



Inspiring All Learners to Achieve Excellence

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February 2007

From Countryside's Principal, Christy Newhouse

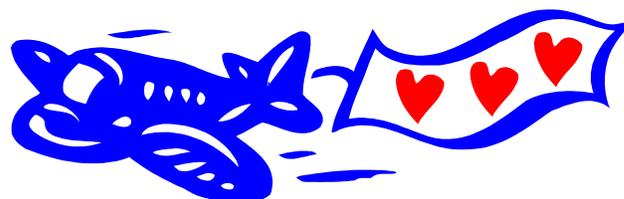
Dear Countryside Families,

February is always such a busy month at school. There are all those seasonal distractions that teachers transform into learning opportunities: Groundhog Day, Lincoln's and Washington's birthdays, Presidents' Day, Valentine's Day, Black History, Dental Health, and Heart Month. Capitalizing on the excitement and interest that surround these emphases and events to teach new information and skills is one of the things that elementary teachers do exceptionally well. From my experience I have found that this time from February until spring break is when some of the best learning occurs. Students feel comfortable, safe, and have adapted to the whole school routine. The conditions are optimum for teaching and learning.

Parents and families can help their students make the most of this optimum learning "season" by helping them improve their study skills. Two of the keys to successful studying are getting organized and learning to concentrate. Here some tips from *Resources for Educators* that can help. First, before your child can begin studying, s/he needs to **be organized.**

- Designate a place in your home for studying. Your child may prefer sitting in a quiet corner in the kitchen or having a quiet work space in his/her room. The important thing is to have a place that has "Study here" written all over it. This means a clutter-free surface, good lighting, and a comfortable place to sit. Have reference materials handy; a dictionary, a thesaurus, U.S. and world maps. *Tip:* Keep distractions to a minimum. Switch off the TV, turn music down, and keep siblings from playing nearby.
- Put a stocked supply box in the study area. Include pencils, pens, highlighters, paper, a ruler,

(Continued on page 4)



February Calendar of Events

Following are events that all Countryside families are invited to participate in and attend. These events are a way to promote your child's educational experience, foster a strong Countryside community and enhance your family life.

February 13, 7:00 pm

CUSD 220 School Board Meeting, BHS

February 14, 10:00 am

Monthly PTO Meeting, Multi Purpose Room

February 14,

Classroom Valentine's Day Parties

*Shuttle service will be provided from the Church

February 15,

2nd Grade Field Trip to Shedd Aquarium

February 15, 7:00 pm

1st and 2nd Grade Music Show

February 16 and 19

No School

February 22,

5th Grade Music Concert

February 27,

5th Grade Field Trip to Shakespeare Theater

February 27, 7:00 pm

CUSD 220 School Board Meeting, BHS

February 6, 13, 20, 27, 3:45-4:45

Enrichment Classes

March 2, 6:30 pm

Annual Fundraiser, Marriot Hoffman Estates

KUDOS KORNER



The Countryside PTO could not serve the students and families of our school without the many contributions of its volunteers. In this feature, we would like to thank some of our great volunteers!

Thanks to **Annamaria Iacullo** and **Jen Muscarello** for hosting the Family Beach Party! We loved the cool tunes, tasty treats and games. We had a ball last Friday night!

What an amazing variety of classes offered to our students for the after-school Enrichment Program. We wish the volunteer instructors all the best as they dazzle and delight their students this upcoming month. Thanks to **Ann Messer**, **Cheryl Fingerman** and **Anne Slowik**, we have a great program with 20 different courses for the students.

The 56th Annual Ms. Fitz Rummage Sale

*at Countryside School
April 26, 27, 28, 2007*

Fitz Facts

April 22, 1950 – First Ms. Fitz Rummage Sale held by the Countryside Mothers' Club.

1959 – Eleanor Ringman served as Ms. Fitz Chairwoman and her husband, Ted, created the Ms. Fitz logo.

