



# Chelsea Intermediate School News – March 2010

## Note from the Main Office

Dear Parents,

March is filled with many activities at each of our grade levels. During the first week of the month all students in the building will be participating in ISAT testing. The testing begins on Tuesday, March 2nd and ends on Friday, March 5th. Makeup testing will be the next week. We have worked hard to prepare for these assessments, but as always, we try to reinforce that these are just tests and students should remember that their best effort is all we are looking for.

We do encourage you to send your child to school prepared for testing with a complete breakfast and a restful night's sleep. It is also helpful to consider ways you can give them a constructive outlet for their energy, as they will be asked to sit for two one hour testing sessions each day.

Sincerely, Mrs. Kristin Simpkins, Principal

Ms. Lisa Scolaro, Assistant Principal

## Reminders

We know that your child's birthday is an exciting time for them. We welcome the opportunity to acknowledge their special day at school. We do ask that you follow the guidelines below when planning for your child's birthday celebration at school.

Non-food items for birthday celebrations are strongly encouraged. If, however, you choose to bring in food items for your child's birthday please keep the following points in mind: all food must be commercially prepared (no homemade items), individually wrapped, include a complete list of all ingredients, and be peanut and tree nut free.

For detailed information regarding bringing food treats to school, please check our website [www.fsd157c.org](http://www.fsd157c.org) and click on "Virtual Backpack". Then click on "Food Procedure List".



## FYI

### Sports Physicals

Once again, "Sportlink" will be performing **Sports Physicals** at Hickory Creek Middle School. All **5<sup>th</sup>, 6<sup>th</sup>, 7<sup>th</sup> and 8<sup>th</sup> grade students**, who are enrolled in **Frankfort School District 157-C**, may participate in this clinic.

The physicals may also be used to meet 6<sup>th</sup> grade and 9<sup>th</sup> grade State of Illinois school physical requirements. Please be certain to tell the "Sportlink" doctor that you will be using the physical to meet grade requirements and bring a copy of your child's' immunization record with you.

**Sportlink** also offers EKG's, Echocardiograms and Cardiac Life Screening with the physical, for an additional cost. For more information and to sign up for the physical and/or cardiac screening, please log on to [www.sportlinkusa.com](http://www.sportlinkusa.com) and use the school code **HKCMS**.

Please call Arlene Pawlak, R.N. at Hickory Creek Middle School (815-469-4474), for further details or if you have any questions.

**DATE: Wednesday, May 17, 2010**

**TIME: 4:00 PM to 7:00 PM**

**PLACE: Hickory Creek Middle School gymnasium**



## Technology Time

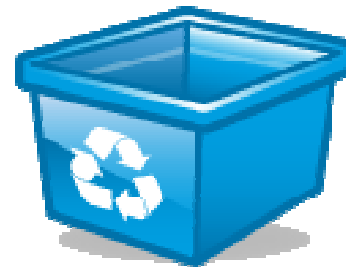
With Ms. Plestina

The **third graders** will begin their personal Power Point project. Students will learn about slides, text boxes, transitions, animations, and clip art. We will be having a blast while creating our slide shows!

**Fourth graders** have just learned about tabs and the task bar. Our next major project is State Research. Students will use multiple websites to gather information about one of the fifty states in the U.S.A. They will use tabs to keep track of their websites and switch among them. The facts they gather, they will write on their Research Organizer.

**Fifth graders** will have a break after completing their Excel project. They will learn about tabs and how to use them effectively. Students will have educational websites to visit. They will even have an opportunity to create a Sudoku game!

Be green and help earn money for Chelsea Intermediate School! We are collecting your **empty INK JET AND LASER PRINTER CARTRIDGES**. So bring them on down to the Technology Time Lab.



## Art News



After finishing tessellations, **fifth grade** is ready to move on to a new project which will focus on value and visual form. Students will practice putting value on shapes like cylinders and cones using several different mediums. Their final designs will be shapes that are layered to create depth and will be colored using value for visual form. Please consider a new 24 set of colored pencils for this design. Crayola pencils are a great choice with vivid colors at a reasonable price.

