



# Eagle Edition

**Carlock Elementary**

Volume 4, Issue 5

February 2010

## Welcome 2010!

I hope that all of you have had a happy and healthy start to 2010. Here at school we are back in the routine, working hard and having fun learning with our friends.

Thanks to all of you that supported our school and PTC at Deck the Halls and the Spaghetti Supper. It was wonderful to see so many of you in attendance. I hope that all of you that went to the skating party had a great time with no big spills! I'm sure you were very impressed with how your child's skating skills had improved during the two week skating unit.

I know that it may seem hard to believe, but the third, fourth, and fifth grade classes are already looking forward to the ISAT tests that take place the first week of March. These tests

show the students progress over their school career and everyone is always anxious to do their very best. You can help them with this by being sure you do not plan any absences for your child during the testing time. Studies show that children score higher when they take a standardized test with the class rather than in a make-up setting.

We have had two big calendar changes recently. Kindergarten pre-registration will be held on Tuesday, March 16th and our school carnival will be held on Saturday, May 1st. Please help us spread the word about these important events.

*Alison Hampton*

### Calendar of Events:

PTC Board Meeting—6:30	Feb. 9
Valentine's Day Parties—2:15	Feb. 12
Kids Expo—Interstate Center	Feb. 13
No School—President's Day	Feb. 15
Monical's Night	Feb. 23
End of Second Trimester	Feb. 26
SAT10 testing—grades 1 & 2	March 1-5
ISAT testing—grades 3-5	March 1-11
Report Cards sent home	March 5
PTC Board Meeting—6:30	March 9
Kindergarten Pre-Registration—9:30	March 16
Last day of school before Spring Break	March 19
No School—Spring Break	March 22-26
No School—Board Holiday	April 2
Casual Picture Day	April 6

## PTC News

Happy New Year!

Many Carlock families came to the first annual 'Deck the Halls' and what a decking it was! The PTC officers did a great job of organizing this fun night, but helping to make it a success were the parents who chose to spend the evening with their Carlock student and family, crafting and decorating our school. A special thanks to Bob Messenger, Richard Thoennes and BJ Werkman for all of the snowflake and

garland hanging in the main hallway. Many ambitious young crafters kept these dads busy all night!

Thanks to all of the families who ate spaghetti at the recent Spaghetti Supper - we served 188 dinners! As in the past, we had many volunteers who helped organize, serve and clean up during this event - thanks for being part of a great night!

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## Carnival News

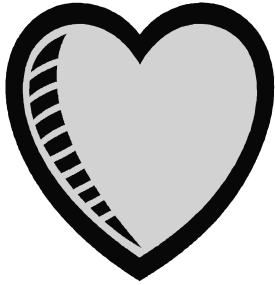
The date of the spring carnival has been changed!

**The official date is Saturday, May 1<sup>st</sup>**

Mark your calendars now and get ready for Carlock's Amazing Race!

### Calling all volunteers:

It is time to strap on your racing shoes for Carlock's Amazing Race! Are you up for the challenge? We want you as part of the team! Please plan to attend a carnival planning meeting on Monday, February 8<sup>th</sup> at Christina Werkman's house at 6:30pm. Her address is 201 E. Franklin. Call 376-2323 for directions!



### Donations Wanted!

Are you a small business owner? Do you have a home business? Are you a crafter? Or do you just have some super cool items lying around that you would like to donate to the Carnival Raffle? Donations are now being taken for the raffle and silent auction baskets. Please contact Christina Werkman - 376-2323/ [madsan99@hotmail.com](mailto:madsan99@hotmail.com) or Michelle Wagehoft - [376-2200/](tel:376-2200) [amwindx3@yahoo.com](mailto:amwindx3@yahoo.com) to make arrangements. Remember- your business will be advertised on all carnival flyer information so be sure to get your donation in early!

## Fundraising Notes

**Thank You! Thank You! Thank You!**

Butterbraid Sales were a huge success! Congratulations to 2<sup>nd</sup> Grade for winning the popcorn movie party for selling the most items! Proceeds from this fundraiser will go toward classroom purchases and fieldtrips. Great job to all who participated!

### Monical's Night

Our next Carlock Monical's Night in on Tuesday, February 23<sup>rd</sup>. Flyers will be coming home soon for this quick and easy fundraiser. Remember, carry-out orders do count toward our total and you can visit any Monical's in Bloomington-Normal. Thanks for your support!

*"We all need someone who inspires us to do better than we know how."*

*- Unknown*

## PTC News (continued from pg. 1)

Looking ahead -

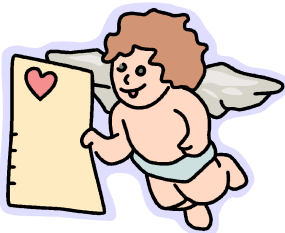
Carnival, Carnival, Carnival! Mark your calendar - May 1st is the Annual Carlock Carnival!