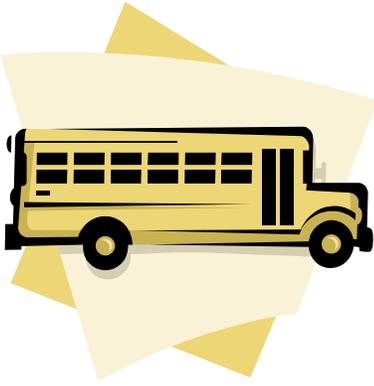
1959 – Ms. Fitz sale made a total of \$203.50.

April 28, 2006 – Ms. Fitz sale made a total of almost \$10,000.

*February 2007 – Time to start your spring cleaning!! Start putting away your outgrown, no longer wanted, gently used, and highly desirable **STUFF** for this year's Ms. Fitz Rummage Sale.*



PTO President's Letter



Dear Countryside Families,

Brrr...finally it feels like winter! While the children are making snow forts and sledding, the Fundraising committee is putting the finishing touches on our big event to be held on Friday, March 2 at the Chicago Marriott Northwest. The entertainment is sure to be

wonderful, the auction items will be tremendous and the lucky recipients of all the proceeds are our children. We're hoping for and counting on your support. See you there!

We're fortunate we have 20 Enrichment Program classes that our students can participate in this month. Enjoy exploring, experiencing and doing new and exciting things brought to our students by the wonderful group of volunteer instructors. They are truly enriching our students' education here at Countryside.

In addition to snow and chilly temperatures, this season also brings much change to our School District. There are four school board seats up for election this April. Please take

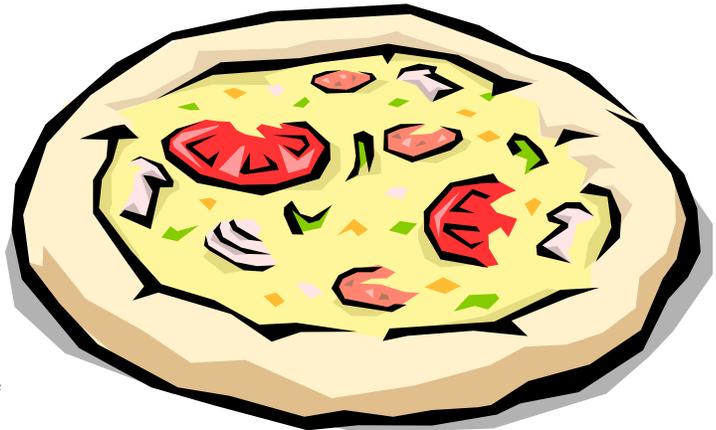
some time to learn about the candidates who are running for positions. There will be a Candidates Forum held on April 4 at 9:30am at the Barrington Area Library. This event is hosted by the Barrington PTO President's Council. Being on the School Board is by no means an easy task. As a concerned community, we should encourage and support our elected officials with respectful and healthy dialogue. In addition to finding solutions to our overcrowded schools with the help of the newly formed Enrollment Monitoring Committee, they also have to hire a new superintendent. We wish them the best in their endeavors!

Sincerely,

Mary Jo Kunzmann

Here's a solution to "What's for dinner?" that's a win-win for you and Countryside...

Mikey's Pizza Kitchen will donate 15% of your purchase back to Countryside when you order from them on any Monday, Tuesday or Wednesday. Don't forget, when you order from Mikey's, mention you want your donation to go to Countryside School.



*Mikey's Pizza Kitchen
117 S. Hough Street
(847) 842-1100 www.mikeyspk.com*

(Principal's Letter, continued from Page 1)

scissors, glue, Scotch tape, colored pencils, markers, and a calculator.

- Encourage your child to write quiz, test, and project dates on a calendar at home (as well as in the assignment notebook). Every Monday, have him/her write down what will be due that week. Help your child divide the work to be done into small, manageable blocks, and set goals for each day.

Then, when your youngster learns how to **concentrate**, s/he has won half the battle. Use these suggestions to strengthen your child's concentration skills.

