



LINCOLN MIDDLE SCHOOL NEWSLETTER



Mr. Donald S. Angelaccio, Principal

February 5, 2010

Mr. Randy Steen, Asst. Principal

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Lincoln Winter Olympics



Principal's Message . . .

Next week, Lincoln will participate in its own version of the Winter Olympics, culminating in a pep assembly at the end of the week! Competitive events planned throughout the week are the Slalom, Bobsledding, Speed Math, Olympic Trivia, Olympic Word Puzzle, and the final event—Olympic Torch Relay Race. Our advisories will enter “the stadium” bearing their own individual flags, and teams will be wearing red, green, yellow, blue and black—the colors of the Olympic Rings. Teams will be awarded Gold, Silver, and Bronze medals throughout the entire week based on their performance at these events. The Travelling Trophy of Triumph will be awarded to the team earning the highest medal point count.

Silly? Perhaps. Fun? Definitely. Necessary? You bet. Truthfully, we want parents to know that there is a method to our madness. No one will argue that team building, stress relief, and variety is key to success for any organization . . . and that includes students “working” at a middle school. Adults—busy with adult jobs, adult problems, adult situations—may forget how exhausting being a pre-teen can be! But this business of reaching the teenage years can be tough and tiring, and, so, we strive to provide a healthy environment in which our students can grow. It is our belief that a healthy environment includes a time for fun, a time to relieve stress, a time to find your place among friends, a time to laugh out loud and a time to laugh at yourself a little, too.

The Olympics—a world-wide, peaceful, competitive, and healthy event—open in Vancouver next weekend. Families of nearly every nation will be watching and cheering for their home teams. We look forward to Lincoln enjoying the same benefits—albeit a slightly different approach. Thank you for your continued support!

Mr. Angelaccio

ISAT Testing is scheduled during March 1–12. Attendance during standardized testing is very important. Please make every effort to have your child in attendance and on time during testing. If at all possible, please schedule appointments and other events for another time. We appreciate your support and cooperation.

“The six colours, including the white background, represent the colours of all the world’s flags . . . this is a true international emblem.”

~ Pierre de Coubertin ~

UPCOMING HEALTH PRESENTATIONS—Robert Crown Center for Health Education presents the following programs at Lincoln Middle School:

February 9

Grade 6—Human Growth Development

Covers puberty and male and female reproductive anatomy. Provides information on menstruation, fetal development and the birth process.

February 10

Grade 7—Emotional and Social Growth and Development

Covers physical, emotional, social and intellectual maturation. Discusses male and female reproductive systems. Reviews embryology, labor, and delivery. Emphasizes emotional and social growth including maturity, responsibility and respect for others. Includes discussion on teen pregnancy and the responsibilities of parenting.

February 17

Grade 8—Adolescence—A Time for Decisions

Reviews the male and female reproductive systems. Discusses commonly held misinformation regarding pregnancy. Covers the risks and consequences of teen age sexual activity, including unplanned pregnancy and sexually transmitted diseases. Stresses abstinence and responsible choices. Shows pictures of symptoms of some of the more commonly diagnosed STD’s.

Parents may contact Mrs. Kelly Bailey (kbailey@lincoln.dist57.org) with any questions regarding these programs.

More . . .

- ☞ Teen Food and Fitness News from the Lincoln Health Office
- ☞ Education Foundation ! - Lots of Opportunities to Support A Great Group
- ☞ Girls Softball at Prospect

Cheetah of the Month**January
Positive Attitude**

Erica Uyenbat
Natalie Carioti
Mikey Munao
Maya Mason
Jon Riley Branch
Angelina Villasin
Kelly Zim
Jack Harford
Amanda Lowe
Matt Yarwood

**Second Quarter
Snow Leopard
of the Month
Character Traits
Honesty & Caring**

Emily Peck
Alicia Nicolau
Lily Alvey
Carson Burke
Andy Inserra
Kevin Morton
Ralph Tenuta
Suzie Zalewski
Ryan Cecala
Shivani Patel

**LINCOLN WRESTLERS HAVE A
GREAT DAY ON THE MATS
AT THE DEER PATH TOURNAMENT**

The Lincoln Wrestling team competed in the Deer Path Wrestling Tournament on Saturday. This tournament is one of the toughest tournaments of the year - with twelve (12) teams from around the state competing - some traveling well over two hours to compete. Lincoln wrestlers had a very good day - providing great competition and gaining valuable experience for all wrestlers. In team scoring results, Lincoln came in 10th place.

