

# Madison messenger



Published jointly by Madison Junior High School  
and Madison Home & School Association

Visit our website at [www.ncusd203.org/madison](http://www.ncusd203.org/madison)

Jan/Feb 2003

## Home & School President Report

Dear Madison Parents, Staff and Students,

Hope this newsletter finds your families warm and healthy. Our school nurse, Mrs. Annette Meyer, has been very 'popular' these past few weeks! Hopefully things will start to slow down for her and we can be encouraged that spring is not too far away.

Speaking of spring, if you are planning a family vacation during Spring Break this year, please remember to cast your absentee ballot before you leave. This year the General Election is being held on Tuesday, April 1. We will not only be voting for the mayoral position and five City Council positions but three of the seven District 203 School Board positions will be decided on this day as well. As a registered voter you may vote absentee in one of two ways.

You may vote absentee in person at the Naperville Municipal Center from 8:30am – 4:30pm, Monday through Friday, beginning March 4th through March 28th.

One form of picture identification is required to obtain an absentee ballot.

You may also vote absentee by mail by contacting your County Election Commission after February 20th to request an application for an absentee ballot. The ballot will be sent to you by mail, and must be returned by mail. DuPage County residents can call 682-7440 and Will County residents can call (815) 740-4615 for ballots to be sent to you. If you have any questions regarding the registration or absentee voting process please call the City of

Naperville at 305-5300.

The General Home & School Association is planning a forum for the Board of Education candidates to introduce themselves to the community the evening of March 10th at City Hall. When the details are finalized, an outcall will be sent home.

The Naperville Kiwanis Club will hold it's 48th Pancake Day on Saturday, March 22nd at Naperville Central High School from 6am to 1pm. Tickets may be purchased in advance for \$4 at any Mid-America or Regency Savings Bank. Our very own Madison band will be providing the musical entertainment throughout this event.

Finally, in appreciation of over a century of dedication to education, a celebration is being planned for Dr. Don Weber, Russ Bryan, Ron Gibson, and Mary Ann Bobosky retirements. Set aside 3:30-6:00pm on Friday, May 30 for this celebration and say tuned for additional details.

As always, if you ever have a concern, question or idea, please feel free to contact myself or any of the H&S board members.

*Here's to an early spring!*  
Gretchen Zelinski, MJHS H&S President

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## Do you have a question?

### ASK ERIN!

Leave your questions at the front office.  
Then check the next issue of Madison Messenger  
to see if it was answered!

## Message From Our Principal

### NOTEWORTHY THOUGHTS . . . From Madison Junior High

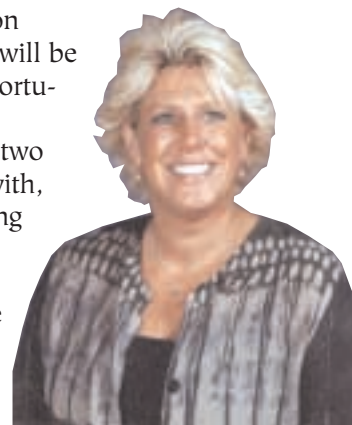
By Erin K. Anderson

Welcome to the New Year, 2003. This is a time of reflection and resolution. For many of us, this is a time to dream big and set goals for ourselves. As a school community, I thought it may be meaningful for us all to collaborate on some resolutions for the year that will continue to support our children in their successful explorations and discovery of who they are and who they want to be. Whether it be in body, soul or mind, chatting with your child about what they are satisfied with and what they want to improve upon can really open the lines of communication in a variety of ways.

Beginning with the end in mind, what if we all focused on "Feeding our Minds" in positive and productive ways? What would that mean and how would we model that in our homes and in our classrooms for one another? It is important to reflect on past successes and determine what areas can be explored for improvement. For example, how many parents have heard the age old answer to the question "How was school today?" "It was BORING". By changing that question just ever so slightly, the child may be propelled to reflect on the day differently. A question such as "What did you learn today?" or "What surprised you the most today?" invites the child to look at the activities of the day and the results of learning differently. Share with your child what you found "new" for the day or share something that surprised you in your work to model that learning truly is a life long activity. It can be exciting and engaging, as well as it is our own responsibility to reflect on what we can take out of each learning experience.