- Many children have trouble concentrating with an empty stomach. Before your child begins studying, give him/her a healthy, energy boosting snack that includes both protein and carbohydrates. Try peanut butter and jelly sandwiches, fruit smoothies, or English muffin pizzas.
- Is your child the most focused when s/he gets home from school, or is s/he more attentive after dinner? To find out, vary the study times for a week, and keep track of how long it takes him/her to finish the assignments. Then choose a study time based on what works best for your child.
- Getting the most difficult work done first can give your child a sense of accomplishment that will help him/her get through the rest. *Hint:* Your child will be freshest when s/he first sits down to work.

I hope you are able to help you child make the most of this "learning season." Teach your child to study while h/she is in elementary school and you will help him/her for a life-time.

Sincerely,
Christy Newhouse

**Submissions for the
Countryside PTO Newsletter
are due by the 20th of each
month.**

**Please email to:
Purnima Bhogaraju at
pub8@hotmail.com
(847) 428-5230**

Health Corner

As our district rolls out a new Wellness Policy, we are dedicating a monthly column to educate our parents about pertinent health and wellness issues. Our nurse, Mary Anne Wesoloski, RN, ILCSN, NCSN will be authoring this column each month. If you have questions regarding the column, please call Mrs. Wesoloski at (847) 756-2825.

Less TV, Fewer Videos Help Keep Weight in Check

Every day, 8- to 18 year-olds spend, on average, nearly four hours watching TV or videos, more than an hour on the computer and 50 minutes playing video games. That amounts to nearly six hours a day in front of a screen.

But health experts warn that too much screen time throws off a person's energy balance, making it hard to maintain a healthy weight. Energy balance is the balance between the amount of calories you burn through physical activity (energy out) and the amount of calories you consume (energy in). Too much energy in without enough energy out is a formula for weight gain.

"To help your family maintain a healthy weight, it's important to keep energy balance in mind," said Dr. Elizabeth G. Nabel, director of the National Heart, Lung, and Blood Institute, part of the National Institutes of Health (NIH). "The Dietary Guidelines for Americans recommend that children get at least 60 minutes of physical activity on most days. Cutting back on recreational screen time makes it easier to meet this goal."

The NIH's "We Can!" (Ways to Enhance Children's Activities and Nutrition) program provides the following tips to reduce children's time in front of the screen:

- Turn off Saturday morning cartoons and take your child to a local recreational center, park or skating rink.
- Take time as a family to have fun and be physically active.
- Take the TV out of your child's bedroom. More than two-thirds of young children have a TV in their bedroom.
- Make a family agreement to limit recreational screen time to less than two hours a day.
- Encourage every family member to think of fun activities to keep moving, such as biking to school events or training together for a charity walk.

"We Can!" is a public education program designed to aid parents help children between the ages of 8 and 13 stay at a healthy weight through improved food choices and increased physical activity.

For more family-friendly tips and other tools, including a recreational screen time log and a daily activity log, visit <http://wecan.nhlbi.nih.gov> or call 866-35-WECAN.

ATTENTION 5TH GRADE PARENTS MIDDLE SCHOOL TRANSFER REQUESTS

Over the last several years, we have had a small number of requests for students to attend a middle school other than the one to which they have been assigned. Next year due to increasing enrollment at the middle school level, our District's ability to accommodate transfer requests between Prairie and Station campuses will be significantly reduced.

Parents of 5th graders who feel they have a compelling reason to justify a transfer request should complete the District's Middle School Transfer Request Form and submit it to Dr. Tom Leonard, Assistant Superintendent of Secondary Education, prior to February 14th. This form is available in all elementary school offices and on the District 220 web page at www.cusd220.org. Please note that if a transfer request is approved, transportation to and from the school will be the guardian's responsibility.

Tentative approval and denial of transfer requests will be made prior to April 15th.

ATENCIÓN, PADRES DE ALUMNUS DE QUINTO GRADO PETICIÓN DE TRASLADO EN LAS ESCUELAS DE GRADO MEDIO

Durante los últimos años hemos tenido un pequeño número de peticiones por parte de diferentes estudiantes para asistir a otra escuela de grado medio diferente a la que se le había asignado. Debido a un aumento del número de estudiantes que han solicitado el poder asistir a las escuelas de grado medio el próximo año, nuestro distrito se verá obligado a reducir bastante el número de peticiones para solicitar el traslado entre las escuelas Prairie y Station.