Individual Medal Winners were: Kyle Yuknis, Austin Roark, and Alex Straczek in 6th place. Sam Lobono taking 5th place. Brian Maigler in 4th place. Goerge Mokate capturing 2nd place.

Great work Lincoln Wrestlers!

Vehicular Phone Use in School Zones

In case you have not yet heard, a new Illinois law went into effect on January 1, 2010, that states: A person, regardless of age, may not use a wireless telephone (unless it is voice-activated) at any time while operating a motor vehicle on a roadway in a school speed zone. In addition, it is illegal to compose, send or read text messages, instant messages and Email on a cell phone or surf the internet while driving. The ban includes personal digital assistants and portable or mobile computers, but does not include global positioning systems (GPS) or navigation systems.

For additional information regarding the law, reference Public Act 096-0131. Thank you for your cooperation.

**MARK
YOUR
CALENDARS!**

Math Club Competition
February 6

**Orchestra, Band and Vocal
Solo Festival**
LN Busse Gym 6:00 pm
February 10

EARLY DISMISSAL
Students dismissed 11:25 am
February 11

Valentine's Day
February 14

Presidents' Day
NO SCHOOL
February 15

Principal's Advisory Council
LN LRC 6:30 pm
Board of Education Mtg.
Admin 7:30 pm
February 18

Jazz Band and Celebration Singers
Tour Elementary Schools
February 19

Celebrations Singers Clinic
February 20

8th Grade—Graduation Gown
Measurement
February 23—Lunch Hour

IESA Wrestling Regionals
Education Foundation Spring
Dinner Dance
February 27

Please keep your email address current! Parents can update their email addresses through the parent portal. Direct your browser to: <http://powerschool.dist57.org/public>. Enter your student name and password. Click on "email notification," make your changes, and be sure to hit submit.

Kindergarten Registration—WESTBROOK SCHOOL

Kindergarten registration for the 2010/2011 school year will begin at Westbrook School on Monday, January 25, 2010, from 8:30 a.m. to 3:00 p.m.

Children must be five years-old by September 1, 2010, to enroll in kindergarten for the 2010/2011 school year. All District 57 kindergarten students attend Westbrook School, 103 South Busse Road. Parents will also have the opportunity to get information for programming and Transportation.

Parents are required to bring proof of residency (current utility bill, driver's license, etc.) and the child's original birth certificate to the registration. For more information, please call give us a call at (847) 394-7340.

Panther News Panther News Panther News



Reading/Language Arts

Mrs. Brantman's 7th grade students probably have been feeling a bit "snowed in" these last three weeks, as they plowed through hours of researching the Bill of Rights and one amendment to the Constitution. Thankfully, their first major research paper is behind them.

Our next unit is poetry, which for some is a bit more fun and relaxing! Students are starting out by learning poetic terms. They will find examples of these terms in poems and songs.



Study Island was introduced to students in the fall. By March 1st, all the subtests for the reading test should be completed. This will help prepare them for the ISAT tests, which begin the week of March 1st.

Science

As a part of our ecosystem studies, students have been working hard in the lab to create and maintain 3 different mini-ecosystems. Students put together aquariums, terrariums and habitats for a population of Milkweed bugs. Students have been making daily observations and noting changes, while caring for the organisms that are thriving in each one.



The Panther team will be involved in getting to know more about the Winter Olympics that start this month! Students will research events and athletes; the final projects will be displayed in the commons area. Our February 12th spirit day will include some activities to kick off the Olympics.

All teams are encouraged to wear a color that represents one of the Olympic rings.



ATTENTION ALL 7th GRADE PARENTS!

Mark your calendars! The seventh grade Springfield trip is scheduled for May 13th. Permission slips will be going home with your child the first week in March.

Teen Food & Fitness

Healthy Ideas for Middle and High School Students

February 2010

Coletta Hines-Newell, SFNS, FMP - (847) 758-4904

Jordan Ryan, RD, LDN, SNS - (847) 758-4905

FAST TAKES



Time for lunch

Talk to your child about the importance of eating lunch every day.

Make sure he has money in his cafeteria account or that he takes a lunch. Let him know that if he skips lunch or eats too many sweets, he may feel tired and have trouble concentrating in the afternoon.