As a building this year, we have "adopted" the motto "Be an everyday hero". Our efforts have been to recognize the kind deeds that often go unnoticed and the fact that everyone can contribute to make our world a better place everyday. In order for that to happen, however, we must help encourage our children to get involved beyond the scope of traditional learning in the classroom setting. This is a great time of year to challenge your child to find a way to get involved at school, in church or other community organizations. Having a discussion about areas of interest or talent is a great way to establish what might be a starting point. Beyond sports and music, Madison hosts a wide scope of clubs and activities that meet both long term and short term before and after school. The park dis-

trict not only has many programs for students at this time, but soon spring and summer catalogs will be published with a host of opportunities for children to explore. Challenge your child to pick two activities to get in involved with, perhaps one can be something they already know and one will be a brand new learning experience. Maybe the entire family can enroll in an activity together and have an opportunity to learn a new skill or hobby.



Finally, all of this can only be successful with a healthy body. As you know, we value meaningful and purposeful physical activity. Through our physical education program students are exposed to not only the benefits of physical fitness, but they explore a thorough health curriculum as well. However, our students are still not able to consistently make

choices that will help them reach their fullest potential. Many students select to purchase foods of high sugar and fat content. It isn't unusual to see a child buy a lunch containing two orders of french fries, a pretzel, chocolate chip cookie and a slushie. You can imagine how this impacts their intellectual capacity for the rest of the day as well as you may observe this in a "crash" when they get home. I encourage you to discuss food choices with your child. Establish guidelines and even revisit the food pyramid as a tool to assist your child in making good choices. The food they eat feeds not only their body, but their minds as well. It is our responsibility to help them make good choices.

In our busy lives of car pools, meetings, and other family commitments it is often easy to miss having some meaningful conversation with your children about what they are doing and how they are feeling about it. Junior high school and adolescence in general are the years when children behave as if they don't want to be asked and don't need our help, but it is the time they need it the most. Establishing open lines of communication for kids about learning, making good choices regarding getting involved, and making healthy choices at this age will only foster a strong foundation in the years to come. Kids know we care, but often have to see it and hear it through what we say and do. At this time of setting new goals and resolutions for the future, I encourage all families to revisit the opportunities that they have to listen to their kids. Our kids need us more than ever, and if we show them we care about their bodies, souls and minds, they may be empowered to make good choices in the future as well.

## Music Department — Solo & Ensemble Festival Saturday, March 8 at LJHS

### “EXPLORING THE EXPLORATORIES”

*Contributed by Theresa Elmer*

Members of the Symphonic Band and Orchestra will take part in the District 203 Junior High Solo and Ensemble Festival held at Lincoln Junior High School on Saturday, March 8, 2003. This contest culminates 8 weeks or more of preparation by the students for a performance in front of a professional adjudicator. They will be evaluated on seven different aspects of their musical performance relative to the composition they have selected. The criteria is as follows: intonation; tone quality; dynamics; interpretation and style; fluency of technique; rhythmic accuracy; stage presentation and appearance. This contest will assist the students in developing self-confidence, musical discipline, independent style, and in the case of ensembles, working together.



As parents, please support your child's contest experience by encouraging home practice and by listening to their musical achievements improve. In many cases, your child will need to get together with other students to practice his/her ensemble. Please ensure that your child practices with the ensemble outside of school at least twice. In the case of a solo, your child will need three rehearsals with the accompanist prior to the contest.

You are also invited to come and be an audience the day of the performance. The students are only required to attend to warm-up (approximately 20 minutes before their scheduled time) and play for their performance. After the performance, students are allowed to leave the performance site. Times will be published and on display in the band room at least two weeks prior to the event.

If you have any questions regarding the Solo and Ensemble Contest, please contact your director.

