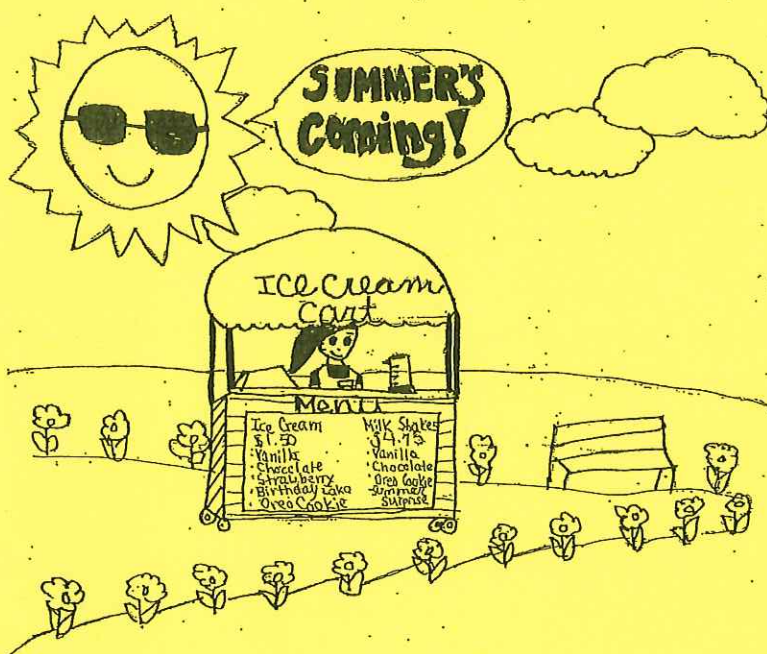


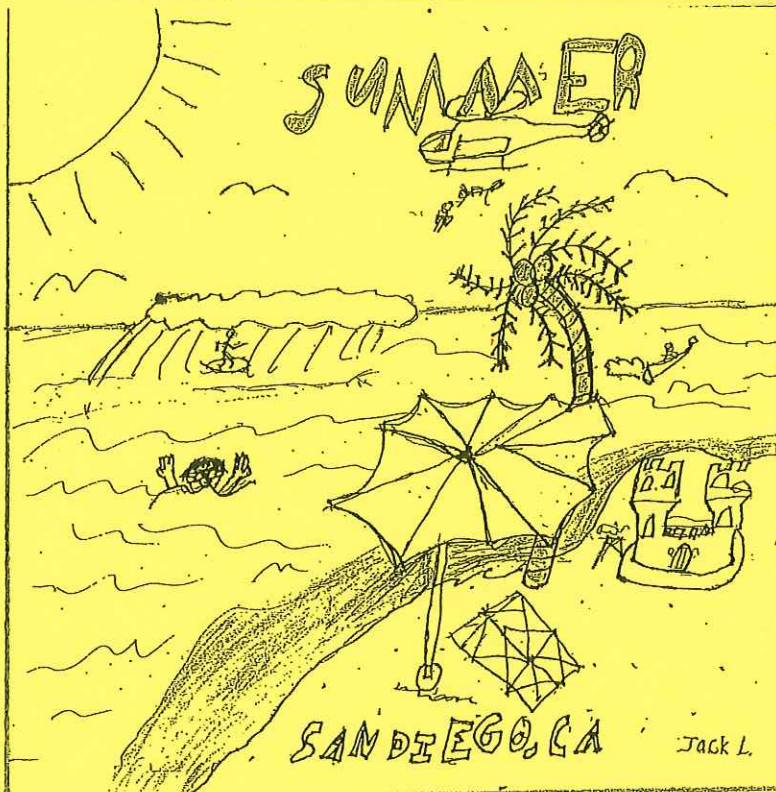
UNION RIDGE SCHOOL/PTA NEWSLETTER

www.urs86.org

MAY 2015



Taylor Chan



Donna 2015



MESSAGE FROM THE PRINCIPAL:

As our school year comes to a close, I would like to recognize the efforts of those who helped our students find success at Union Ridge School. It is the teamwork modeled by the teachers, parents, administration, PTA, School Board, and community members that influence the success of the students in our wonderful school. I could never list all the key players individually due to the volume of members.

This year, we will say goodbye to our 8th grade students. It is always difficult to send them off to high school, but we are fortunate that many of them frequently return and share their experiences in high school and beyond. We also have two teachers retiring after long and successful careers at Union Ridge School. Kathleen Dawson, school social worker, and Peggy Schoenfuhs, primary grade teacher, will be leaving us at the end of this school year. They will be missed and very difficult to replace.

