



LINCOLN MIDDLE SCHOOL



700 West Lincoln Street, Mount Prospect, IL 60056

“The Friday Email”

February 12, 2010

No School Monday, February 15, 2010

LINCOLN'S SHOE COLLECTION FOR HAITI

On Monday, February 1, Lincoln Middle School began collecting gently used pairs of unwanted shoes for the victims of the recent earthquake in Haiti. Shoes were collected in boxes located in the Commons Area. 6th, 7th, and 8th grade students and staff participated in this worthy cause. Lincoln collected a grand total of **339 pairs** of shoes. Congratulations to the winning 6th grade class for donating 138 pairs of shoes. The 7th grade class collected 118 pairs of shoes, and the 8th grade class had 83 pairs of shoes. The shoes will be shipped to Haiti through an organization called Bright Hope International. Bright Hope International is an organization that brings hope to those living on less than \$1 a day. The students at Lincoln did a great job supporting this worthy cause. Special thanks to Lincoln Leaders and 8th grader Meghan Doyle, (and her father Mr. James Doyle) for coordinating and organizing this donation. Meghan and her father organized this activity, counted the shoes, picked up the shoes, and will be delivering them to Bright Hope International. We greatly appreciate your coordination of this activity.

PEPS : Parent Education and Parent Support for Special Services

Our next meeting is scheduled for Monday, February 22nd at 7pm at Fairview. We will be discussing the IEP process and what you need to have a successful IEP Annual Review Meeting. Jyoti Archia, Assistant Superintendent for Special Services, will be presenting this topic and answering questions. We'd like to have as many people as possible attend this very important topic. Please show your support for our kids by attending this meeting. Hope to see everyone on February 22nd.

Venus Awe from Westbrook and Lions Park School: vpatricelli@hotmail.com

Michelle Smernoff from Fairview School: michellemarie218@gmail.com

Check out our new website at www.pepsdist57.ning.com.

This is a reminder that the U.S. Department of Education Race and Ethnicity Data Standards Form must be completed and returned to the Lincoln School Office no later than Tuesday, February 16.

Today's Attachments:

- **LINCOLN Emotional Wellness Student Groups Forming**
See attached permission form
- **District 57 Education Foundation – HOLLYWOOD PARTY! Join the fun!**
- **Take a LIMOUSINE to Hollywood! Lights! Camera! Auction!**
- **LIONS ROAR – Your PTA Newsletter**
- **District 57 Wellness Committee Newsletter**
- **Mount Prospect Historical Society – Skate to Save History on February 15!**
- **Mount Prospect Park District – Outdoor Spring Soccer and LaCrosse**

LINCOLN MIDDLE SCHOOL

Student Groups designed to help your child!

Middle school can be a challenging time for kids. Lots of changes, lots of new experiences. It is very normal for kids to struggle from time to time with feelings of anxiety, difficulty with social situations, and stress related to the increased pressures of time, responsibility and work load.

If you feel that you child is having a hard time with any of these issues, or might benefit from some tips, just in case, then the Lincoln middle school social workers have a new program to offer.

In accordance with District 57's Wellness Policy, Lincoln will be offering student groups for emotional wellness. Starting October 5, Lincoln students will have the opportunity to process their thoughts and experiences in one of three groups: stress management, loss and grief, and helping one's self in a teasing situation. Each group will meet once weekly for seven weeks, and students will get together on a rotating class basis so students don't miss the same class each week. Although facilitated by the Lincoln Social Workers, student peers (Lincoln Leaders) will also be in each of the groups to provide their own personal experiences, and strategies that have been helpful to them.

Don't miss out! Enrollment is limited. If you think your son or daughter might benefit from one of the groups, please sign the permission slip below. By the way, the Lincoln Leaders will also be talking about these exciting upcoming groups in advisory.

If you would like additional information, or have a question, please contact:
Mrs. Elliott at 847/385-3826 or via e-mail @delliott@lincoln.dist57.org; or
Mrs. Becker at 847/385-3825 or via e-mail at lbecker@lincoln.dist57.org

_____ **Yes, I would like my son/daughter to be in one of the three groups.**

Please circle the group you are interested in:

- 1. Stress management**
- 2. Loss/Grief Group**
- 3. Helping one's self in a teasing situation**

Student Name: _____ **Grade:** _____

Parent Signature: _____ **Date:** _____

* Return form to either Mrs. Elliott in Room 406, or Mrs. Becker in Room 408 by March 3, 2010.

IMMEDIATE ATTENTION DISTRICT 57 PARENTS:

Good, now that we have your attention, we want to remind you of the top 5 reasons to attend this years District 57 Education Foundation's Spring Event.

1. An evening away from the kids and a chance to celebrate with other adults.
2. Incredible live and silent auction items (and we *do* mean incredible!)
3. Chance to feel like celebrities and walk the red carpet.
4. Last chance to buy Dream Vacation and Paris Trip raffle tickets.
5. Last and most importantly - Funds raised benefit children and schools in the district.