### Happy New Year! !!

**It's time to update your 2003 Calendars with some important dates!**

**Following is a list of upcoming events for students involved in the Madison Music Department**

Date	Event	Ensemble(s) involved
Jan 28, 2003 (1:00 p.m.)	HS Choral Workshop @NCHS	Only 8th Chorus Members
Feb 6, 2003	HS Orchestra Concert @NNHS	Only 8th Orchestra Members
Feb 13, 2003 (7:00 p.m.)	Southside Festival @ NCHS	8th Symphonic Band
Mar 8, 2003 (morning, TBA)	Solo and Ensemble Festival	All Band and Orchestra
Mar 27, 2003	Madison Elementary Tour	Blue Grass Strings, Symphonic Jazz Band & 8th Chorus
Apr 16, 2003	Spring Concert I	7th/8th Chorus, 7th Grade Band, and Lab Band
Apr 23, 2003	Spring Concert II	6th Band, 6th Chorus, 6th Jazz Band and All Orchestra
Apr 30, 2003	Madison Elementary Festival	8th Symphonic Band
May 15, 2003	Southside Orchestra Festival	All Orchestra Members
May 22, 2003	Orchestra Concert	7th & 8th Grade Orchestra
May 27, 2003 (TBA)	Memorial Day Parade	ALL Band & Warhawk Wings
TBA (during the school day)	MJHS Awards Assembly	7th Grade Band

All concerts begin at 7:30 p.m. unless otherwise noted.

Students receive informational handouts regarding their responsibilities (dress, call times, etc.) at least two weeks prior to the concert.

## To Your Good Health

### ORTHOSPORT — MADISON PARTNERSHIP

During the first week back from winter break, Madison's physical education department coordinated a new four day program with our business partner, Orthosport. During their all day visits, Orthosport instructors shared their concepts of body core strength and development. Students were given instruction on how to work on balance, coordination and core strength by going through a set of activities.

During each class, students could challenge themselves at their own individual levels. It was exciting to see students interested in improving on a task after each attempt.

These activities were designed to strengthen and challenge a student's fitness. In this introduction to a new concept, Orthosport remains available for interested students to contact them to work on wellness or conditioning outside of the school day. If you are interested in further information on this program, please call Orthosport at 1-708-366-2442. They have a location in the Market Meadows area.

### WELLNESS DAY AT MADISON

Madison students and staff will have the opportunity to participate in a daylong wellness fair. Students will attend during their physical education classes. The fair will be held on Thursday, February 20th for all students. As students come to physical education classes, they will be able to visit many tables of information from various sponsors. The fair participants will be able to answer questions on a variety of health issues. Students will also have the opportunity to get their cholesterol tested and their blood pressure checked. There is a fee for the cholesterol screening, and the testing is optional.

In the evening for Open House, several of the fair participants will return to be available for parents. The Physical Education Department looks forward to hosting our Wellness Day and meeting with parents for the evening program.

## Hospitality Thank You

Thank you to all parents who baked or bought holiday cookies for the Music Department Winter Musicale on December 10, 2002. They were appreciated by all concert performers and attendees!!

*Home and School Hospitality Committee*

## From the Health Office

This year, based on the recommendations of our Medical Advisory Committee and the Illinois Department of Public Health, the District will not be conducting a mass screening for spinal deviations (scoliosis or kyphosis).

Scoliosis is an abnormal side-to-side curvature of the spine that becomes noticeable during the rapid growth period of adolescence (between the ages of 9–14). It is not poor posture. Usually the cause is not known, although it is more likely to occur if it is present in a family member.

Some signs of scoliosis that parents can detect are an uneven pant-leg or skirt-hem. Other signs include one shoulder blade sticking out more than the other, one shoulder appearing higher than the other and/or one arm resting farther from the side of the body than the other arm.

If a parent notices any of these signs, they should discuss the concern with their family physician. Children should also be checked for abnormal spinal curves at all physical exams.

If you have any questions about spinal deviation please contact your school nurse or family doctor.

