

# October Newsletter



## Notes From The Principal

Dear Memorial Families,

Welcome to FALL, even though it still feels like summer around Chicagoland! We had a great first month of school, as students settled into their classroom routines and familiarized themselves with new teachers and peers. Throughout the month of September, the Memorial Staff has been really focused on building their classroom communities. We know that building a positive, respectful, trusting classroom community is essential to create that strong foundation necessary for academic and social successes throughout the year.

In order to build our community at the building level, the Memorial Staff and I have implemented a few new ways to celebrate student success. The students have enjoyed earning our new "Eagle Pride" tickets, which are given to students demonstrating outstanding character inside and outside the classroom. Last week, they really had a great time redeeming their tickets to purchase items at our first ever Eagle Pride School Store. Who knew a stretchy pencil would be such a fun motivator! Students have also enjoyed participating in our daily announcements, "Dance Party Fridays," whole school celebrations, and spirit days. We want to continue encouraging all of our students to show their school spirit each and every Friday by wearing a Memorial Eagle shirt or wearing something with our school colors (red, white, and blue). All of these activities help promote and strengthen our school community, all the while demonstrating that school is FUN and hard work pays off!

September hasn't been completely all "fun and games." Of course, there has already been a lot of learning taking place. Students have been actively engaged in all subjects and are already being exposed to a great deal of new content. Every student, grades K-5, participated in the Measures of Academic Progress (MAP) Benchmark Assessment the past couple weeks. Students worked very hard to show us what they know, which will be examined closely by our staff to help guide future instruction. Individual student MAP results will be sent home with students next Friday, October 19th. Please look for those reports and contact your child's classroom teacher with any questions.

The PTA is busy planning events for this coming October. Our first Scholastic Book Fair of the year will take place the week of October 23rd and will be "open for business" during our Memorial Masquerade Event which takes place Friday, October 27th from 5:30-7pm. This year's theme is "Harry Potter." Be ready for a great evening of fun, family, and friends. Also, if you'd like to volunteer to help at the event, please contact a member of the Memorial PTA. They can always use volunteers.

Finally, we know October brings the start of our Memorial Clubs! Our teachers and staff continue their commitment of bringing many exciting opportunities to our students. From intramural sports, to choir, chess, and coding club, there is something for EVERYONE! Check out our online catalog posted on our webpage. We did put in place a new online registration process this year. Therefore, if you are having problems signing up and accessing our online system, please contact the school office or the club sponsor. Please know, the number of students in each club is limited, but we will do our very best to get students into at least one club of their choice.

I wish you a wonderful fall season. As always, please do not ever hesitate to contact our staff, school office, or me with any questions, comments, or concerns. We are here for you and want to make this year the best yet!

Warm Regards,  
Kelly Voliva

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### Dates To Remember:

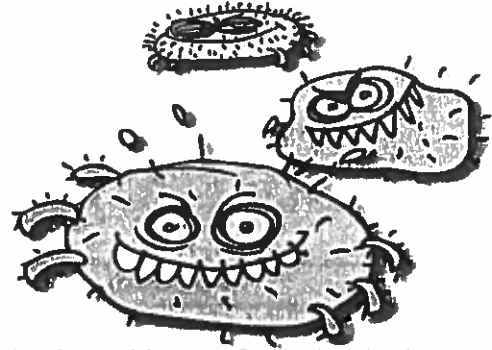
- 10/2 PTA Meeting 5:00-6:00pm
- 10/9 Holiday NO SCHOOL
- 10/12 PTA Blaze Pizza Fundraiser
- 10/20 SIP Day NO School
- 10/23-10/27 Book Fair
- 10/25 Cherrydale Fundraiser Pick-Up 3:00-5:00pm
- 10/27 Masquerade Dance (Harry Potter theme) 5:30-7:00pm
- 10/31 Class Halloween Parties for students

# Stay Healthy This Cold and Flu Season!

It's not always easy to determine if you have a cold or the flu, but knowing the difference can help you decide which treatment may work best to help end your symptoms. Since symptoms can overlap, it is often difficult to know for sure unless your doctor runs a flu test, which is a swab from the back of your nose or throat as soon as you start to get sick.