Remember, everyone is welcome to attend the PTC Board meetings. If you have any concerns, questions or suggestions, or just want to stay informed about what is happening at

Carlock, I encourage you to attend. Our next meeting is Tuesday, February 9<sup>th</sup>, at 6:30pm in the IMC.

See you at school -

Veronica Inselmann



## News from the Nurse

February is **National Children’s Dental Health Month**. The American Dental Association recommends the following tips to reduce your children’s risk of tooth decay:

Sugary foods and drinks should be consumed with meals. Saliva production increases during meals and helps neutralize acid production and rinse food particles from the mouth

Limit between-meal snacks. If kids crave a snack, offer them nutritious foods.

If your kids chew gum, make it sugarless – Chewing sugarless gum after eating can increase saliva flow and help wash out food and decay-producing acid.

Monitor beverage consumption – Instead of soft drinks all day, children should also choose water and low-fat milk.

Help your children develop good brushing and flossing habits.

Schedule regular dental visits.

Also, all students in kindergarten, second and sixth grade are required by Illinois law to have an oral health exam. If you have a child in one of these grades and have not turned in your exam yet, please do so as soon as possible. They are due no later than May 15<sup>th</sup>.



## Unit 5 Wellness Corner

### Heart Healthy Month

Good nutrition is one way to reduce your risk of heart attack or stroke.

Fruits and vegetables are loaded with fiber and potassium. They are also very low in fat and calories. Increasing the consumption of fruits and

vegetables to above 5 servings per day can increase your potassium intake by about 50%. This is beneficial because potassium has been shown to lower blood pressure. The fiber in the fruits and vegetables helps to keep you full longer as well as helps to lower the blood cholesterol level.



## Carlock Library Program

### “KIDS CONNECT”

After School at the Carlock Public Library

After school programs will be offered throughout the year for the following age groups:

After-School Program I: Kindergarten thru 2nd Grade Students

Dates: Feb 16, March 16, April 20

After-School Program II: 3rd Grade thru 5th Grade Students

Dates: Feb 18, March 18, April 22

All sessions meet from 3:30pm to 4:30pm

Sessions will include activities, crafts, games, stories and snacks

(provided by the Library).

**REGISTRATION IS REQUIRED. SESSIONS ARE LIMITED TO 25 CHILDREN.**

Please contact the Library at 376-5651 to register your child. Program info is also available on the Community flyer page on the Unit 5 Website:

[www.unit5.org/flyers/](http://www.unit5.org/flyers/)

## Skating Unit Ends



Our annual Skating Party was once again very successful with over 100 skaters in attendance. The students had a great time showing everyone how their skating skills continue to improve. Even though we only skate in school for 10 days each year the students continue to progress over the years.

We look forward to a little scooter hockey action and then on to "March Madness"

as we play some basketball toward the end of the month. Keep those bodies moving!!

Mrs. Houseworth

## Time to Start Thinking About 2010-2011

- Students entering Kindergarten, 6<sup>th</sup> and 9<sup>th</sup> grade in the fall of 2010 **MUST** turn in a physical exam and all immunizations by the **FIRST DAY** of school or they will be **EXCLUDED ON THAT FIRST DAY!!!**
- Get those physical exams and any needed immunizations **NOW** and turn them in at registration.
- Kindergarten pre-registration is **TUESDAY, MARCH 16, 2010.**
- All incoming kindergarten students are required to have an eye exam by October 15, 2010.
- All incoming kindergarten and 2<sup>nd</sup> grade students are required to

have a dental exam on file by May 15, 2011.

**ALL KINDERGARTEN AND 2<sup>ND</sup> GRADE STUDENTS THIS YEAR MUST HAVE A DENTAL EXAM BY MAY 15, 2010!!!**

You can get these exams done **NOW** and turn them in now for next year!!!

If you have any questions, please call me anytime or visit the Unit 5 website for more information.

Paula Birsa, RN, BSN

Certified School Nurse

## Volunteers Needed



We are still in need of an IMC volunteer on Tuesday and Wednesday mornings from 9:40-10:10. The duties for this time include helping children log-in to a computer program and helping them stay on task.

We will also need a lunchtime volunteer for 2 weeks in February. From February 10th-February 24th we will need another set of hands from 11:30-12:30.

One person would not have to volunteer for the entire two weeks. We are happy to accept any amount of days that you could help during this time period. We truly appreciate all you do to help make Carlock School the great place it is.

IF you are interested in either of these opportunities, please contact Mrs. Hampton, 376-3261.



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