Los padres de los alumnos de quinto grado que creen que tienen una buena razón para justificar una petición de traslado deben completar una Petición de Traslado en las Escuelas de Grado Medio. Esta petición tiene que ser enviada al Doctor, Tom Leonard, ayudante del superintendente de la educación secundaria, antes del siete de febrero. Usted puede conseguir este impreso en todas las oficinas de las escuelas elementales y en la página web del distrito 220: www.cusd220.org. No se olvide de que si su petición es aprobada, usted será el (la) responsable de facilitar el transporte para traer y llevar a su hijo(a) a la escuela.

La aprobación o rechazo de la petición de traslados se realizará antes de 15 de abril.

Countryside PTO presents *The Top 10 Reasons Not to Miss...*

Magical Mystery Tour

March 2, 2007, 2007 6:30 pm
Marriott Hotel Hoffman Estates

10. Jorianne the Coffee Psychic, featured on *Fox News in the Morning*, picked the Bears to win each playoff game. If she's that accurate, imagine what she will predict for your personal reading!
9. There's a new game in town to replace the tableside raffle that gives you three chances to win "valuable prizes" you'd really want – and it doesn't require you to buy a mini bucket of chocolates.
8. Last year when you weren't the final bidder on your kids' adorable class crafts you vowed to win the battle of the bid sheets this year.
7. You procrastinated on spring break plans so you'll be trolling the auction for a "fabulous vacation for four" to any destination that can stand in for the tropical trip you're not taking.
6. You haven't seen your babysitter since New Year's Eve and you're afraid they will replace you with a more reliable gig.
5. We've had enough snow to make you covet the premium parking spot in front of Countryside and it's exclusively available to buy during the live auction.
4. The Countryside teachers have breathed new life into their donations and the selection is bigger, bolder, and more desirable than ever.
3. It's the first time we haven't had a 3-day weekend since you can remember and, since you're not heading out of town, the Friday night fundraiser is a great excuse to have a "date night".
2. You want your 15 minutes of fame as the "Biggest Luge-r" at the foot of the Martini Luge.
1. You figured out the magic reference in "Magical Mystery Tour," but the mystery portion has been kept under wraps, and will be until the night of the event...but it will captivate you to the very end!



Magical Mystery Tour

**We would like to donate to the
Countryside Annual Fundraiser...**

Donor information as you wish it to appear:

Donor name: _____

Please check if donor wishes to be listed as ANONYMOUS

Company name (if applicable): _____

Street address _____

City, State & ZIP: _____

Telephone: _____ Email: _____

Item or service donated: _____

Please include interesting facts, unusual aspects, size, color, dates and other pertinent information in your description:

Amount or value of donation: \$ _____

Specific instructions or restrictions: _____

Delivery information or instructions:

Donation is for Classroom Basket

Teacher(s) names: _____

Donation is for silent or live auction

Donor will mail or deliver to Countryside School PTO,
Attn: VP Fundraising, 205 W. County Line Rd., Barrington, IL 60010

Donor wishes for item to be picked up (see contact info below)

All items need to be delivered/picked up by Friday, February 23rd.

If you have any questions or to arrange pick up, please call Julie Adams 847-404-2531 or Beverly Booth at 847-344-5055. Thank you for your participation in the Magical Mystery Tour!

Donations are tax deductible; please keep a copy of this letter for your records. Tax-exempt identification number: E9975-1089-04.

PTO Meeting Minutes ~ January 10, 2007

1. President's Report: Mary Jo Kunzmann

opened the meeting at 10:07am with 15 people in attendance.

A. I Training on Thursday, January 18th held at Countryside from 7:00-9:00pm with a \$20.00 material fee. This event is sponsored by the Barrington Junior Women's Club to make parents aware of the dangers of the internet and how to safeguard children from internet predators.

B. Candidates Forum will be the morning of Wednesday, April 4th at the Barrington Area Library. This will be an opportunity for the public to meet candidates for the four School Board positions that are up for reelection this April 17th.