The **common cold** is generally milder than the flu and does not cause serious health problems or hospitalizations according to the CDC. Symptoms include:

- runny or stuffy nose
- sore throat
- sneezing
- cough
- headache or body aches
- mild tiredness
- slight fever (more common in children)



While there is no vaccine to prevent a cold, the best prevention is avoidance of people who have a cold and good hygiene, including frequent hand washing.

**Influenza or “the flu”** is a respiratory illness. However, unlike a cold, the flu can develop into a more serious condition such as pneumonia. Flu season generally runs from fall to spring, peaking in the winter months. Symptoms may be similar to that of a cold, but usually more severe:

- cough
- fever or chills (not everyone will run a fever)
- sore throat
- muscle or body aches; headache
- stuffy or runny nose
- profound fatigue (may last 2-3 weeks)

## Treatment

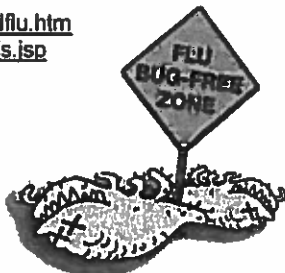
Fluids and rest are the best ways to treat a cold or the flu. Contact your doctor if you have trouble breathing, a high fever, a severe sore throat, or a cough that produces green mucous.

## Prevention

According to the CDC, “the single best way to protect against the flu is to get vaccinated each year”. Frequent hand washing, covering your mouth and nose, and healthy diet and exercise habits are also helpful in prevention and stopping the spread of germs.

## Sources:

<http://www.cdc.gov/flu/about/qa/coldflu.htm>  
<http://www.flufacts.com/know/what-is.isp>



*This message brought to you by :*





## In the Art Room...Mrs. Friel

Over 900 Kindness Rocks were painted by students in 1<sup>st</sup> through 5<sup>th</sup> grade in Art Class over the past few weeks. Students were encouraged to paint positive images and statements to brighten someone's day. Students have been asked to hide their rocks throughout the Village of Tinley Park for others to find and experience a moment of happiness. One kind word may change a person's entire day! The Kindness Rocks Program is an initiative in towns across the country that want to participate in spreading kindness. We are excited to be included on the map as Tinley Park students are spreading random acts of kindness, one rock at a time!



# MEMORIAL HALLOWEEN EVENTS!

## **Memorial Halloween Events Tuesday, October 31<sup>st</sup> from 1:30-3:15pm**

Memorial School will host our annual student parade and classroom Halloween Parties on Tuesday, October 31<sup>st</sup>. Students grades 1-5 will bring costumes to school and be given time to change after lunch. Kindergarten and Early Learning students may wear costumes to school. Please no overly scary or violent costumes, as we have little ones. Also, fake weapons of any type must be left at home.

Classroom teachers will be seeking volunteers to help plan and facilitate our classroom parties. Please look for an email / letter from your child's teacher or feel free to contact us if you'd like to help. All parent volunteers must have an updated background check completed and on file prior to the party.

### **Costume Change**

**1:00-1:20**

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### **Student Parade**

**1:20-2:00pm**

**Event will take place on the sidewalk in the front of the school.**

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### **Classroom Parties**

**2:00-3:15pm**

**Spooky games, crafts, snacks and fun!**

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Students may bring candy and other items to distribute to classmates. Please only peanut-free, store-bought items.

Thank You!

# Memorial PTA NEWS



## SAVE the DATE

Monday, October 2nd  
PTA Meeting  
5:00pm – 6:00pm

Thursday, October 12th  
Blaze Pizza Fundraiser  
11:00am – 10:00pm

October 23rd – 27th  
Book Fair  
School Hours

Friday, October 27th  
Harry Potter Dance  
5:30pm – 7:00pm

Thursday, November 2nd  
PTA Meeting  
5:00pm – 6:00pm

Friday, November 17th  
Movie Night  
5:45pm – 8:00pm

Monday, December 4th  
PTA Meeting  
5:00pm – 6:00pm

December 11th – 15th  
Santa Shop  
School Hours

## Cause a Scene – Blaze Pizza



Cause a scene on Thursday, October 12<sup>th</sup> at Blaze Pizza in Tinley Park. From 11am to 10pm, Blaze Pizza will donate 20% of the proceeds from your meal back to Memorial School PTA. Be sure to check our Facebook page for the flyer...you can print it out or just show them a picture of the flyer!

