

Children are 38 percent less likely to loaf when exercise tools are available at home, report Australian researchers. But that doesn't mean your house has to be a jungle gym: Just make sure toys are visible and kids are allowed to move freely. You'll play more, too.

Ban Teasing and Cruel Nicknames

Extra pounds can invite name-calling and bullying, according to a British study. Greet kids using their proper names to show respect, Liston says. Encourage them, and let them know it's okay to make mistakes. If they finish last in a race, remind them that they can be proud they competed.

Cut the Tube Time

Keep in mind, as well, that TV is the enemy of activity: Kids are twice as likely not to get enough exercise if the tube roots them in place for more than 2 hours a day. You limit your children's exposure to poisons and firearms, don't you? So limit exposure to this dangerous box, as well.

Provide Alternatives

"One of the biggest problems in youth fitness today is applying an adult-based exercise prescription to children," says Grasso. Out with the bench presses, in with dodgeball and tag. The heart-pumping benefits of games are good in their own right, but their effects can last a lifetime. To Grasso, they're activities that involve higher brain functions, such as strategy and team building, so they stimulate the central nervous system. In kids, the brain and nerves are most adaptable just before they reach adolescence, he says, so preteens are more likely to retain a skill they learn then -- and practice it for a lifetime. Teach a 10-year-old to play tennis, and he may still be doing it at 30 and beyond.

Guide, Don't Push

What's your child interested in? Watch him in his free time, and suggest new forms of active behavior, says Jack. In a study of fifth and sixth graders, University of Missouri researchers found that the frequency of parental encouragement is the second most important factor in determining whether or not boys exercise. Enjoyment of activity ranked first. So after he climbs

a tree, high-five him; then take him to a rock-climbing gym. Is he destructive? Maybe he'd like mixed martial arts.

Think Outside the Gym

Kids want to go, go, go. The gym can feel like a prison, for you and especially for them. "It doesn't have to be regimented and confined to be daily activity," says Grasso. Gardening or driving to a local farm and picking berries, for instance, are active learning experiences. Plot your Sunday-afternoon bike ride on a map, and build in extensions and diversions for the trip. That it goes by the town pool won't hurt, either.

Class of 2020 Fundraiser

The Sophomore Class of 2020 will be selling Butterbraids from February 19th-March 2nd. See a sophomore or contact Heidi Moe to get your orders in! Delivery will be on March 15th...just in time for Spring Break and Easter. Thank you for supporting the Class of 2020.

RTI

Perhaps the greatest benefit of an RtI approach is that it eliminates a "wait to fail" situation. At Chadwick-Milledgeville #399 student data is reviewed at least three times per year following MAP Growth assessments. If your child scores below the 25%tile, they are referred to the School's Problem-Solving Team. At Chadwick Elementary and Junior High, the School's Problem-Solving Team is the teachers and administrator! You will receive a letter or phone call to discuss your child's opportunity to receive interventions to help them with academic or behavioral areas where they are struggling before any interventions begin. Here are some tips if your child is referred to the School's "Problem-Solving Team".

- Ask questions!
- Reinforce any strategies or interventions at home whenever possible.
- Frequently communicate with your child's teacher(s).
- Attend school functions such as parent-teacher conferences.
- Monitor and assist with your child's homework assignments.

If you have any questions about RTI or MTSS, please contact your child's teacher.

By: Deb Gunnarsson, EdS, Special Education Teacher

Do Nicknames Tell All?

Following our reading textbook story "So, You Want to Be President," pairs of students selected a past President to research. After recording five personal facts, five accomplishments, and the top five reasons that President will be remembered, each group nicknamed their chosen President. Do you know which President has earned the nickname: Mr. America, Tub Stuck Taft, Jelly Bean Man, Papa Declaration, General Hickory, Youngster, Veto Veto, Quick Tempered Cleveland, Midget Man, Mr. Taxes, or Treat Them Well Truman? Ask a fourth grader for the answer!

Mrs. Yochem – Fourth Grade

Chadwick/Milledgeville Pre-School Screening

Pre-school screenings for Chadwick and Milledgeville will be held at the Lutheran Church in Chadwick on Thursday, March 1, from 2:00 to 6:00 p.m.

Ages Birth through 3 Years – A screening is available for children from birth through 3 years old. Those experiencing delays may be eligible for Early Intervention services to help them

reach their greatest potential. For more information, please call 1-800-808-7750 for an appointment.

Ages 3 through 5 Years – Screenings continue to be available for children of ages 3-5 years. Based upon screening results, they may be eligible for a free preschool.

At the time of the screening you will be asked to answer some questions about your child's development. Any written information that you have, such as, a baby book, immunization records, health history, etc., will be helpful in answering some of these questions.

Your child will be asked to do some activities such as stacking blocks, drawing, jumping, etc., to see how he/she is developing. A speech and language check will be made, and a nurse will give a vision and hearing screening.

After the screenings have been completed, you will receive a verbal feedback on how your child performed on the screening.

Age 5 Years before September 1, 2018 – children who will be five years of age on or before September 1, 2018, are eligible to register for Kindergarten at a later date. At that time, parents will be requested to bring the child's original or notarized birth certificate (not hospital certificate) and immunization records. It would be helpful to bring the phone numbers of the child's dentist, doctor, and a person to call in case of emergency.

To make an appointment for preschool screening please call Nurse Susan Carter during school hours to set up a screening appointment. Mrs. Carter can be reached at Chadwick School (8:00-11:30 a.m.) at 684-5191 ext. 254, or at Milledgeville School (12 Noon-3:30 p.m.) at 225-7141 ext. 226.

If you do not have any pre-school children in your home, please give this information to someone who may not be aware of our pre-school screening.

Whiteside County Dental Visits

The Whiteside County Dentist will be at the Chadwick School on Thursday, March 15th and the Milledgeville School on Friday, March 16th to perform dental checkups for those students who qualify. Mrs. Carter, the school nurse, will be sending out letters to qualified families in the next week. Please watch for these in your mail. If you have any questions, you may call Mrs. Carter at either school. Chadwick – 684-5191, Milledgeville – 225-7141.

Milledgeville Elementary AR News

Congratulations go out to the following new Point Club Members:

25 Points-Britlyn Gabbard, Easton Ottens, & Gracie Raymond.

50 points-Addison Headlee.

100 Points-Jayden Promenschenkel, Kruz Gabbard, & Wyatt Ebersole.

Don't forget to "LOVE" your Library this month and cozy up to a good book!

Helping Hand Food Pantry

The Helping Hand Food Pantry is open to anyone who lives in the Milledgeville or Chadwick areas. It is located at 400 Main Avenue, north of Village Hall in Milledgeville. It is open the first Tuesday of every month from 9-11 a.m. and from 6:00 – 7:30 p.m. The pantry is sponsored by the Chadwick/Milledgeville Ministerial Assoc. For more information call 225-7682.