*Annette Meyer, Health Tech*

## Information Potpourri

**MEDICATIONS** in school. The school CAN NOT give medicine, prescription or over the counter, unless we have a signed permission form from your child's doctor. Medicine should be brought to school in the original prescription bottle (pharmacies will give an extra one when asked), or in the container in which it was purchased. It should be clearly marked with the student's name and dosage to be given. All medicine MUST be given at the Health Office, as it is not safe for your child or for other children to have medicine sent in lunch boxes or pockets.

**OUTDOOR RECESS** - is held unless the temperature or the wind chill is 0 or below.

**STUDENT ABSENCES** - Student absences MUST BE reported on the Attendance Line(420-6950) before 8 a.m. or 420-6400 after 8 a.m. each day that a student will not attend school. Anticipated absences, such as those associated with holiday travel, should be called in to the Office (420-6400) with the date(s) the student will be gone. Otherwise, the Office will be trying to contact you at home, work, or through emergency numbers to make sure your child is safe. Be sure to keep all numbers current.

### Home & School Positions Available

It is the time of year when the Madison Home & School begins to fill board positions for next year. I would like to encourage the parents of 6th and 7th graders to consider joining a committee. The positions and responsibilities vary from a one-time commitment to a year-long role. The board itself meets once a month on Tuesday mornings. Please take a few moments to review the list of Home & School positions to see where your interests may lie. Not all positions will be available, due to current members returning to their committees. Please call Kathy Flynn at 305-8515 if you are interested in joining the Madison Home & School or if you'd like to discuss any of the positions. We look forward to hearing from you!

Fine Arts	LRC Coordinator
Fundraising	Newsletter
Great Books	Nominations
Greeter	Parent Awareness
Health/Safety/Sunshine	School Supplies
Historian	Social
Hospitality	Staff Appreciation

### River Woods Girl Scouts to Host Blood Drive

The girl scout troops at River Woods Elementary school are hosting a Blood Drive on Wednesday, March 19th from 3:30 to 7:30 in the River Woods Multipurpose Room.

Please consider donating blood on this day.

While walk-ins are welcomed, however appointments are preferred.

Please call: 847-803-7943 to make an appointment.

Eligible donors must be at least 17 years old, weigh at least 110 lbs and have not donated in 56 days.

Also remember to bring a photo ID, showing date of birth, and be sure to eat a good meal and drink plenty of fluids before donating.

We look forward to seeing you!

One donation can save up to 3 lives!

### MADISON JUNIOR HIGH HOME & SCHOOL NOMINATIONS

It is the time of year when the Madison Home & School begins to fill the board positions for next year. I want to thank you all in advance for taking a few moments to fill out the form below. This will hopefully expedite the nomination process for the next school year 2003-2004. If you have any questions, please do not hesitate to call Kathy Flynn at 305-8515. Please respond via e-mail by Friday, January 24th.

NAME: \_\_\_\_\_

CURRENT POSITION/ COMMITTEE: \_\_\_\_\_

☐ I would like to be considered for the same Home & School position next year.

☐ I would like to be considered for the following Home & School positions next year:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

☐ I am unable to serve on the Home & School Board next year.

I would like to recommend \_\_\_\_\_ for \_\_\_\_\_.

THANKS FOR THE TIME YOU SPEND VOLUNTEERING!

## A Weighty Matter

In 1999, over 3,000 children between 5–14 years of age visited hospital ER's to treat back injuries linked to carrying overloaded backpacks. The case of bulging backpacks has recently been in the national news spotlight.

Several states have taken action on the legislative level to limit the poundage children carry each day. Physicians and chiropractors recommend a child carry no more than 10 to 15% of their body weight. That means average 5th graders (70 lbs) should be hauling no more than 12 lbs. in their backpacks.

Do an impromptu weigh-in from time to time to see if your child stays within these guidelines. We have sited 74 lb children with 30 lb backpacks. Is your child one of them?