**Fourth grade** did a fantastic job on their perspective designs and are now working on a 12 step color wheel. Students will be using tempera paint to mix not only the secondary colors, but also a new group of colors called tertiaries. Every color wheel will be unique because each student will draw their own geometric, organic, or free form shape to be painted. Be sure your student wears older clothing on paint days. While tempera is water based and washable, the pigments may stain some fabrics.

**Third grade** artists are going buggy with drawing. Students will choose to draw moths, dragonflies, or beetles for this project. They will learn a printing process while finding that half a bug can make a perfectly symmetrical drawing. When adding color to this design, third graders will put their knowledge of warm and cool colors to use. Everyone will be buzzing when these colorful crawlers hit the walls of Chelsea.

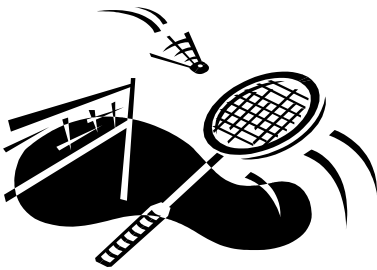


Look for information regarding Lincolnway Artworks. This event is coming up March 20th from 10:00 to 3:00. All are invited to enjoy the arts from our community. Students who have work chosen for the Lincolnway show will receive a letter in early March.

## Physical Education News

The month of February has been a fun and exciting time for Chelsea! This month has been filled with a variety of activities, but Jump Rope for Heart was definitely one of the biggest of all.

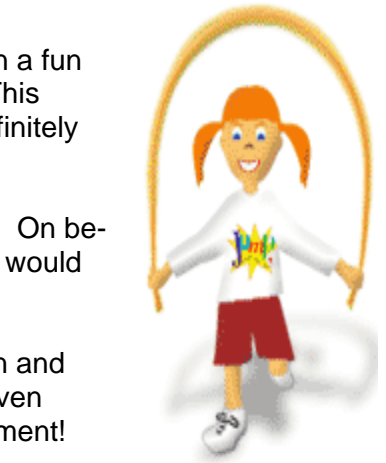
Thanks to your continued support we were able to collect an astounding \$27,371. On behalf of the entire Chelsea PE department and the American Heart Association we would like to say **THANK YOU!!!**



We also wanted to thank all the parents who came in and volunteered their time. One parent, Mrs. Paulsen, even counted all the donations for us! Now that's commitment!

Immediately following the Jump Rope for Heart event, students participated in badminton, paddle games, basketball and volleyball. Students are learning basic skills of each sport by playing various lead up activities.

We will be continuing with these skills into next month. In addition we will be doing our fitness testing and some other fun games the students will be sure to enjoy.



SWISS Speedstacking Championships are set for Saturday March 13<sup>th</sup>. Any parents interested in volunteering to help out with this event please email [dprorok@fsd157c.org](mailto:dprorok@fsd157c.org). You can sign up your student by going to [worldsportstackingassociation.org](http://worldsportstackingassociation.org) click on tournament finder then go to WSSA Frankfurt Speedstacking Championships and print off the registration forms. Fill that out and send it back to school with a \$10 check made payable to FSD157c.



**KEEP SAVING THOSE BOX TOPS!!!** For every 10 boxtops brought in students receive a boxtop buck that they can spend at our boxtop store that's open at the end of every month.

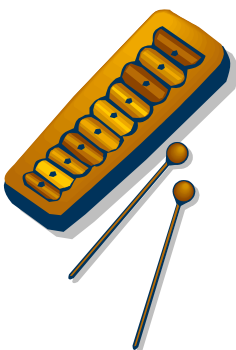
### Other News

This past week the students collected shoes for Haiti and we are pleased to say that with your help it was a huge success!!!



**Music News** All **third grade** classes are working on learning instruments of the band and orchestra. In addition, all classes will be working on performing an opera, playing several musical games, and performing chants and musical rounds.

