

Principal's Message

Dear PrairieLand Families,

Fall is finally here and with the onset of November, we are inclined to seek out those folks who deserve a bit of "Thanks." At PrairieLand it seems like thanking people is a full time job because of all of the ways our teachers, parents, students, and community at large help each other! We are so fortunate to have students who are constantly seeking out ways to lend a helping hand. We have teachers and staff who continuously go the extra mile for kids and have a smile on their face while doing it! We also have very supportive parents! Our PIECE group has been instrumental in making our school a positive place to learn. We are fortunate to have countless parent and community volunteers who make a difference both during the school day and at school-wide events!

Special thanks to PIECE: I would like to take this opportunity to thank PIECE by recognizing some of the monetary ways they have helped our students in the past year. The funds raised through magazine sales have made these possible:

Classroom Technology - \$19,300

- 2 Smartboard ready Projectors (K/1 commons and K/2 Commons)
- 2 DVD/VCR units (K/1 commons and K/2 Commons)
- 4 Smartboards (One for each 5th grade classroom)
- 4 Smartboard ready Projectors (One for each of the 4th grade classrooms)

Classroom materials - \$5,950 (\$150 per teacher)

Leveled books for 1st Grade - \$805.75

Laminating supplies for teachers - \$717.62

Mulch and landscaping - \$500

Calculators for 4th Grade - \$200

Character Building/Anti-bullying Assembly - \$500

Red Ribbon week - \$260

Carden Park Trail: We have had several questions from parents about the status of the trail behind the school. The trail belongs to the Town of Normal and is part of Carden Park. The Town of Normal continues to work with the developer with respect to timelines, but they are optimistic that the trail should be completed yet this fall. Apparently this type of project can still get completed, even into December. I know the Town will continue to work with the developer to complete the trail as soon as possible. Thank you Town of Normal!

Tim Arnold

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Calendar

November

- 2- Picture Retakes
- 6 - Market Day Pick up
- 6 - Music Program 7:00 Grades 2nd/3rd
- 8 - Kdg Farm Program 6:00 – 7:00
- 13 - PIECE meeting at 6:30 in the IMC
- 22-23 NO SCHOOL – Thanksgiving Break
- 27 - PIECE Holiday Craft Night 6:00



Student Spotlight

BIRTHDAY BOOKS

You have an opportunity to help our library grow with the Birthday Book Program. Families can purchase and donate a book to Prairieland's IMC in honor of their child's special day. A bookplate with the child's name and birthday will be placed in the book, and the honored child will be the very first student to check out that book. Books may be selected and purchased for \$15 from a list posted outside the IMC and on the Prairieland IMC website.

Families may also talk to Mrs. Renollet about a specific title they wish to purchase from a bookstore. *Thank you for all your support! We have received many birthday book donations and it has made a difference in our collection.*

Thank you and happy birthday to . . .

The Halsey family for the donation of *Wrigley Field by the Chicago Cubs Wives in honor of Mr. Arnold's (principal) September 18th birthday.*

Lauren Evans (5S) for the donation of *The several Lives of Orphan Jack by Sarah Ellis in honor of her October 27th birthday.*

Jordan Gravel (2Hu) for the donation of *When Pigasso Met Mootisse by Nina Laden in honor of his September 1st birthday.*

Happy birthday and thank you for helping our library grow.

Another thank you to Isabel Schaeffbauer (KMu) for the donation of Dear Polar Bear by Barry Ablett. A thoughtful donation "just because."

COUGAR COUNCIL 2007-2008

Student Council has a record 36 members this year! 78 students were interviewed with a written format, re-interviewed, then chosen with classroom teacher approval. We are meeting twice monthly and planning events throughout the school year, recycling, reporting to classrooms, running the school store and generally trying to model good leadership skills. We have already collected postcards written by 3rd, 4th, and 5th graders to send to soldiers stationed around the world. We have coordinated events for the United Way fundraiser. This is a busy and enthusiastic group!

The following students are the Student Council members for 07-08: 3rd grade- Clinton Bloyd, Jackson Bradshaw, Luke Graf, Emma Henry, Madison Hutson, Sydney Lighty, Grace Maynard, John Sherman, Connor Steiling, Jamie Walling, and Sarah Yoder.

4th grade- Brooklyn Bane, Amanda Breeden, Anna Collins, Cole Dillon, Mitch Fairfield, Kearra Heard, CeCe Hill, Trevin Kafer, Kate Lorenz, Ryan Miller, Jill Parrent, Kylie Personette, Haylee Sieg, and Desiree Williams.

5th grade- Daniel Armstrong, Timothy Arnold, Ryan Cash, Lauren Evans, Bre Fairley, Andrea Gordon, Benjamin Nielson, Morgan Pulliam, Spenser Seifert, Jake Suddreth, and Wesley Tung.

Congratulations!

UNITED WAY Fundraiser Event

October 15-19 was a week full of special themed events planned to raise money for United Way. Student Council members spent their lunch recess counting money collected in the classrooms. Two classrooms collected over \$200 during the week. The grand total collected by students for United Way was a whopping \$3000.37!!! Thank you to the parents who assisted on Thursday popping, bagging, and delivering popcorn to over 450 students...our largest collection day of the week!

NEWS FROM THE NURSE

FAMILIES EATING BETTER TOGETHER!

√ **Mealtime is Important Family Time:**

Eating meals as a family can actually improve children's food habits. Kids tend to eat more fruits, vegetables and dairy foods at meals shared with their parents. Shared meals have a more subtle and long-lasting effect, too.