Running on the spot

Here's an exercise your teen can do almost anywhere. Have her run in place, keeping her back straight and raising her knees as high as she can. She might start with one or two minutes and gradually increase her time. *Tip:* Remind her to wear comfortable sneakers.

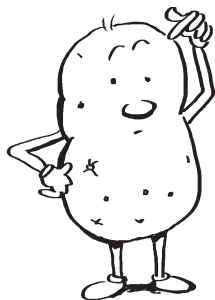
Did You Know?

Foods labeled "all natural" aren't necessarily nutritious. For example, all-natural soda is still high in calories and sugar, and all-natural granola or cookies can be high in fat. Help your child check labels on all foods—including all-natural ones—for vitamins and minerals as well as their sugar, salt, and fat content.

Just for fun

Q: What looks just like half of a potato?

A: The other half.



Quick and healthy

You worked late, your teen had a club meeting, everyone's hungry—and money is tight. Use these tips to help your family eat right on nights when you don't have time to cook.

Smart carryout

Collect menus from takeout places, and keep them in a binder so they're handy. Include lower-cost pizza and sub shops, as well as inexpensive restaurants that make food to go. Mark the healthiest items with a highlighter so your family will be more apt to choose them (look for words like *baked*, *grilled*, and *roasted*). Also, you can cut down on portions—and save money—by ordering one entrée for two people or three entrées for four people.

Grocery store finds

On your way home, make a quick stop at the grocery store for food ready to put on the table. You might get a hot rotisserie chicken, a container of low-fat soup, a whole-wheat baguette, and fresh vegetables and fruit from the salad bar.

Tip: Hold your order to fewer than 10 or



15 items so you can breeze quickly through the express line.

A stocked pantry

With a few basic items in your pantry and refrigerator, you'll be able to make a fast dinner even when there's "nothing in the house." For instance, you can scramble eggs with shredded cheese. Or combine drained cans of diced tomatoes and different beans (kidney, garbanzo, navy), and microwave for a meatless chili. Other items to stock: canned tuna or salmon, light mayonnaise, frozen vegetables, whole-wheat pasta, and jars of marinara sauce. ●

Food safety

Is it okay to eat soup that you left out overnight? How long can you keep milk in the fridge? Share these tips with your child for eating safely:

- Avoid letting foods sit at room temperature longer than two hours—especially those containing dairy products, eggs, and meat. That includes dishes served cold (tuna salad, deviled eggs) and hot (soups, casseroles).
- Check expiration dates. Eat food on or before its "use by" date. Foods marked with a "sell by" date can last from five days after the date for milk (if refrigerated promptly) to several weeks for eggs. (See details at www.fsis.usda.gov/PDF/Food_Product_Dating.pdf.)
- Be sure to date leftovers and eat them within four days. *Tip:* Teach your teen "When in doubt, throw it out." If something doesn't look or smell right, it may be spoiled, regardless of the date. ●



Why exercise matters

Regular exercise is good for your child's body *and* mind. Share these benefits.

Keep in shape. Being active builds strong muscles and keeps the heart and lungs healthy—which increases endurance. This is especially important for kids who play sports.

Stay healthy. Exercise helps tweens and teens fight off colds and other minor bugs. Being active also promotes sound sleep.



Feel good. Physical activity releases hormones called endorphins. When your child is dealing with everyday stress or going through a tough time, sticking to a workout routine can help him feel better.

Improve thinking. Exercise sends more blood to the brain, which can help your teen concentrate and do better in school. Suggest that he take a brisk walk or go skateboarding for a half hour before he studies.

Be with friends. Exercise is more fun in groups. Playing touch football after school or roller hockey on weekends is a great way for your child to be active *and* enjoy time with friends. Hiking and canoeing with a buddy gives your teen time to talk about everyday life or future plans. ●

ACTIVITY CORNER

Heart workouts

You and your teen can get the most from your workouts by paying attention to your heart rate. Here's how:

1. Learn to take your pulse so you can check it every five minutes while doing aerobics or between laps at the pool. Place three fingers on the inside of your wrist or on your neck near the windpipe. Press lightly, count the beats for 10 seconds, and multiply that number by 6 to find the beats per minute.