## Book Fair This Month

During the week of October 23<sup>rd</sup>, Memorial School will host it's first Book Fair of the year. We hope all of our students and teachers will participate.

If you would like to volunteer to help with the Book Fair, contact the PTA for dates and times.

# BOOK FAIR

## Harry Potter Dance



### Harry Wants You!

Save the date for this spooky fun night at Memorial School. On Friday, October 27<sup>th</sup> the Memorial PTA will host a magical event for the whole school.

More information will be sent home with your student!

## Thank You



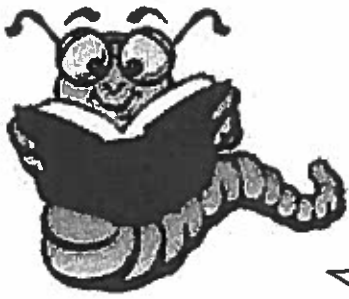
www.cherrydale.com  
As an organization that has and needs to be friendly, we are not responsible for any damage or loss that may occur and we accept no liability.

Thank you all who participated in the Fall Cherrydale fundraiser. These fun fundraisers help the Memorial PTA pay for things like all-school parties, birthday book club, and Exploremore Days.



Thank you all who participated in the Grandparent's Day. We had a record turn out. Thank you to all of our parent and teacher volunteers. We couldn't do without your help!

Please remember to Like Us on Facebook – MemorialPTA146



# READ ALL ABOUT IT!

## Media Center News

October 2017

## What's Your Vote?



### Book Care Tips

Here are a few tips that may help prevent book damage:

- Keep books in a safe place away from toddlers and pets.
- Keep books dry and away from food and beverages.
- Always turn pages from the corners and never the middle of a page.

If a book gets damaged, please let us know and we will try to fix it.

Thanks for your help!

This year's 3rd-5th grade students will have the opportunity to vote for their favorite book in the Illinois "Bluestem Award" sponsored by the Illinois School Library Media Association. Each student needs to read or hear at least 4 of the 20 nominated books in order to qualify to vote for their favorite book in March of 2018. However, we have some incentives for students who would like to challenge themselves to read more than the minimum requirement:

3rd Graders who read or hear at least 8, 4th Graders who read or hear at least 12, and 5th Graders who read or hear at least 16 of the nominated books will get to participate in a special Bluestem Celebration in the media center. Any student who reads or hears all 20 books get to participate in a Bluestem Battle of the Books Contest.

Books are available through our school Media Center, our Overdrive e-book collection, public library, etc.

To view the complete list of Bluestem awards nominated books, please visit:

[www.islma.org/Bluestem.htm](http://www.islma.org/Bluestem.htm)

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## Book Check-out Reminder

The students visit our school Library/Media Center based on the rotating color day schedule here at Memorial School. Please check with your classroom teacher to find out what "color" day the students will have library lessons and book check-out. Books are due one week from the day they are checked-out. Please refer to the date-due card inside your child's library books and help return his/her library books on or before the due date. This will help teach your child responsibility and develop a good book check-out routine. Thanks for your help!

Thanks for your help and Happy Reading!!

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## Memorial School



6701 W. 179th Street  
Tinley Park, IL. 60477  
Phone # 708-614-4535  
Fax #708-614-7501



## Memorial Book Fair

Where: Memorial School  
When: 10/23—10/27  
Times During School Hours

If you are interested in volunteering please contact the PTA for dates and times.

We're On The Web  
[www.district146.org](http://www.district146.org)



Now that Fall is here, the weather is turning colder. Please make sure your child comes to school with the proper clothing.

## Harry Potter Dance

Save the date, for a spooky fun night at Memorial School. Friday, October 27th, the PTA will host a magical event for the whole school.

More info will be sent home with your student!