### Complications from the use of too-heavy backpacks

- Head-forward posture and slouched shoulder – this can alter fluid content of the discs in the spine, which can lead to long-term complications such as pinched nerves, and early degenerative arthritis of the neck and/or back, an extremely painful condition
- Back pain and/or muscle soreness
- Neck pain
- Headaches
- Pain in jaws
- Strained ligaments
- If a backpack is carried on one shoulder, the body leans to one side, misaligning the spine. This can cause shoulder and neck strain, and lower and upper back pain

District 203 has a 'backpack weight' committee headed by Cyndi Hartzell ([Chartzell@hartzellinc.com](mailto:Chartzell@hartzellinc.com)) and Julie Duin ([jduin@ieee.org](mailto:jduin@ieee.org)). The committee's goal is to develop short and long term solutions to our children's ever-increasing load. The committee members seek feedback from parents who feel this is a concern for their children.

We believe with your support we can bring about change and make a difference. Please forward your feedback to either Cyndi or Julie and look for future updates through your Home & School.

### MADISON 25th ANNIVERSARY CELEBRATION

Madison Jr. High is celebrating its 25th Anniversary this year. We are planning a celebration in the spring, and we need your help. We are looking for any photos or memories that you would like to share for this celebration. We also are forming committees to plan the event. If you are interested in helping, please call Melanie Pace at 548-5822.

## LRC Book Fair

Madison's book fair was a success again this year. Many students were able to look at and purchase new books, as well as old favorites. We are extremely proud that 165 books were purchased for the Book Angel Project. This, again, shows the generosity of the students and parents at Madison.

The book fair could not have been a success without the coordination of parent volunteers by Kathy Placek and the following parent volunteers who donated their time to this endeavor.

Judy Abderhalden  
Scott Abderhalden  
Mary Ashley  
Carol Bara  
Martha Burke  
Stephanie DiBernardo  
Mary Fender  
Christine Hall  
Aida Jacoby  
Ken Jacoby  
Rebekah Jaensch  
Dee Loughmiller  
Colleen McQuillan

Terri Newman  
Sue Novak  
Tammy O'Connell  
Cindy Parker  
Martha Schwingel  
Sue Skells  
Mary Spatz  
Tracie Troester  
Robin Walker  
Debbie Wayne  
Ana Wright  
Vicki Ziethen

## EMERGENCY WEATHER CLOSINGS

When weather conditions are severe, it may be necessary to restrict bus service or close school. Families should refer to the following stations for information:

AM Stations: WGN 720  
WBBM 780

FM Station: WKKD 95.9

If such a situation occurs, parents may also receive information by calling 420-6950.

Note the following correction in your directory:

KRISCH	Lauren	8th
KRISCH	Meghan	6th
Joe & Terese Krisch		
2111 Cranberry Ct.		983-5989

# Middle Years

Working together for school success

## Short Stops



### ► TV-tamer tip

Want to find TV programs for your family that promote positive values? Try taking a minute each week to select shows ahead of time. Wait to turn on a TV until just before the pre-selected show begins. Then, turn it off when the show is over.

### ► Did you know?

Physical activity does more than strengthen the body. Studies have shown that regular exercise also promotes social well-being and mental health. Your child doesn't have to play sports to benefit from exercise. Walking the dog, playing catch, or riding a bike can encourage lifelong fitness.

### ► Moving day

Moving can be especially hard on children because they thrive on routine. If you decide to move, talk to your middle grader as soon as possible. The more information she has in advance, the easier the transition can be for her and your whole family.

### ► Worth quoting

"Success is just a matter of attitude."  
Darcy E. Gibbons

### ► Just for fun

Q What has 40 feet and sings?  
A The school choir!



## Project SOS

**Don't forget, your projects are due Friday. Oh, no!**

School projects are sometimes thrown together at the last minute. That's often because middle graders neglect to work on them – or don't know where or how to begin. But with some planning, your child can complete projects on time.

Share these steps with your middle grader to jumpstart his next project.