2. Calculate how fast your heart should beat while you exercise. Subtract your age from 220. Then, multiply the answer by 0.6 to get the minimum number of beats per minute. To find the maximum, multiply by 0.8. For example, an average 14-year-old's heart rate should be around $220 - 14 = 206 \times 0.6 = 123.6$; $206 \times 0.8 = 164.8$ If it's lower, she can step up her workout. If it's higher, she may need to take a break to cool down. ●



PARENT TO PARENT

Vegetarian—the healthy way

When my son Logan recently announced that he was going to become a vegetarian, I was worried that he might not get a balanced diet. We agreed to ask his doctor about it at his next checkup.

The doctor explained to us that it was important for Logan to get enough iron, or he could become anemic. That would make him feel tired and short of breath. He also told my son to be sure to get plenty of protein. We left with a list of iron- and protein-rich foods, like lentils, cheese, beans, and fortified meat substitutes such as veggie burgers and “mock” bacon.

Logan's new diet has inspired our whole family to be sure to eat from all the food groups. We're also trying new foods—we love tofu stir-fry and veggie pizza. ●



In the Kitchen

Party snacks

The next time your child has a group of friends over, help her prepare these nutritious, no-cook treats.

Sandwich station

Line up whole-wheat tortillas or bread, deli meats, spicy mustard, shredded low-fat cheddar cheese, diced tomatoes, black beans, and shredded lettuce. Guests can assemble their own wraps or sandwiches using their favorite fillings.

Spinach dip

Stir together a 10-oz. package of frozen spinach

(chopped), a 14-oz. can of artichoke hearts (drained and chopped), 8 oz. fat-free cream cheese, 8 oz. fat-free yogurt, and ¼ cup grated skim Parmesan cheese. Microwave until warm, and serve with baked tortilla chips and raw vegetables (cauliflower, carrots).

Fruit slushies

In a blender, mix a dozen ice cubes with a cup of frozen strawberries. Pour into a bowl and set aside. Then, blend a dozen ice cubes with a banana. Layer the strawberry and banana slush in clear cups, and serve with spoons. ●



OUR PURPOSE

To provide busy parents with practical ways to promote healthy nutrition and physical activity for their children.

Resources for Educators,
a division of Aspen Publishers, Inc.
128 N. Royal Avenue • Front Royal, VA 22630
540-636-4280 • rfeustomer@wolterskluwer.com
www.rfeonline.com

Teen Food & Fitness™ is reviewed by a registered dietitian. Consult a physician before beginning any major change in diet or exercise.

ISSN 1935-8865

Teen Food & Fitness

Ideas sanas para los estudiantes de la escuela media y la secundaria

Febrero de 2010

Coletta Hines-Newell, SFNS, FMP - (847) 758-4904

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TOMAS RÁPIDAS



Hora de almorzar

Hable con su hijo de lo importante que es almorzar todos los días. Asegúrese de que tiene saldo en la cuenta del comedor escolar o de que se lleva el almuerzo de casa. Explíquelo que si se salta el almuerzo o come demasiados dulces puede sentirse cansado y tener dificultad en concentrarse por la tarde.



Correr en el sitio

He aquí un ejercicio que su hija puede hacer prácticamente en todas partes. Dígale que corra sin moverse del sitio manteniendo erguida la espalda y levantando todo lo que pueda las rodillas. Podría empezar con uno o dos minutos y aumentar el tiempo poco a poco. *Idea:* Recuérdele que se ponga zapatillas de deportes cómodas.

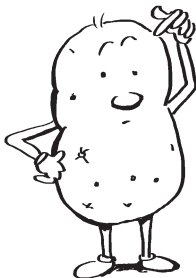
¿Sabía Usted?

Los alimentos con la etiqueta de “naturales” no son necesariamente nutritivos. Por ejemplo, la soda natural tiene muchas calorías y azúcar y la granola natural o las galletas naturales pueden tener mucha grasa. Ayude a su hija a examinar las etiquetas en todos los alimentos—incluyendo los totalmente naturales—para averiguar el contenido de vitaminas y minerales así como el de azúcar, sal y grasa.

Simplemente cómico

P: ¿Qué se parece a la mitad de una patata?

R: La otra mitad.



Rápido y sano

Usted ha trabajado hasta tarde, su hija ha tenido una reunión de su club, todo el mundo tiene hambre y no les sobra el dinero. Con estas ideas su familia comerá bien las noches en las que no hay tiempo para cocinar.