I would like to again remind parents to keep your children active over the summer months. Encourage them to get outside and get moving. Limit the video games and computer time and promote reading for enjoyment. Keeping our students active helps fight off regression and keeps them fresh to start off the new school year.

I wish everyone a healthy and happy summer break!

Mr. Michael G. Maguire
Principal

ASSISTANT PRINCIPAL:

What an amazing year it has been here at Union Ridge! I am consistently impressed by our students, parents, staff, and community. I am proud to consider myself a Union Ridge Husky and hope you do too!

With summer fast approaching, we always look to assess the success of this year's theme, "Be Here, Be Ready." Focusing on the distinguishing character traits of URS Huskies: hard-working, determined, loyal, and strong, we teach good citizenship through life situations. We encourage recognizing these qualities to build sound character and reflect upon the positive interactions and behaviors of the students of our school. This year we handed out over 150 "I am a URS HUSKY" bracelets to well-deserving students! What will next year's theme be you ask? Next fall you will be sure to find out!

We encourage all students to continue their learning over the summer through activities outside of school. The local park districts, colleges, Eisenhower Library and other such organizations provide great fun and enrichment opportunities for your child or children. Our middle school students will again participate in a summer reading program

and our elementary school students will kick off their summer reading with a new book that will guide their back-to-school activities.

I hope you enjoy a fun and healthy summer with your family. The new school year will be here in a few short months and we hope our students come back rejuvenated for the start to another great year. Please encourage your student to read and be active!

Ms. Julie Mensik
Assistant Principal

FROM THE SUPERINTENDENT:

I want to congratulate everyone, especially our eighth grade graduates, on a very successful school year. Over the past year, I have had the opportunity to watch our students learn and grow both in and outside the classroom. I see our caring, dedicated Union Ridge community providing the support and guidance that makes our school a special place.

The end of the year is a time for reflection, and we have many successes to celebrate. Our students continue to post excellent scores on state and local academic assessments. Many of our current and former students received special recognition for their academic achievement and special community involvement. Our athletic and scholastic bowl teams had successful seasons, with our competitors gaining valuable life experiences – win or lose.

During May, we recognize and appreciate the amazing contributions of the Union Ridge teaching and support staff. Our teachers dedicate themselves to student achievement and growth in all areas. They care deeply about each child, inspire imagination and creativity, and model importance of life-long learning. As the year-end approaches, you may wish to send your child's teacher a quick note or word of thanks on a job well done.

It is also a good time to recognize the many parent and community volunteers that contribute their valuable time and expertise to our school. With the help of these special people, students receive extra attention, paperwork is filed and organized, and funds are raised for special student events such as fun fairs and dances. Your work is valued, and we couldn't do it without you!

As you know, I will be leaving Union Ridge this June. Thank you for a wonderful six years. With Mr. Maguire and Ms. Mensik leading the way, I know the District is in extremely capable and caring hands. I greatly enjoyed getting to know all of you and working together for the benefit of the children of Harwood Heights.

Enjoy a safe and productive summer!

John Kosirog, Ed.D.
Superintendent

Reusable Tote Bag Sale

The Green Committee of Union Ridge School launched a reusable tote bag sale last month. Bags are still available for purchase in two styles and colors. The yellow tradition grocery bag size is \$3 and the larger jute bag is \$8. Both bags are on display in the front office. The proceeds from this sale will be used to beautify our school garden.

Mrs. Swantek

Early Childhood

The end of the school year is approaching. Preschool students have demonstrated so much growth and progress since the beginning of the year! Our students transitioning into kindergarten enjoyed visiting their new classrooms and are ready to begin a new and exciting year in the fall. We will be going on our last field trip of the year to Pirates' Cove Theme Park in late May. It is a great opportunity for all Early Childhood classes to play and explore the park together!

The afternoon session finished our reading readiness program by listening to *The Tug of War* and *Peter and the Wolf*. Students focused on following oral directions and retelling simple stories. We are also learning more about the life cycle of the butterfly by observing our own caterpillars in the classroom. We look forward to releasing the butterflies in a few weeks!

Thank you for a wonderful school year! We have enjoyed getting to know you and your child. Have a great summer and we will see you in August!