### On your mark . . .

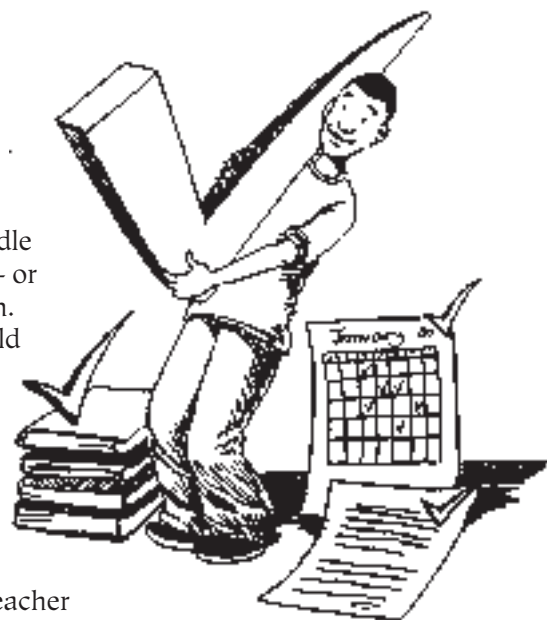
Make sure your child understands the project's topic. If the teacher assigns it, your middle grader should double-check the assignment after class. If he's choosing it, have him brainstorm subjects that interest him. He's apt to work harder if he's excited about the topic.

### Get Set . . .

Once the topic is approved, your middle grader can gather books and supplies. Encourage her to think about how she will use her time. Examples: how long the presentation or paper will be, how difficult it may be to research, how much time she will need to finish it.

### Go!

As your child works on his project, suggest he explain it to family or friends as practice. For a group project, your middle grader and his partners can check each other's work to ensure the assignment is complete.

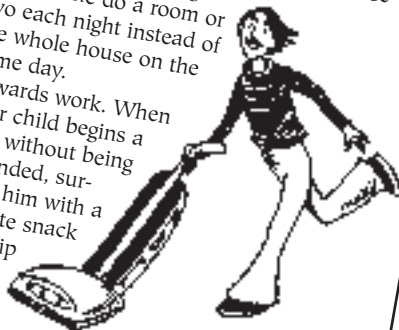


*Hint:* Your child should set a due date that's at least several days before the actual deadline. That way, she'll have time to improve the project before handing it in.

## Procrastination pitfalls

Does your middle grader drag her feet when it comes to tasks like chores or homework? Try these suggestions to help her avoid procrastination pitfalls:

- Begin immediately. Have your child do chores or start homework within an hour of getting home. She's less likely to become distracted before she begins.
- Goals are good. For example, if the house needs vacuuming, suggest that he do a room or two each night instead of the whole house on the same day.
- Rewards work. When your child begins a task without being reminded, surprise him with a favorite snack or a trip to the mall.



## Avoiding alcohol abuse

Protecting your children from experiencing with alcohol is a tough challenge. While there's no guaranteed method to stop your kids from drinking, there are steps you can take to limit their chances of starting.

### The talk

Did you know that a middle grader may see more than 2,000 beer and wine commercials each year on TV? That means others are telling your children about alcohol. What's important is what you say about drinking. Sharing your values and setting



a good example are strong influences.

### The signs

Research has found that one in four 8th-graders have used alcohol in the past 30 days. Some signs that your children might be drinking include skipping school, sudden changes in personality or friends or sleeping constantly.

### The solutions

Do you know where your kids are? Staying informed about their whereabouts can limit the opportunities they have to experiment with alcohol. And the more secure and loved children feel, the less likely they are to drink.

## Well-rounded research

The library or the Internet – which should your child use for school research? Both are good places to look for information. But some Web sites are more interested in selling products than in passing along credible information.

When researching on the Internet, have your middle grader:

- ▲ Find out who produces or sponsors the site. Is it a company, an organization or individual?
- ▲ Note if the site is current. Look for a “last updated” date or a “what’s new” section.
- ▲ Read about the author. Is he or she qualified to provide information on the topic? Look for an “about us” page.

*Tip:* A good rule of thumb is that at least 50 percent of your child’s research should come from printed material (newspapers, magazines, books).