2. Secretary's Report: Christine Trzaska

A. Thank you notes from the staff were circulated.

B. November 2006 Minutes were approved by Stan Arledge and seconded by Young Chung.

3. Treasurer's Report: Annamaria Iacullo

A. The Budget was presented to attendees.

4. VP Fundraising: Renee Kelsch

A. Original Works was a success with some orders still being processed. Thanks to Caryn Giroux for all her hard work.

B. Annual Dinner Fundraiser is scheduled for March 2, 2007. The "Magical Mystery Tour" invites are going out the week after next. The class projects are nearly completed and the silent auction baskets are being compiled. Liz Molli asked that interested parties solicit area merchants for donations. Donor forms are available for downloading on the PTO website.

5. VP Standing Committees: Doreen Thomas

A. School Board Updates were presented by Young Chung. The School board has 4 positions up for election along with the position of the Superintendent of the School Board due to Dr. Mary Hermann's resignation from her post. The election will be held on April 17th. Other School Board news included the decision by the Board to defer placing a Referendum on the April ballot to seek funding for an additional middle school.

B. Yearbook: Sonja Ippolito stated that she is making good progress with the yearbook. She asks that anyone with appropriate pictures forward them to her for potential use in the yearbook.

6. VP Special Committees: Stacey Lidbury

A. Reading Incentive Program will begin again with a possible "choose your own reward" incentive at the end of this segment of the program.

B. Holiday Store A huge Thank You to Amy Penrod and Caryn Giroux for a successful event.

C. Enrichment Program begins in February. The program will be every Tuesday after school from 3:45-4:45 for the month of February. Fifteen classes are confirmed. If you are interested volunteering or have any questions please contact either Ann Messer or Stacey Lidbury.

D. Family Dance is Friday January 26th with a Beach Party Theme. Anyone interested in volunteering for half hour shifts should contact Jen Muscarello at (847) 842-9906.

E. Directory Updates Please email Stacey Lidbury with any changes with regard to address, phone, or email.

7. Principal's Report

A. Coffees with Christy Newhouse will begin in February with the topic being local activities to do with your kids this summer.

B. MAPS testing has started this week and AimsWeb testing will be next week.

C. ISAT scores have not yet been sent out.

8. New Business

A. Field Day is tentatively scheduled for Thursday, May 31st.

Motion to adjourn made at 11:00 by Diana Trzaska, Seconded by Stan Arledge. Motion carried.

Respectfully Submitted,

Christine Trzaska
Secretary



The Canterbury Shoppe

The Canterbury Shoppe in the Barrington Ice House Mall has agreed to return 10% of your purchases in a dedicated donation back to the Countryside PTO. This is a year-round promotion, so you can earn money for our school at any time.

Bring a friend and your shopping list, and be sure to mention Countryside when you shop.

That's all there is to helping out our school at the same time that you treat yourself and your friends to the Canterbury Shoppe's unique gift selection.

Support Countryside PTO



Target Stores throughout the USA are offering a fabulous fundraising opportunity for Countryside school. All you need to do is charge your Target purchase on your Target guest card or your Target Visa card. Target will donate 1% of your purchases to Countryside! 1/2 % of your Target Visa purchases made everywhere else will also be donated to Countryside.

If you **do not have a Target guest card**, you can sign up for one at any Target store and designate Countryside to receive the donation (Countryside #45138). As a thank you for signing up Target will give you 10% off your first charge card purchase.

If you **already have a Target guest card or a Target Visa Card**, either call the Target Educational Hotline at (800)316-6142 to enroll your card, or register on-line at www.target.com. Go to "Store Services", then to "Community Giving" and click on "Take Charge of Education". Note this must be done before charging any items to your card.

If you have grandparents, aunts and uncles, etc. anywhere in the USA, they can also designate Countryside as the beneficiary of their purchases. It is a great way for out of town families to help us raise money for our school, and it's easy to do.

**Questions? Please contact:
Call Purnima Bhogaraju**

(847) 428-5230