The Early Childhood Team:

Ms. Paulina
Ms. Dirks
Mr. Jorgensen
Mrs. Haddad

Kindergarten

This year our students went from learning letters and their sounds to blending those sounds together to read words, to now reading sentences and stories. They can even write short stories as well. We conclude our Superkids Language Arts curriculum with letters X, Y, and Z. The children love each and every Superkid. The Superkids program continues throughout First and Second Grade, so there is much more time to spend with them in coming years.

In May, we went on a field trip to Lincoln Park Zoo. Thank you to the many parents who came with us and helped to make this such a special day.

We were lucky and had beautiful weather and enjoyed getting to see the animals all over the zoo. In June we went on our last field trip to Eisenhower Library. As a result, everyone in Kindergarten now

has a library card. So parents get out there this summer and take advantage of our beautiful library. They have wonderful summer reading program as well as many fun-filled events throughout the summer.

Our students know their addition and subtraction math facts up to 5 and many know them up to 10 and beyond. Keep working on this all summer long.

In our Kindergarten classrooms, we were lucky enough to observe the amazing metamorphosis that occurs when Painted Lady Butterflies change from tiny caterpillars into beautiful butterflies. The children recorded these changes in their journals and we discussed what we observed firsthand. Just like our butterflies, our wonderful Kindergartners have grown and changed so much throughout this past school year. They are readers, writers, scientists and mathematicians. The hardest part about this time of year is letting them go now that they have accomplished so much!

Please remember that most students lose up to 3 months of learning over the summer. You are their primary teacher. You are the only one who can work to help change this. We are so proud of each of our Kindergartners and we want them to have the strongest start possible to First Grade!

The Kindergarten Team
Mrs. Duffy & Mrs. Kelly
Mrs. Jenkinson-Cope & Mrs. Mueller
Ms. Gillespie & Ms. Wyda

First Grade

Our students have been making amazing progress in reading throughout the year. In the month of May, we worked on sequencing events and understanding/analyzing characters. We encouraged our students to learn about characters in books by thinking about the things they say and their actions. Toward the middle and end of the month, we worked on comprehension skills such as comparing and contrasting and taking a close look at the text features of an informational text. Throughout the month, we strengthened skills in fluency and vowel patterns. Remember to have your child continue using these skills during the summer by visiting the Eisenhower Library and to also complete their summer reading log. These logs will be collected on the first day of Second Grade. An activity matching the theme will be planned on the first day to bring empowerment to our community of young readers and jump start our adventure in Second Grade!

We look forward to our walking field trip to the Eisenhower Library. All the children will have an opportunity to register for a library card. The Children's Librarian will give us a tour of the library, a scavenger hunt, and finally, a chance to settle down for story time and an awesome craft. We are

so fortunate to have such an enormous collection of books available and so many wonderful summer activities planned by the creative Children's Librarian. Remember to go to the library at least once a week to take advantage of all the great summer programs!

In the area of math, we continued our focus on place-value concepts and take what we have learned earlier in the year another step forward. We also worked with fractions: developing an understanding of fractional parts of a whole, fraction notation, and vocabulary associated with fractions. We also continued our work with word problems by practicing our problem solving strategies. Please remember to keep those facts fresh. Visit Xtramath.com and practice those math facts daily.

This is the last newsletter of the school year. We've enjoyed sharing with you the many activities and events happening in first grade. It's hard to believe that our school year is winding down so quickly. We are amazed at how much the students have grown both physically and academically. Thank you for sharing your children with us this year!

Your First Grade Team,
Mrs. Grazioso
Mrs. Maciuba
Mrs. Rudel

Second Grade

Second graders have been very busy this trimester! Our spelling skills are steadily improving. We have also read some very exciting books. While reading one of the books entitled *Pinky and Rex and the Bully*, we learned that it's okay to be different from other people. We learned that it's important to have respect for others and their choices, even if they are different from our own. We experienced what it might be like to be caught in a tornado while reading a book of the same name by Betsy Byars. We met a dog named after the famous storm because he was dropped into the yard by a tornado. He even did card tricks! We also found out what it might be like to have someone depend on you to complete an errand in *The Bears on Hemlock Mountain*. The main character, Jonathan, finds an interesting way to stay safe from the bears awakening at the beginning of Spring! We have also been learning to write opinion paragraphs about these books sighting evidence of our personal connections to the stories and supporting our opinions with facts from the stories.

In our math classes, we have been studying measurements of capacity, area, weight, and length in both the U.S. Customary System and the Metric System. We've also been very hard at work learning to add and subtract money in word problems and relating it to the Base Ten System. We continue to work with fractions and have had an introduction to multiplication and division. Last but certainly not

least we've been practicing our telling time skills to five-minute intervals. All of these skills should be practiced over the summer so that we don't forget them when we return to school in the fall!