All **fourth grade** classes continue to work with the recorder. Each week students will bring home an assignment page for that week. Parents, please ask your student about their recorder assignment. Thanks for your support!



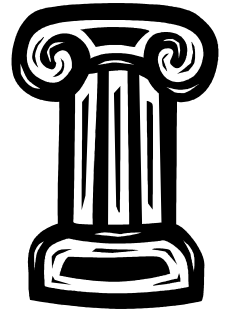
All **fifth grade** classes are playing familiar songs using the xylophone, glockenspiels, bell sets, and metallophones, during music class. Songs that are learned in class are sequential according to difficulty.

## Character Counts

### “Fairness”

The measure of a man's character is what he would do if he knew he never would be found out.

Baron Thomas Babington Macauley



During the month of March, students will engage in activities and discussions centered on the Character Count Pillar of “Fairness”.

A fair person is someone who:

*Plays by the rules*

*Take turns and shares*

*Is open-minded and listens to others*

*Does not take advantage of others*

*Does not blame others carelessly*

## PLASE

The next general meeting for PLASE will be held on Tuesday March 2, 2010 at 7:00 PM at the Pioneer Grove Education Center, 601 Willow Street. The topic is parenting in the millennium. For more information you may call (815) 806-4600. The website is [www.lwase843.org/plase.asp](http://www.lwase843.org/plase.asp).

### March Chelsea Dates to Remember

3/01	No School Pulaski Holiday
3/02-3/05	ISAT Testing National Nutrition Week
3/09	Bosco Snack
3/10	Fifth Grade Band Concert @ 6:30 PM
3/12	FSP Big Event—March Madness @ 5 PM @ Hickory Creek
3/14	Daylight Savings Time
3/15	Board of Education Meeting @ 7 PM
3/16	FSP Hot Lunch Choir Performance @ 6:30 PM
3/22-3/26	Terra Nova Testing



## Note from the Nurse From The National Association of School Nurses

### Sick Day Guidelines: Making the Right Call When Your Child Has a Cold

#### Should I keep my child home or send him or her to school?

Consider keeping your child home if he or she:

- Has a fever of 100 degrees or higher
- Has been vomiting
- Has symptoms that prevent him or her from participating in school, such as:
  - Excessive tiredness or lack of appetite
  - Productive coughing, sneezing
  - Headache, body aches, earache
  - Sore throat

*A minor sore throat is usually not a problem, but a severe sore throat could be strep throat even if there is no fever. Other symptoms of strep throat in children are headache and stomach upset. Contact your pediatrician as your child needs a special test to determine if it is strep throat.*



#### Keep your child home until his or her fever has been gone for 24 hours without medication.

Colds can be contagious for at least 48 hours. Returning to school too soon may slow the recovery process and expose others unnecessarily to illness.

#### Does my child have the flu?

The flu is serious! Call your pediatrician at the first sign of flu symptoms, which typically **come on suddenly**, including:

- High fever
- Chills
- Head ache, body aches, ear ache
- Nausea, vomiting
- Dry cough

If you're unsure about the best way to treat your child's cold or flu, ask your school nurse, doctor, pharmacist, or other healthcare provider.



#### How do I make my child feel better?

- Make sure your child gets plenty of rest and put limits on TV watching
- Encourage fluids; like water, soup, juice and ice
- Help your child relax by reading him a story and giving him plenty of TLC
- Consider using a cool humidifier

When used as directed, children's cough and cold medicines help relieve cough and cold symptoms while your child is getting better. Read and follow the directions carefully and give the exact recommended dose for the child's age. Do not use over the counter cough and cold medications for children under the age of four in the U.S.

#### ATTENTION FIFTH GRADE PARENTS

The state of Illinois requires all students entering sixth grade to have a physical examination completed by a physician. The physical must be turned in to the health office before the first day of school. If you have an appointment for your child in the near future, please call the office and we will send the form home. Once the physical is completed make a copy for your records and then send it in to school. It is not necessary to wait until summer to see the doctor. If you have any questions, please call the health office.