Comida para llevar

Recojan menús de comida para llevar y colóquenlos en una carpeta. Incluyan sitios de pizza barata y de bocadillos así como restaurantes no muy caros que hagan comida para llevar. Subrayen los platos más sanos a fin de que su familia los vea mejor (busque palabras como *al horno*, *a la plancha* y *asado*). Reduzca las porciones—y ahorre dinero—pidiendo un plato principal para dos personas o tres platos principales para cuatro.

Hallazgos en el supermercado

Cuando vuelva a casa, pásese un momento por el supermercado y compre alimentos listos para servir. Podría comprar un pollo asado, una tarrina de sopa baja en grasa, una baguette integral o verduras frescas y fruta del bar de ensaladas. *Idea:* Compre menos de 10 ó 15 productos y pague rápidamente en la caja exprés.



Una despensa bien surtida

Con unos cuantos ingredientes básicos en la despensa y en la nevera podrá hacer una cena rápida hasta cuando “no hay nada en casa”. Por ejemplo, puede hacer huevos revueltos con queso rallado. También puede combinar latas de tomates troceados y de varios tipos de legumbres (frijoles rojos, blancos, garbanzos) y cocinar todo en el microondas para hacer chili sin carne. Otras cosas que puede guardar en la despensa: latas de atún o salmón, mayonesa baja en grasa, verduras congeladas, pasta integral y frascos de salsa marinara. ♥

Seguridad con la comida

¿Se puede comer la sopa que se dejó fuera durante la noche? ¿Cuánto tiempo dura la leche en la nevera? Comparta estas ideas con su hijo para comer sin riesgos:

- Evite dejar alimentos a temperatura ambiente durante más de dos horas, especialmente los que contienen lácteos, huevos o carne. Esto incluye platos que se sirven fríos (ensalada de atún, huevos duros) y calientes (sopas, estofados).
- Compruebe la fecha de caducidad. Consuman los alimentos en la fecha o antes de la fecha indicada como “consumir antes de”. Los alimentos señalados con “vender antes de” pueden durar desde cinco días después de esa fecha como la leche (si se refrigera en seguida) a varias semanas como los huevos. (Vean detalles en www.fsis.usda.gov/PDF/Food_Product_Dating.pdf.)
- Escriba la fecha en los restos de comida y cómanlos dentro de un plazo de cuatro días. *Idea:* Enseñe a su hijo que “En caso de duda, tíralo”. Si algo no tiene buen aspecto o huele mal, puede estar echado a perder diga lo que diga la fecha. ♥

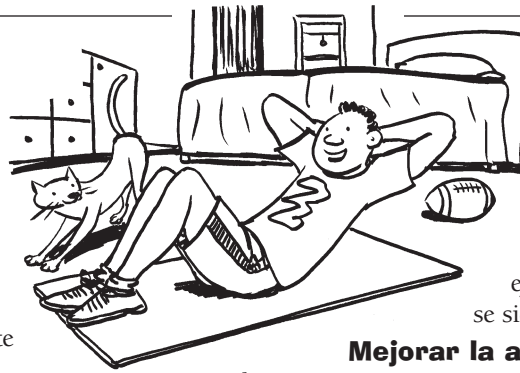


El ejercicio es importante

Hacer ejercicio con regularidad es bueno para el cuerpo de su hijo y para su mente. Comparta con él estos beneficios.

Mantenerse en forma. La actividad fortalece los músculos y mantiene sanos el corazón y los pulmones, lo que aumenta la resistencia. Esto es especialmente importante para los niños que practican algún deporte.

Conservar la salud. El ejercicio ayuda a los preadolescentes y a los adolescentes a hacer frente a los resfriados y a otras enfermedades menores. Una vida activa ayuda también a dormir bien.



Sentirse bien. La actividad física produce unas hormonas llamadas endorfinas. Cuando su hijo se enfrente al estrés cotidiano o pase por momentos difíciles, ser fiel a una rutina de ejercicios puede ayudarle a que se sienta mejor.

Mejorar la agilidad de pensamiento.

El ejercicio envía más sangre al cerebro y eso puede ayudar a su hijo a concentrarse y a rendir más en la escuela. Sugíerale que se dé un paseo rápido o que juegue con el monopatín media hora antes de ponerse a estudiar.