# OCTOBER Breakfast Menu



<p>2</p> <p>Fudge Poptart whole grain) w/cheese stick</p> <p>Choice of Fruit &amp; Milk</p>	<p>3</p> <p>Cinnamon Toast Crunch Bag w/cheese stick</p> <p>Choice of Fruit &amp; Milk</p>	<p>4</p> <p>Banana Muffin (NO NUT) w/cheese stick</p> <p>Choice of Fruit &amp; Milk</p>	<p>5</p> <p>Strawberry Poptart (whole grain) w/cheese stick</p> <p>Choice of Fruit &amp; Milk</p>	<p>6</p> <p>Soft Chocolate Chip Oatmeal Bar w/cheese stick</p> <p>Choice of Fruit &amp; Milk</p>
<p>9</p> <p>No School Columbus Day</p>	<p>10</p> <p>Cinnamon Toast Crunch Bag w/cheese stick</p> <p>Choice of Fruit &amp; Milk</p>	<p>11</p> <p>Blueberry Muffin w/cheese stick</p> <p>Choice of Fruit &amp; Milk</p>	<p>12</p> <p>Strawberry Poptart (whole grain) w/cheese stick</p> <p>Choice of Fruit &amp; Milk</p>	<p>13</p> <p>Soft Apple Oatmeal Bar w/cheese stick</p> <p>Choice of Fruit &amp; Milk</p>
<p>16</p> <p>Cinnamon Frosted Poptart (whole grain) w/cheese stick</p> <p>Choice of Fruit &amp; Milk</p>	<p>17</p> <p>Soft Strawberry Oatmeal Bar w/cheese stick</p> <p>Choice of Fruit &amp; Milk</p>	<p>18</p> <p>Chocolate Chip Muffin w/cheese stick</p> <p>Choice of Fruit &amp; Milk</p>	<p>19</p> <p>Cinnamon Toast Crunch Bag w/cheese stick</p> <p>Choice of Fruit &amp; Milk</p>	<p>20</p> <p>NO SCHOOL</p>
<p>23</p> <p>Apple Cinnamon Muffin w/cheese stick</p> <p>Choice of Fruit &amp; Milk</p>	<p>24</p> <p>Cinnamon Toast Crunch Bag w/cheese stick</p> <p>Choice of Fruit &amp; Milk</p>	<p>25</p> <p>Blueberry Muffin w/cheese stick</p> <p>Choice of Fruit &amp; Milk</p>	<p>26</p> <p>Strawberry Poptart (whole grain) w/cheese stick</p> <p>Choice of Fruit &amp; Milk</p>	<p>27</p> <p>Soft Apple Oatmeal Bar w/cheese stick</p> <p>Choice of Fruit &amp; Milk</p>
<p>30</p> <p>Cinnamon Frosted Poptart (whole grain) w/cheese stick</p> <p>Choice of Fruit &amp; Milk</p>	<p>31</p> <p>Soft Strawberry Oatmeal Bar w/cheese stick</p> <p>Choice of Fruit &amp; Milk</p>	<p><b>Breakfast is offered daily for \$1.00</b></p> <p><b>Got Questions? Contact Cheryl Witas at 708-614-4500 or <a href="mailto:cwitas@district146.org">cwitas@district146.org</a></b></p>		



