



The Construction Work & Drop-off/Pick-up Lane

I hope you have all had as much fun as I have watching the building getting more and more complete. We are so fortunate to have such a beautiful facility being so close to completion. The first floor is painted and they are already installing the ceilings and cabinetry. We are planning on using the new gym right after Christmas break. The current gym has already had the new ceiling grid, lighting, and sprinkler system

installed. They will install the new patterned tile floor at the beginning of our Christmas break.

Now that the fence has been moved away from the front of the building, we are able to pull all the way up to the end of the new part of the building. The farther you pull up, the easier it is to keep the traffic off of Towanda. Please do not block traffic onto Towanda. I still encourage as many as possible to park in the lot and walk

across to get your children. It will allow you to get out of the lot much more quickly. I need everyone to continue to pull forward as cars leave in front of you.

Also, please respect the handicap spots and only park in them if you have a handicap sticker designated for your vehicle.



Music Program Change!!!!



Our kindergarten and first grade winter music program has been changed!!! The music program

has been changed to Tuesday, December 10. The program will still take place at 6:30 p.m. Please make

this change on your calendars and notify your relatives.

Inside this issue:

Academic Achievement	2
Volunteer Screening	2
Young Authors	2
From the Nurse	3
PTO News	3
Student Council	3
Calendar and Let's Keep Talking	4

Special points of interest:

- Students must be in their classrooms by 8:30 in order to not be counted tardy.
- Remember to call your students in if they are not going to be at school for any reason.
- You are welcome to have lunch with your students. We ask that you please call the office if you are going to be having hot lunch.

Academic Achievement:

I am starting early this year to begin to emphasize the importance of our ISAT testing during the week of March 1-12, 2010.

ISAT is our state test that we take each and every year in grades 3, 4, and 5. It is also the test that you hear so much about as it relates to No Child Left Behind standards.

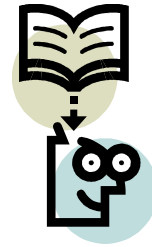
While this is no means our only focus, it is something that we have to pay close attention to and make sure we are doing everything possible to prepare our

students to be successful. Part of that success comes from all of you and making sure that this week is kept as clear as possible in terms of appointments. I am giving you plenty of notice to make any changes necessary for March. It is amazing what a difference it is for students when they are not having to rush to get make up tests squeezed in during the last couple of days.

We are going to be making this week in March our week of Cheetah Pride for the entire

school. We want our students to know that we take pride in how they do academically and want them all to give their best possible effort in everything they do.

Thank you for your support in helping your students achieve their best!



Volunteer Screening

We continue to get many people through our volunteer screening process. For the first time this year we are requiring our volunteers to be screened. This is a district initiative to further provide security for our students. We are asking all adults that

work with our students, or are planning on going on field trips to complete the screening. The one thing we want to clarify on is the room parties. We are NOT requiring adults to get screened if they would just like to stop by for our holiday par-

ties. We welcome parents, grandparents, or other relatives for these festivities. If you have any questions, please contact Mr. Peters, or Mrs. Vaughn in the main office.

Young Authors get in the Mood for Writing!!

Some classrooms will be sending home packets before Winter Break with Young Author information.

Writing and illustrating their own books is a great learning experience for your children. It fosters growth in many areas of language and hopefully a love of books as well. It makes a great keepsake too! Please resist the urge to co-author the book. It is obvious in the final product when a parent participates too much

in this project. It is far more fun to watch your child's talents grow as you support and encourage.

Completed books will be due Friday, January 30, 2010. Once again, we will have ISU Speech-Language Pathology Graduate Students as judges. Two representatives from our school will continue on to district competition. If you would like more information on the District's Young Author Program which is part