Estar con los amigos. El ejercicio es más divertido si se hace en grupo. El tochito después de la escuela o el hockey sobre patines los fines de semana son estupendos para mantener la actividad y disfrutar del tiempo con los amigos. Las marchas y el piragüismo con un amigo les da a los adolescentes tiempo para hablar de sus cosas o de sus planes futuros. ♥

RINCÓN DE ACTIVIDAD

Ejercicios para el corazón



Saquen el máximo partido al ejercicio físico prestando atención al latido del corazón. He aquí cómo:

1. Aprendan a tomarse el pulso para controlarlo cada cinco minutos mientras hacen aeróbic o entre largo y largo en la piscina. Coloquen tres dedos en la parte interior de la muñeca o en el cuello cerca de la tráquea. Opriman ligeramente, cuenten las pulsaciones durante 10 segundos y multipliquen ese número por 6 para averiguar las pulsaciones por minuto.

2. Calculen lo rápido que debería latirles el corazón cuando hagan ejercicio. Resten su edad de 220. A continuación multipliquen el resultado por 0.6 para averiguar el número mínimo de pulsaciones por minuto. Para averiguar el máximo, multipliquen por 0.8. Por ejemplo, las pulsaciones de una adolescente típica de 14 años deberían estar entre 124 y 165 cuando está haciendo ejercicio. $(220 - 14 = 206 \times 0.6 = 123.6; 206 \times 0.8 = 164.8)$. Si son menos, puede acelerar un poco el ritmo. Si son más, tal vez necesite descansar y relajarse un poco. ♥



DE PADRE A PADRE

Vegetarianos: la forma más sana

Cuando mi hijo Logan nos dijo hace poco que se iba a hacer vegetariano me pregunté si comería una dieta equilibrada. Decidimos hablar con su médico durante el siguiente chequeo.

El doctor nos explicó que era importante que Logan tomara suficiente hierro pues si no podría hacerse anémico. Eso haría que se sintiera cansado y sin aliento. También le dijo a mi hijo que tenía que consumir la proteína suficiente. Nos fuimos con una lista de alimentos ricos en hierro y en proteínas como lentejas, queso, legumbres y sustitutos de carne fortalecidos como las hamburguesas vegetales y el beicon "falso".

La nueva dieta de Logan ha recordado a toda nuestra familia la necesidad de comer de todos los grupos de alimentos. Estamos también probando comidas nuevas: nos encanta el tofu salteado y la pizza vegetariana. ♥



En La Cocina

Tentempiés para fiestas

Cuando su hija invite a sus amigas a casa, ayúdela a preparar estos nutritivos platillos que no hay que cocinar.

Puesto de sándwiches

Coloquen tortillas o pan de trigo integral, embutidos, mostaza picante, queso cheddar bajo en grasa rallado, tomates en dados, frijoles verdes y lechuga partida. Los huéspedes pueden preparar sus propios bocadillos usando sus rellenos favoritos.

Salsa de espinacas

Mezclen 1 paquete de 10 onzas de espinacas congeladas (picadas), 1 lata de 14 onzas de corazones de alcachofas



(escurridas y picadas), 8 onzas de crema de queso sin grasa, 8 onzas de yogurt desnatado, $\frac{1}{4}$ de taza de parmesano desnatado rallado. Cocinen en el microondas hasta templar la mezcla y servir con chips de tortilla horneadas y verduras crudas (coliflor, zanahorias).

Batidos de fruta

Mezclen en una batidora una docena de cubitos de hielo con 1 taza de fresas congeladas. Pongan la mezcla en un cuenco y apártenlo. A continuación mezclen 1 docena de cubitos de hielo con 1 banana. Hagan capas de la mezcla de fresa y de banana en tazas transparentes y sirvan con cuchara. ♥

NUESTRA FINALIDAD

Proporcionar a los padres ideas prácticas que promuevan la alimentación sana y la actividad física de sus hijos. Resources for Educators, una filial de Aspen Publishers, Inc. 128 N. Royal Avenue • Front Royal, VA 22630 540-636-4280 • rfeustomer@wolterskluwer.com www.rfeonline.com

La revisión de Teen Food & Fitness™ corre a cargo de un especialista en dietética. Consulte a su médico antes de introducir cambios importantes en la dieta o en el ejercicio físico.