# OCTOBER Lunch Menu

## CCSD 146 Elementary



<p><b>2 FULTON FIESTA BAR</b>          Chicken Tenders          w/BBQ sauce          or          All Beef Hot Dog          or          Yogurt Parfait Lunch            Cherry Tomatoes          Assorted Fresh Fruit          Choice of Milk</p>	<p><b>3 FULTON DELI BAR</b>          Quest Turkey Burger          w/American Cheese          or          Mini Pancakes          w/cheese stick          or          Chopped Turkey Salad*GS          Croutons &amp; Breadstick on side            Broccoli &amp; Dip          Assorted Fresh Fruit          Choice of Milk</p>	<p><b>4 FULTON DELI BAR</b>          Popcorn Chicken Bowl          or          Classic Turkey          Sandwich          or          Cheeseburger            Mashed Potatoes          Assorted Fresh Fruit          Choice of Milk</p>	<p><b>5</b>          Fiesta Nachos Grande          (w/cheesesauce)*GS          or          All Beef Hot Dog          or          Chicken Bacon Ranch          Wrap            Seasoned Beans          Assorted Fresh Fruit          Choice of Milk</p>	<p><b>6</b>          French Bread Pizza          or          Chicken Patty Sandwich            Celery Sticks &amp; Ranch          Assorted Fresh Fruit          Choice of Milk</p>
<p><b>9</b>          NO SCHOOL          LABOR DAY</p>	<p><b>10 FULTON DELI BAR</b>          Pizza Burger          or          Mini Pancakes          w/cheese stick          or          Chopped Turkey Salad*GS          Croutons &amp; Breadstick on side          Baby Carrots &amp; Dip          Assorted Fresh Fruit          Choice of Milk</p>	<p><b>11 FULTON DELI BAR</b>          Double Turkey Tacos          or          Classic Turkey          Sandwich          or          Cheeseburger            Black Beans          Assorted Fresh Fruit          Choice of Milk</p>	<p><b>12</b>          Rotini Pasta w/Meatballs          or          All Beef Hot Dog          or          Chicken Bacon Ranch          Wrap            Tossed Salad &amp; dressing          Assorted Fresh Fruit          Choice of Milk</p>	<p><b>13</b>          Stuffed Crust Pizza          or          Chicken Patty Sandwich            Broccoli &amp; Dip          Assorted Fresh Fruit          Choice of Milk</p>
<p><b>16 FULTON FIESTA BAR</b>          Bosco Sticks w/marinara          or          All Beef Hot Dog          or          Yogurt Parfait Lunch            Baby Carrots &amp; Dip          Assorted Fresh Fruit          Choice of Milk</p>	<p><b>17 FULTON DELI BAR</b>          Chicken Parmesan Bowl          or          Mini Pancakes          w/cheese stick          or          Chopped Turkey Salad*GS          Croutons &amp; Breadstick on side            Chilled Peas          Assorted Fresh Fruit          Choice of Milk</p>	<p><b>18 FULTON DELI BAR</b>          Chicken Tacos          or          Classic Turkey          Sandwich          or          Cheeseburger            Refried Beans          Assorted Fresh Fruit          Choice of Milk</p>	<p><b>19</b>          Oven Baked Chicken *GS          or          All Beef Hot Dog          or          Chicken Bacon Ranch          Wrap          Baked Potato Half          Assorted Fresh Fruit          Choice of Milk</p>	<p><b>20</b>            No          School</p>
<p><b>23 FULTON BURGER BAR</b>          Jumbo Corn Dog          or          All Beef Hot Dog          or          Yogurt Parfait Lunch            Baby Carrots &amp; Dip          Assorted Fresh Fruit          Choice of Milk</p>	<p><b>24 FULTON DELI BAR</b>          Pizza Burger          or          Mini Pancakes          w/cheese stick          or          Chopped Turkey Salad*GS          Croutons &amp; Breadstick on side          Baby Carrots &amp; Dip          Assorted Fresh Fruit          Choice of Milk</p>	<p><b>25 FULTON DELI BAR</b>          Walking Tacos *GS          or          Classic Turkey          Sandwich          or          Cheeseburger            Black Beans          Assorted Fresh Fruit          Choice of Milk</p>	<p><b>26</b>          Chicken Parmesan Bowl          or          All Beef Hot Dog          or          Chicken Bacon Ranch          Wrap          Tossed Salad &amp; dressing          Assorted Fresh Fruit          Choice of Milk</p>	<p><b>27</b>          Stuffed Crust Pizza          or          Chicken Patty Sandwich            Broccoli &amp; Dip          Assorted Fresh Fruit          Choice of Milk</p>
<p><b>30 FULTON BURGER BAR</b>          Chicken Nuggets w/Roll          or          All Beef Hot Dog          or          Yogurt Parfait Lunch            Baby Carrots &amp; Dip          Assorted Fresh Fruit          Choice of Milk</p>	<p><b>31 FULTON DELI BAR</b>          Happy Halloween          Monster Mash          Bowl          Or          Witches Hat &amp; Broom          or          Graveyard Tomb Stones          Vampire Teeth          Assorted Fresh Fruit          Choice of Milk</p>	<p>Got Questions? Contact Cheryl Witas @ 708-614-4500 or email <a href="mailto:cwitas@district146.org">cwitas@district146.org</a>  <b>Daily Lunch \$3.05 served with choice of sides and milk</b>  <u>*GS= GLUTEN SAFE: prepared without any wheat, but not guaranteed gluten free</u>  <b>DID YOU KNOW?</b>          All of our beef is 100%- no soy or tvp          Non of our ingredients contain pork or non kosher gelatin          Our turkey meatballs are all turkey, and our bacon is turkey          Hot Dogs are 100% beef          We offer daily a variety of FRESH fruits &amp; vegetables with lunch          All grains, breakfast entrees, pastas, rice and tortillas are all whole grain</p>		