



Chelsea Intermediate School News – January 2009

Note from the Main Office

Dear Parents,

While the holiday season is full of hustle and bustle, it's also a time to pause for reflection. As we come to the close of another calendar year, we'd like to take a moment to express our gratitude to all those who help make Chelsea a great place for children to learn. We are so fortunate to have the strong support of parents, staff, volunteers, board members, community members, administrators, and students themselves. The successes our children experience are due to the efforts of many. We thank each of you for the roles you play in the overall education of our students. Collectively, you are the key to Chelsea's success!



As a school community, we have set our first service goal for 2009: to collect at least 2009 food items for those in the Frankfort Township area that are experiencing need. We are so proud to report that as of today, we have both met and exceeded that goal! Our food drive will end Thursday, January 15th. We are encouraged by all of the enthusiasm thus far and hope we can maintain it through the end of this endeavor, allowing us to meet and surpass last year's total of 2222 items collected. Service within our community is so important for children to experience and understand. Thank you for your help in accomplishing this important lesson!

It is our sincere hope that your family enjoys a restful Winter Break filled with family and friends. We look forward to continued collaboration and educational achievement in 2009.

Sincerely,
Mrs. Fuqua, Principal

Mrs. Christine Mullin, Assistant Principal

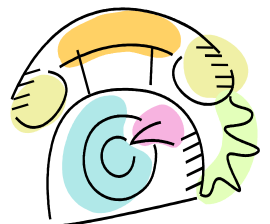
Reminders

Please remember that the building is not open for students until 8:45 A.M. Please do not drop your child off before this time, as we do not have supervisors on duty prior to 8:45 A.M.. Our primary concern is the safety of your child. Thank you for your cooperation in this matter.

We know that occasionally children forget their lunches and/or eating utensils. In these infrequent instances, our generous FSP has provided us snacks so that the children are able to have enough to eat to sustain them through the rest of the school day. We also have a limited supply of eating utensils. Unfortunately, we have some children that are frequently without a lunch and/or eating utensils. We do not have the resources to provide a daily meal or supplies for them. Please remember to pack a nutritious lunch with appropriate eating utensils for your child and remind them to bring it with them to school.

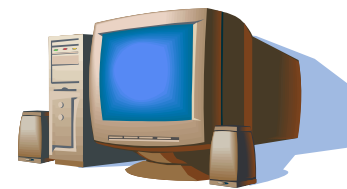


When communicating with the school regarding a change in your child's transportation method or an absence, please alert the office staff. Our phone is 815-469-2309 and our secretaries email addresses are: CCotta@fsd157c.org, DMoore@fsd157c.org, and SPuzon@fsd157c.org. When sending a note, please send it in with your child to give to the teacher.



Technology Time

With Mrs. Plestina-Pettit



Happy New Year, Chelsea students and parents! I hope your family has a wonderful winter break.

Your child and I have much to cover. Please ask your child what day and time she/he has tech with me. I need your child at school on their Technology Time day (unless he/she is ill) because I only work with each class once per week. I appreciate your help in this matter.

Any students who have not completed their candidate tables will work on them when they have free time. Eventually, everyone will finish at his/her own pace. Please tell your child not to worry.

Third graders have begun their personalized nametags in MS Word! Technology skills they will learn include font style, size, and color. They will work with page setup for landscape and margins. They will keep their nametags in their tech folders and use them each time to help me call them by name.

Fourth graders will finish their Animal Essay tech project using MS Word. Students will be covering their keyboards with the orange skins if they are hunting and pecking instead of using home row keystrokes or if they desire an extra challenge. During this project, they are learning about indenting by using the Tab key, word wrap, entering after finishing a paragraph, centering, grammar check, comments, and WordArt.

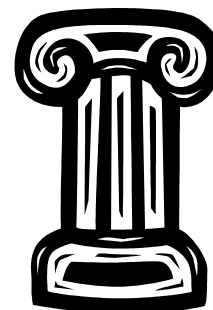
The fifth graders have started playing The Stock Market Game online. They are in groups of three or four students each. Each group will have its own user ID and password. They have started trading stocks in hopes of earning a profit. If you have any hot stock tips, please share them with your child. Listening to their excited voices, I feel like I am actually on the floor of the NYSE!

As they learn about the stock market, they will also learn about MS Excel. They will enter data from the game into the spreadsheet program. On the worksheets they will create comment boxes for definitions, tables with borders, and customized graphs.

I am planning a January *Click!* order. If you would be willing to help with stapling order forms, please e-mail, call, or write. Thanks! dpettit@fsd157c.org 815 469 2309 Ext. 4553

Character Counts

Caring is the Pillar of Character for the months of December and January. Students will be learning different ways to show others that they care. Caring lessons will be centered on the following discussion points: caring people are kind to others, caring people express gratitude, caring people forgive others, caring people help people in need and caring people are compassionate and show they care.



Food Drive Update: As of Monday 12/15/08 we have brought in a total of 2026 items! That means we have reached the building level goal for 2009 items! Now let's see if we can surpass last years total of 2,222 items donated!

Going to the library?

Here are a few books that discuss the importance for showing others we care; *Androcles and the Lion* an Aesop fable adapted by Janet Stevens (Holiday House, 1989). *Mufaro's Beautiful Daughters* by John Steptoe (Lothrop, Lee & Shepard, 1987). *Chicken Soup for Little Souls: The Best Night Out With Dad* adapted by Lisa McCourt (Health Communications, 1997).

Too cold to play in the snow? Try this fun activity!