√ **Follow the Dietary Guidelines:**

- Choose a variety of foods
- Control calorie intake to manage body weight (balance intake with exercise)
- Be physically active every day

- Eat more fruits and vegetables – strive for “5 A DAY”
- Eat more whole grains and choose more nonfat or low-fat milk
- Choose fats wisely
- Choose carbohydrates wisely
- Choose and prepare foods with little salt

√ **Tips for Choosing a Restaurant When On the Go**

- Foods should be freshly prepared all day long. Items prepared ahead and stored under the heat lamp lose nutrients as well as quality
- Similarly, salad items that stand exposed to air and light will lose nutrients and quality.
- Look for menu entrees that are grilled
- Ask for nutrition information at your fast-food restaurant
- Make sure your favorite restaurant offers children's portions
- Select colorful fruits and vegetables - they have more nutritional value!

Remember, you don't have to change everything at once. Aim for 1 or 2 changes in your family's diet and exercise patterns. Celebrate your successes, than build on them!

Susy Marcum, RN, BSN
Certified School Nurse

Noon-hour Supervisors Needed!

Prairieland is always looking for parents or grandparents interested in working as a noon-hour supervisor. The hours are 11:00 a.m. – 1:00 p.m. every weekday. We do allow people to work only certain days of the week if that fits better into their schedule. The pay for noon-hour supervisors is \$7.53 per hour. If you are interested, please contact Mr. Arnold at 888-6838. We would love to add you to our team!



P.E. NEWS

The school year is off to a great start in 3-5 physical education classes. Many kids did very well on the fall physical fitness tests. Seventy-eight students met the standards for a National Fitness Award. Twelve of them also met the Presidential Fitness Award standards.

The kids had fun with our soccer unit! We played all of our games indoors this year, which allowed for much more participation than the outdoors. The students loved the competition. We just completed an individual jump rope unit and the improvement that our students made was truly amazing. Ask your child to show you some of the jumps that they learned.

On Tuesdays and Thursdays we continue to have “fitness days.” We are emphasizing flexibility and strength activities. Can your child do a pull-up, sit and reach past their heels?

I've received some GREAT reports from Parkside Junior High this fall. At a recent fitness award breakfast, one of the

PJHS physical education teachers told me, “We love having the students from Prairieland in our P.E. classes.” One parent shared with me that eight of the nine starters and 16 of 20 baseball players on the seventh grade team were Prairieland kids. Half of the cross country team at PJHS are from P-land and the boy's and girl's teams earned first and seventh place, respectively in the state cross country meet. At the elementary cross country run that PJHS hosted, 79 of the 129 runners were from our school and 70 of them finished in the top 100! Could all this good news have something to do with the fact that our children work hard and are physically fit? Let's hope so! ☺

Keep 'em moving, Dave Kinley

FROM THE KITCHEN

To be healthy, children need to eat from all food groups every day. You might be interested to know that at Prairieland we practice an “offer versus serve” serving method. For example we offer the students a choice between 2 fruits and they can decide which one they would rather eat. Some days we let them pick pre-packaged items such as crackers or cheese or pre-cupped pudding. A few kids will ask us to hold the cheese on their hamburger or the cheese sauce on their nachos. Being able to choose is a good thing but at the same time we also need to encourage our students to eat a balanced and nutritious lunch and not refuse too many items on our menu. For some children at the elementary school level, the freedom of choice for certain food items turns into an opportunity to affirm their independence. Please take the time to go over the school lunch menu with your child on a daily or weekly basis. With your help we can

try to convince our kids to form healthy eating habits for the rest of their life and eat a variety of food every day.

The Cougars' Cooks
Mrs. Roszhart, Mrs. Peterson and Mrs. Engelmeyer

Looking Ahead

December

- 4 - Music Program 7:00 Grades K/1st
- 5 - Christopher Canyon Assembly 8:30 - 9:30 Gym (K-5)
- 5 - Market Day Pick-Up 4:30
- 20 - Room Parties 2:15
- 21 - All School Reading Day
- 24 - Jan 6 NO SCHOOL - Winter Break

January

- 7 - NO SCHOOL - Teacher Institute
- 8 - School resumes
- 15 - PIECE meeting
- 16 - Market Day
- 21 - No School - Dr. Martin Luther King Jr.
- 23 - Prairieland Spelling Bee
- 23 - CAC Meeting at Prairieland 7:00 p.m.

Quote of the Month

“Play is often talked about as if it were a relief from serious learning. But for children play is serious learning. Play is really the work of childhood.”

Fred Rogers, American TV personality

Reminders

WEATHER REMINDERS...

Recess

Please be sure that your child comes to school dressed appropriately for any outside recess time. Children will go outside for

recess on days when the temperature (with wind chill) is 20 degrees or above. On days when the temperature is between 20 - 25 degrees, students will go outside for 10 minutes and then have the option to continue playing outside or sit inside in the hallway for the remainder of recess. Keep in mind that the temperature fluctuates during the day and it is always better to send your child prepared with a winter coat, hat and gloves.

Weather related school closings

There are also several options for parents to find out when the weather requires the school to be closed or dismissed early: WJBC 1230AM, WBNQ 101.5FM, WIHN 96.7FM, WBWN104.1FM, WGLT 98.1FM, or WWCT 106FM. You may also access the following websites: Unit 5, WJBC or WBNQ.

The decision to dismiss early due to inclement weather is made before 11:00 a.m. and the media will be notified at that time. Please do not call the school office or the Unit Office for this information. If nothing has been announced by 11:00 a.m., it will be a full day of school as usual. **Please arrange with your child now what they are to do in case of early dismissal.** It is difficult for last minute arrangements to be made for students.

Lunch Accounts

Please send your money for lunch accounts in an envelope with your child's name, room code and amount enclosed. This is very helpful in the office and speeds things up in the morning when students are dropping off these checks.

Skyward Family Access

If you have not received your family access login and password please call the school office and we will be happy to give you the information. This is where you go to check your lunch account balances.