of a statewide effort, you can find it at <http://www.unit5.org/youngauthors/>

Looking forward to reading lots of great books,

Karen Showalter

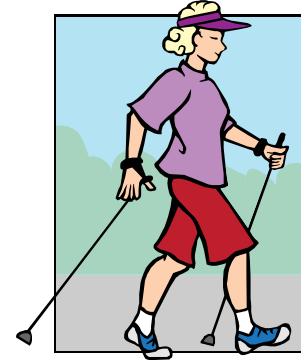
Sugar Creek Young Author Chairperson





10 HEALTH TIPS FOR THE NEW YEAR!

1. Wear a pedometer: this encourages you to walk more and be more active
2. Don't forget to strength train both your upper and lower body : Too many people neglect resistance exercise, particularly women for whom it's crucial for preventing muscle and bone loss with age. Lift weights for at least 20 minutes, two- to three-times per week.
3. Don't pop too many vitamins: eat a well balanced diet to get adequate nutrients
4. Eat fish 2 times a week: This is beneficial for lowering risk of heart disease and cancer.
5. Drink water.
6. Get adequate sleep for your body's needs: rule of thumb 7-9 hours.
7. Limit sugar and caffeine consumption: decreasing sugar actually increases your energy.
8. If you smoke, quit
9. Don't focus on dieting: focus on eating healthy foods and the right portion sizes
10. Eat three different foods at every meal: this helps to ensure you are getting all your daily requirements of all the food groups



PTO News:

During the month of December we will be running our Box Tops contest. Those little box top labels need to be cut out and sent in with your child. These are then turned in for cash for our school!!

PBIS

Students in the month of October/November earned the opportunity to launch gourds and crab-apples from a catapult! The classes had a blast as we tried to see whose could go the farthest. We continued our focus on bullying as we had an assembly by

Chris McBrien storyteller, magician and motivational speaker. He had an important message about respecting each other, and being part of a "Team Bully Free" school. We will continue to promote this message loud and clear in our school.

Student Council Happenings

Our Cheetah Ambassadors have been hard at work trying to do our part to make the community a better place. We created ornaments and then made a Christmas Tree in a Basket to donate to The Festival of Trees with the proceeds going to The Baby Fold.

Our Cheetah Ambassadors also had a canned food drive to support The Salvation Army. We are very proud of our students bringing in 717 non-perishable items to help others.



School Store is open every Thursday during lunch. School Store has small school items such as pencils and erasers.

Most are fifty cents or less.



MCLEAN COUNTY UNIT DISTRICT 5

Sugar Creek Elementary
200 N. Towanda Ave.
Normal, IL 61761

Please visit our website at
www.unit5.org/sugar

It's a Great Day to be a Cheetah!

Calendar of Events

December

- 3 PTO-6:30
- 10 K & 1 Winter Program-6:30
- 17 Holiday Parties-2:30
- 18 Last Day Before Break

January

- 5 School Resumes
- 7 PTO-6:30
- 18 No School-Martin Luther King Day

Let's Get Talking

I've had some people ask me for this list again. As the holiday season approaches and you're out and about buying gifts, please consider the following recommendations for games that help improve auditory skills. They also make great activities to occupy time during winter break. I owe thanks to Dr. Gail Richards at Eastern Illinois University for the list.

<u>Game</u>	<u>Auditory Processing or Related Skill</u>
A Rhyme in Time	speech sound discrimination, auditory closure
Battleship	active listening, visual patterning, integration
Blind Man's Bluff*	localization, binaural interaction
Boggle	pattern recognition, integration
Bopit, Bopit Extreme	integration, vigilance
Brain Warp	vigilance, integration, problem-solving
Card games (e.g. Rummy)	pattern recognition, sequencing
Catch Phrase	integration, vocabulary development, output
Clever Endeavor	metalinguistic strategies, critical listening
Feely Bag*	interhemispheric communication
Mad Gab	temporal patterning, metalinguistic skills
Marco Polo*	localization, binaural interaction
Musical Chairs (also Cake Walks)*	vigilance
Name that Tune*	interhemispheric transfer of function
Password	vocabulary building, metalinguistic skills
Plexers	metalinguistic strategies
Rags to Riches	metalinguistic skills (idioms)
Read My Lips	lipreading/speechreading
Red Light/Green Light*	vigilance, active listening

<u>Game</u>	<u>Auditory Skill</u>
Scattergories	vocabulary building, metalinguistic strategies
Scrabble	integration, linguistic skills, visual patterning
Simon Says*	vigilance, active listening
Taboo	vocabulary building, metalinguistic strategies
Telephone game*	attention, active listening, discrimination
Twister	integration, critical listening
Upwords	integration, visual patterning
Wheel of Fortune	auditory closure

*=items are not available for purchase but can be played at home with little to no materials

Have fun and know that you're helping them too!

Mrs. Showalter
Speech-Language Pathologist