ISSN 1935-889X

DISTRICT 57 EDUCATION FOUNDATION

HOLLYWOOD PARTY

Lights, Camera, Auction!

CELEBRATE A STAR IN YOUR LIFE!

Sponsor a Star on the "Walk of Fame" at the D57 Ed Foundation Dinner Dance

February 27th



Let everyone know what you think of that special someone at your school or in your family with a star on the Walk of Fame

Stars are 12" X 15" and will be featured in the foyer of the event

Donor's Name (Contact Person): _____

Address: _____ **City/State/Zip** _____

Phone: _____ **E-Mail** _____

Name or Group on Star _____

Name or Group on Star _____

Name or Group on Star _____

Name or Group on Star _____

Please attach this form to a check for \$25 per star made out to District 57 Education Foundation and take it to the office at school or mail to Doug Trezise, 6 N. Wille St., Mount Prospect, IL 60056

To pay on-line or for more information about sponsorship opportunities visit our website at www.57edfoundation.org and click on the "Sponsorship" button





DISTRICT 57 EDUCATION FOUNDATION

HOLLYWOOD PARTY

Lights, Camera, Auction!

**Show your support for District 57 Schools
by placing an advertisement or message in the
Education Foundation Event Program Book.**

Whether or not you can attend the Lights, Camera, Auction event on February 27, one of the most effective ways of showing and providing your support for the Foundation's efforts is to purchase space in the event Program Book. You can:

-  Advertise your business by demonstrating its support for the District 57 schools
-  Thank a teacher or person special to your child at school
-  Wish those attending the event a successful evening
-  Thank the Foundation for its efforts

You can either provide camera ready art at the appropriate size, or provide us your wording and we can create the ad for you. Additionally, in the theme of the event we are selling stars on the Walk of Fame. Purchase one for your family or your Student's favorite teachers. Walk of Fame Stars will be featured at the spring gala, and noted in the program book.

Please select from the following options:

- Full page (7.6" tall x 4.75" wide)\$100
- Half page (4.7" tall x 4.75" wide)\$60
- 1/3 page (2.5" tall x 4.75" wide) \$45
- Walk of Fame Stars..... ___ at \$25 each

Your Name _____ Phone _____
Address _____

Please send this completed form, advertisement information and check made out to the District 57 Education Foundation to: Doug Trezise, 6 N. Wille St., Mount Prospect, IL 60056. Advertisements and Walk of Fame Stars can also be purchased on-line at www.57EdFoundation.org. Email questions or advertisement materials to: Adbook2010@57EdFoundation.org or call Doug Trezise at (847) 392-5463.

DEADLINE: To ensure inclusion in the Program Book, all materials must be received by **February 12, 2010**

The District 57 Education Foundation was founded in 1998 by a group of dedicated parents and community members to enhance the education of District 57 students by generating and allocating funds to provide educational opportunities that might not otherwise be available.

SILENT AUCTION ITEMS NEEDED!

Do you or your business have goods or services that you can donate?

**The District 57 Education Foundation needs silent
auction items for its upcoming fundraiser dinner gala**

**If you or your business can contribute a basket of items or
services to help raise funds for our children's schools contact**

Lisa Miller at miller.family.mp@comcast.net

**or fill out the bottom half of this sheet and drop it off in the
office at school. Donations are needed by February 12th**

Donor's Name (Contact Person): _____

Donated By: (As it should appear in booklet) _____

Address: _____ **City/State/Zip** _____

Phone: _____ **E-Mail** _____

**I am pleased to donate the following (Please include detailed description, including
any restrictions, expirations, or comments):**

Donor's stated value: _____ **Donor will drop off** _____ **Committee to pick up** _____

Prospect Girls' SOFTBALL *YOUTH CLINIC*

HITTING & FIELDING SKILLS:

Sunday, February 21st

(focus: hitting technique slapping, bunting,
infield/outfield fundamentals and drills)

Where: Prospect High School, Fieldhouse

Time: 9:00am-11:00 am Ages: 3rd-8th gr.

** Our clinic(s) and the varsity players provide small group instruction, as well as the Prospect Coaching Staff.

If interested contact: Head Coach: Brenda Cognac-Martin via email please provide name, age and which clinic(s) and phone number to:

brenda.martin@d214.org or 847-718-5575

Cost: \$30 per clinic for 2 hours of individualized/small group instruction

***** payment and registration will be done at the clinic**