Please visit our website
www.57edfoundation.org

Register - View auction items - Get your own star.

Deadline to register is Friday, February 20th
(after that, you'll only get to hear how much fun people had!)

DISTRICT 57 EDUCATION FOUNDATION
HOLLYWOOD PARTY
Lights, Camera, Auction!

DISTRICT 57 EDUCATION FOUNDATION

HOLLYWOOD PARTY

Lights, Camera, Auction!

Attending the party?

Take a limousine to the event and arrive in style!



A local limousine service will provide round trip transportation from Fairview, Lions Park & Lincoln Middle School to the Meadows Club in Rolling Meadows.



Limousines will pick up guests at approximately 5:45, 6:00 and 6:15 p.m. from all school locations.



Cars may stay parked overnight in school parking lots and may be picked up on Sunday, February 28, 2010.



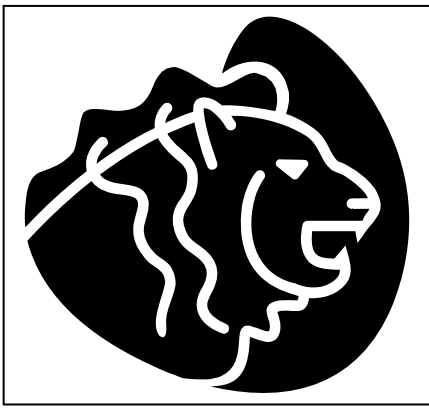
\$20 round trip per person. Gratuity not included.



Limousines will shuttle guests to their **HOMES** at the end of the evening, starting at 10:30 p.m. until the game room closes at 1 a.m.



To make a reservation, call Desiree at 847-788-1999. Indicate which school and time you would like pick up service. Please provide credit card information to hold your reservation.



THE LION'S ROAR

Lincoln PTA newsletter
FEB 5th 2010
Issue



Message from PTA Presidents'

PTA Founders Day is Wednesday, February 17, 2010. Founders Day is a reminder of the substantial role that PTA has played locally, regionally, and nationally in supporting parent involvement and working on behalf of all children and families. It's a time to reflect and take pride in our many accomplishments and to renew our commitment to be:

A powerful voice for all children, A relevant resource for parents, And a strong advocate for public education.

PTA's founders Phoebe Apperson Hearst and Alice McLellan Birney, and the founder of Georgia's Congress of Colored Parents and Teachers, Selena Sloan Butler, were women of imagination and courage. They understood the power of individual action, worked beyond the accepted barriers of their day, and took action to literally change the world.

They had a simple idea—to improve the lives and futures of all of our children. As much as other conditions in America may have changed, that idea has not. PTAs keep it alive.

Today, PTA is the largest volunteer child advocacy organization in the nation. Our members represent the ethnic diversity of our nation, and they come from the ranks of traditional families, single-parent households, blended families, grandparents, and other caring skills. Together, we continue to serve as the conscience of the country for children and youth.

Reprinted from pta.org

"It is the responsibility of every adult... to make sure that children hear what we have learned from the lessons of life and to hear over and over that we love them and that they are not alone."

Marian Wright Edelman

Lawyer, Educator, Activist,
Reformer, Children's Activist,
Founder and President of the Children's Defense Fund

JP Karlov jp_karlov@wowway.com, Chris Barr chrisbarr.1@netzero.com

WE NEED YOU!!!!!!

If anyone is interested in being on the nominating Committee for the PTA Executive Board for the 2010/2011 school year, please contact JP Karlov at jp_karlov@wowway.com.

The positions needing to be filled for next year are Co-President, 2nd Vice President, and Treasurer.

Lions Roar is the means of communication between PTA, parents and students of Lincoln Middle School. If you would like to have an article included in our PTA newsletter, contact Denise Kurinec at 847-749-0900 or DEECE@WOWWAY.COM

DISTRICT 57 WELLNESS COMMITTEE NEWSLETTER

Heart disease causes more than one in every four deaths in the United States, and each year over 631,000 people die from this condition, according to the U.S. Centers for Disease Control and Prevention (CDC).

Additionally, each year about 785,000 Americans have a first heart attack, while another 470,000 who have already had one or more, have another. When health care services, medications and lost productivity from heart disease are all added up, it's estimated this disease will cost the United States over \$316 billion -- yes, *billion* -- in 2010.

5 simple steps to a healthier heart:

1. Drink more water
 - Start out the day with your daily needs on the counter or in the fridge and have it gone before the end of the day
 - Drink a glass of water before each meal and snack
 - Kids learn by example if you do it they will do it to
2. Eat more raw fruits and veggies 7-13 servings per day
 - Add fruit to breakfast
 - Buy a veggie tray and snack through out the week, by the 3rd day what ever is left make a stir fry
 - Have cut up fruit and veggies on the table for after school snacks
3. No hydrogenated fats
 - Look for zero grams of trans fats
 - Be a nutrition detective read the ingredients if they are hydrogenated fats on the label put it back on the shelf
 - Keep fried food very limited
4. Eat more whole grains
 - Try brown rice instead of white
 - Experiment with whole grain pasta's
 - Try an alternative grain like quinoa or millet
 - Eat oatmeal it is yummy
5. Get moving
 - The more you move the more you work the most important muscle you have your heart.