Spreading Cheer

Have your child decorate posters or make cards for local community organizations such as a nursing home, hospital, or retirement community. Have your child choose a cheerful message to include on the poster or card and then send to the organization

Note from the Nurse

Coughs and Colds in Kids

The first snow flurries have fallen, the temperature has dropped, and we're stuck inside where the possibility of germs and colds are everywhere. Dr. William Frese, pediatrician at Advocate Hope Children's Hospital offers parents these tips for treating common cold symptoms. Generally, offer your child fluid frequently to prevent dehydration, allow your child to get adequate rest and sleep, and be sure to call your doctor if you have medicine questions, your child has a fever for more than 5 days, cough and congestion last more than 10 days, or if you have any other concerns.

To relieve a stuffy nose and congestion

Use a humidifier in your child's room, and clean the humidifier often. A warm bath also may help.

Use warm water or saline nose drops to thin mucus. Place 1-3 drops in nostrils & wait one minute. Older children then may find it easier to blow their nose. For infants & young children, use a suction bulb to suction each nostril.

Apply petroleum jelly around nostrils to protect them from irritation.

Liquid decongestant medicine is not recommended & can have side effects, see below.

To relieve a cough and sore throat

Cough drops, lozenges, or corn syrup may help soothe the throat. Do not give cough drops to children younger than 4 years because they could choke on them.

Drinking warm liquids such as chicken broth or hot chocolate may also be soothing.

Cough suppressant medicine should be avoided, as coughing helps clear the lungs, see below.

Fever

Use Acetaminophen or Ibuprofen for fevers, headaches, or muscle aches. These medicines are sold in both infant & child concentrations. Ibuprofen should not be used for infants less than 6 months of age.

Read the label carefully to determine the proper concentration & dose for your child.

Always use the measuring tool that came with the medicine, or a proper medicine syringe and/or medicine cup. Never use a common kitchen spoon to measure and give medicine.

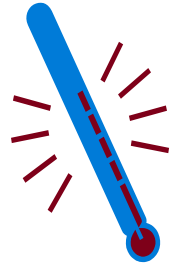
Cough, Decongestant, and cold medicines

The American Academy of Pediatrics strongly recommends that cough & cold medications not be given to children younger than 2 years because of the risk of life-threatening side effects.

Current studies question the safety & effectiveness of decongestants & cough suppressants in children, so check with your pediatrician before giving these medicines.

Also do not give children two medicines with the same active ingredients. You can easily and unintentionally double a child's dose.

Finally, never call medicine candy.



January Chelsea Dates to Remember

1/05	School Resumes
1/06	Choir Resumes for 4th & 5th grades
1/14	Bosco Sticks Sale
1/16	No School Teacher's Institute
1/19	No School Martin Luther King Holiday Board of Education Meeting @ 7 PM
1/20	Chorus Hot Lunch
1/23	Progress Reports
1/26-1/29	Book Fair
1/27	Athletic Hot Lunch
1/28	Book Fair Night at Chelsea



Physical Education

December was a fun month as the students worked on Dance and DDR. They spent a week working on different dances as well as using our Dance, Dance Revolution system.



The kids then got busy with our **BOWLING** unit as they have been practicing their approach and delivery as well as learning to keep score “the old-fashioned way” with paper and pencil! They were also able to enjoy 3 days of fun bowling as the North Cafe’ was totally decked out in flashing, blinking, colorful lights and decorations just like the “real thing” with great music and fun bowling in a Cosmic Bowl-type setting. They also were able to spend 3 days bowling on the **Nintendo Wii** systems which helped them with their aim and style as well as helping “make sense” of those bowling scores!

Helping with all of our activities this month and last, was our student teacher from Illinois State University. Meghan Perry, a graduate from Lincoln-Way East, did a great job with all the PE classes. She has most recently graduated from ISU and we wish her well in the future with her Physical Education career.



KEEP SAVING THOSE BOX TOPS AND NESTLE WATER LABELS!!

We have sent in our “first batch” of labels and box tops this year. Over 4,000 Nestle labels were mailed in and we are waiting to receive our free playground equipment from this donation. We also have submitted over 27,000 Box Tops for Education and are awaiting the check for more that \$2,700 which will be used for equipment purchases to enhance our PE classes and recesses.

We are still collecting old shoes for our recycling project this year. Any type of shoe may be brought to school and placed in the recycle bin. Shoes will be collected for the entire year and donated to the Will County Recycling Program. Shoes will be either given to needy families or recycled for playground and track fields. So shoes in any way, shape, or form will be accepted.



Art News



We have had a great first half of the school year. In January, **third grade** students will be making a color collage where they will learn about primary, secondary, warm and cool color schemes.

Fourth grade students will be starting one point perspective. They will put geometric shapes in perspective and use repeated pattern for an optical design.

Fifth grades’ first project of the new year will be tessellations. Students will make congruent free form shapes and use imagination for a repeating design in the style of M. C. Escher.

Please ask your kids about their supplies. We still have a lot of art to do and many supplies are running low. We still need: pencils, colored pencils, crayons, markers, and glue sticks. **Happy New Year!**

Music News

Fifth grade students will be working in groups using various classroom instruments and the recorder. Please make sure your child brings their recorder to school after winter vacation. They can keep it in their lockers. Songs will be learned using these instruments during the month.

Fourth grade students will be preparing themselves to learn to play the recorder. We will start the first week of February. All instruments and books will be distributed in the homeroom classrooms prior to music. Students who have a recorder and book from an older sibling are asked to bring them to school after winter vacation and leave them in their lockers.

Third grade students will be working with classroom instruments, musicals, and learning to recognize instruments of the orchestra and band.

Have a wonderful holiday season and a happy new year!