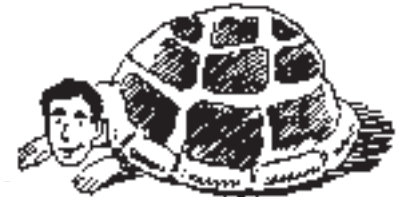


## Parent to Parent overcoming shyness

My son has always been somewhat shy. It wasn’t until recently that I realized his shyness was affecting his grades. He was reluctant to answer questions or give presentations in class, and his report card showed the results.

The same week I received his report card, I asked if he was going to the school dance. He said, “What if I say something stupid or dance the wrong way?” I knew I couldn’t make him go, but I encouraged him to give it a try. Although he wasn’t thrilled, he went – and had a good time. “It wasn’t as bad as I thought it would be,” he said.

I used the opportunity to talk about speaking up in class. “Just like the dance, it may not be as awful as you think.” He gave me one of those “looks” parents get from their kids. But his teachers tell me he’s been making a better effort.



## Q & A How to Handle Money

**Q** *How can I teach my daughter about managing money?*

**A** It’s certainly a good idea to discuss money management with your daughter before she’s responsible for her own finances.

One way to teach middle graders about personal finances is to involve them in family money matters. Here’s how:

- Include your daughter when you’re budgeting for a summer vacation

or your family’s monthly expenses.

- Let her research the best value for the money when buying everything from weekly groceries to a new computer.
- Show your daughter how to balance a checkbook and let her try balancing yours one month.

Keep in mind that if you approach money and finances with a positive attitude, your daughter is likely to follow in your footsteps.

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# Parent Involvement News

A column for parents sponsored by the Madison Parent Involvement Team



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The mission of the Parent Involvement Team is to recognize and strengthen the partnership among parents, District 203 staff and the community. This partnership will enhance student learning and development. We build family and community support for student success.

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The Parent Involvement Team has been busily planning several projects over the past months.

In December, the Honors Breakfasts became Ice Cream Socials and were held Dec. 10th, 11th and 12th during the last period of the day. The students were able to take a few minutes to enjoy a hand-scooped cone while being recognized for their effort and accomplishment. Thank you parents for donating your time, ice cream scoops and elbow grease each of those afternoons!

The committee in charge of the Handbook for Success has sponsored a contest for a new design to grace the cover of our Handbook for Success. Information went out to the students on January 23rd with a deadline for submissions on February 6th. All of the designs created for the contest will be displayed throughout the school at the Open House on February 20th. The finalist will be selected by the committee, and the best cover will decorate the handbook in time to be distributed to all new students and the next class of 6th graders!

The next spirit wear sale will be running after Spring Break with delivery scheduled before the end of the school year. PE uniform shirts will be offered for sale again for your convenience. (A limited number of extra PE shirts are currently in stock and available for purchase through your PE teachers!) Lisa Lucchini (961-2305) welcomes your suggestions for new items or designs.

## **DAD'S CELEBRATION BREAKFAST!!!!**

**One of our most successful programs**, the annual Dad's Celebration is just around the corner! All fathers/father figures have been invited to attend this popular morning of events on February 15th from 8:30 to 10:30 a.m. The morning's activities include a guest speaker, music provided by our fine local musicians, a chance to visit the fitness center and climbing wall, gym activities, a visit to the technology lab, an estimation bonanza and a test of your trivia knowledge! Throughout the morning, you will make the rounds at each activity and enjoy a delicious continental-style breakfast. Your children have already received a flier containing all the details, and of course, their admission ticket. We can't wait to see you all there!

As a reminder, all parents are invited to attend the Parent Involvement meetings. We offer a forum for parents to network with others and voice their opinions without pressure to volunteer for an activity. Our meetings are scheduled as follows:

No meeting for February  
Thursday, April 24th

Thursday, March 27th  
Thursday, May 29th

All meetings are held in the LRC at 7:00 p.m. Come and join us.

For more information contact Jamie Shahidehpour, 778-7094.