Mount Prospect Historical Society

Monday, February 15

Noon-5 p.m.

Central Community Center (CCC)
1000 W. Central Rd.
Mount Prospect

\$5 admission charge

Pizza, pop and snacks

DJ

Limited number of inline skates to
rent for \$5

(It is suggested that skaters bring their own
skates, subjected to inspection by park
district personnel, to prevent a shortage of
rentals.)

Children under 4th grade must be
accompanied by an adult



**Skate to Save
History!**

All proceeds go towards
preserving the Central School and
other MPHS educational programs



**Mt. Prospect
Park District**
www.mppd.org

FOR BOYS & GIRLS GRADES K-8

Outdoor Spring Soccer

In our seven age divisions, instructional co-ed teams will be formed according to neighborhood zones. Games are played on Sunday afternoons. Each team receives one practice for one hour during the week. Practices will begin end of March. The official season begins mid-April and runs through mid-June.

Registration Dates

**REGISTRATION MUST BE DONE IN PERSON
AT REC PLEX ONLY**

**Registration accepted
through 3/7/10**



SAVE TIME!

Download Youth Soccer
Registration
Forms at www.mppd.org
click on "Athletics"



Spring Soccer Season (9 wks) No Games 5/24

GRADE	DAY	DATE	LOCATION	R/NR EARLY BIRD FEE*
K	Sun	4/11-6/13	Lions Park	\$69/74
1st	Sun	4/11-6/13	Lions Park	\$69/74
2nd	Sun	4/11-6/13	Sunrise	\$69/74
3rd	Sun	4/11-6/13	Sunrise	\$69/74
4th	Sun	4/11-6/13	Sunrise	\$69/74
5th & 6th	Sun	4/11-6/13	Woodland Trails	\$69/74
7th & 8th	Sun	4/11-6/13	Woodland Trails	\$69/74

*Please Note: Fees do not include uniforms.

***Register on or before 3/7
to qualify for early bird fee!**

Please Note: Fee does not include uniforms. Uniforms consist of a reversible jersey, navy shorts, and red soccer socks. If you do not have a uniform from the previous season, you may purchase a uniform at the time of registration.

Reversible Red/White Jersey\$15
Navy Blue Shorts\$7
Red Soccer Socks\$5

Call 847-640-1000 for more information



Lacrosse America Boys Spring Travel League (Boys 4th-8th Gr)

Lacrosse America is an organization that has been dedicated to promoting and expanding lacrosse in the Chicagoland area for over 18 years. Teams will be grouped by grades and ability level. All players receive custom shorts and jerseys. Each participant will need all necessary equipment, which can be rented or purchased through Lacrosse America. **All players must have equipment on the first day of the program. Equipment will NOT be available at the field.**

The park district, not Lacrosse America, will take registration for this program. For all program information pertaining to dates, times, equipment requirements, scheduling, field locations, coaching, tryouts, and more please visit www.lacrosseamerica.com.

Games will begin after the second week of practice. Games will replace all weekend practices. Some games will be away, and game times will vary. Majority of games will be played Sundays, however some games may be on Saturday.

COACHES WANTED—No experience necessary! If interested, contact gary.h@lacrosseamerica.com.

Lightning (Grades 4th-5th)

Beginning and experienced players will meet once a week and play games on weekends. Players will learn about the game and develop their skills through drills, team building activities, scrimmages and games. **Full equipment is required.**

Juniors (Grades 6th & 7th)

Beginning and experienced players will meet twice a week and play games on weekends. Players will learn about the game and develop their skills through drills, team building activities, scrimmages and games. **Full equipment is required.**

Seniors (8th Grade)

Open to all players of all skill levels. Two weeknight practices and at least one weekend game will be scheduled each week, with the possibility of the occasional weekday game. **Full equipment is required.**

REGISTRATION DEADLINE MARCH 28!!

Session 1 (10 wks)

GRADE	DAY	DATE	PLACE	TIME	R/NR FEE	CLASS CODE
4th & 5th	T/Th/	4/11-6/13	Majewski	6:30-8 pm	\$260/270	1-1071-01-01
	Sun			3-4:30 pm		
6th & 7th	T/Th/	4/11-6/13	Majewski	6:30-8 pm	\$260/270	1-1071-01-02
	Sun			3-4:30 pm		
8th	T/Th/	4/11-6/13	Majewski	6:30-8 pm	\$260/270	1-1071-01-03
	Sun			3-4:30 pm		

Programs of Mt. Prospect Park District
1000 W. Central Road • Mt. Prospect, IL 60056

The distribution of this information does not imply sponsorship or endorsement of the activity by District Administration or the Board of Education.

To register, call 847-956-5353
For more information, call 847-640-1000