Spring is a wonderful time to think of growth and renewal. We have been studying plants as well as frogs and butterflies. It is very exciting to see the elements of nature transforming before our eyes! Spring is also a time when we learn how to write research reports in Science and Social Studies. Our students demonstrated their knowledge of frog development by writing about it. Then the students researched a U.S. Monument or Memorial and created a brochure for visitors to the sight.

As you can see, we have been very busy gaining a great many new skills. We hope you find some time to relax this summer. Don't forget to have your children keep reading throughout the summer with our Summer Reading Program! A great way to relax is to sit outside and read during those warm weather days in the yard. See you next fall!

The Second Grade Team
Mrs. Kubiniec
Mrs. Musial
Mrs. Skidmore

Third Grade

How quickly this school year came and went... The third graders have learned and experienced so much this year and we are proud of every one of them. We began the year by becoming descriptive sentence writers, moved on to writing great paragraphs and ended up becoming fantastic essay writers. They will end the year as great poets. Students are currently deep into a language arts unit called, "One of a Kind." Through reading historical fiction, folktales, and nonfiction expository texts, students are exploring what makes us unique. The background knowledge students have gathered throughout all our reading units will only add to the children's success as they make that pivotal jump from third to fourth grade.

They have also learned a lot with Social Studies. They practiced a variety of study skills through our Map Reading unit, and then moved on to landforms and communities. They continued learning about the history of four different Native American areas. The end of the Native Americans unit was a good transition to the new unit that focused on the pioneers of our country and how they traveled west on the Oregon Trail. They will end their history trip with our beautiful city of Chicago. The third graders are excited about the upcoming Chicago field trip that will culminate our study of Chicago. They will have the opportunity to visit famous landmarks, take a boat tour and experience what it is like to ride on the city's public transportation on Monday, June 1.

Our third graders have been working hard at memorizing their basic multiplication and division facts. They have been practicing in school and at home every night. The goal is to have them complete 40 problems within a minute. Please continue to practice these facts even after school is out so that the kids return to school as "Fact Masters."

In science, our third graders have learned so much about organisms. They have created habitats, learned about herbivores, carnivores, omnivores, predators, and prey. They worked with live organisms in the classroom and have also learned about the plant life cycle. Chameleons became the big hit with all the students and they had a ton of fun working with these fantastic live creatures.

Finally, on behalf of the third grade team, we wanted to thank you for your support throughout the school. We will truly miss this great group of kids!

They were certainly Here and Ready this year!

Have a happy and safe summer break!

3rd Grade Teachers
Miss Milner
Mr. Santana
Mrs. Schoenfuhs

Fourth Grade

With April showers came May flowers. Is it possible that the end of the school year is upon us? This year seemed to fly by quickly.

In Language Arts the students continue to work on the *Wonders* curriculum using the text as a model for writing and critical thinking. Our recent focus centered on theme and main idea and details with the genres of folk tales and nonfiction. Students will be exposed to a note taking technique called "two column" notes using the skills of identifying main idea, details and elaboration which we have been working with all year.

In Math the kids have explored more about fractions and multiplication and division. They are learning to look deeper into the numbers as they explore alternate ways to look at multiplying and dividing. They are also exploring more about remainders and what they mean and what to do with them. Not only are skills needed for these real life math problems, but higher level thinking and the development of a deep understanding of the uses of numbers and operations. Facts being automatic continues to be a critical skill for the remainder of this year as well as to prepare students for 5th grade math. Please have your child continue to work with facts over the summer so that those skills remain in tact.

In Social Studies the kids have been learning about the state of IL. They are reading to learn, highlighting main ideas and details. They are

looking deep into the history of the state. Ask your child about Abraham Lincoln and how he impacted Illinois and the Civil War.

In Mrs. Z.'s science class, the students took the time to research the lives and achievements of some fascinating women scientists. To accompany their research, they also created the paper image of their scientist based on what she looked like in real life by tracing their own bodies and making it look (as much as possible) like her. Currently, students are discovering different types of energy as they explore concepts of force and motion. Soon, we will have the opportunity to look out to the sky and beyond as we get ready to visit the Cernan Earth and Space Center at Triton College.

Remember to have your child read and complete the 5th grade summer reading so that they are ready to participate in all the wonderful and enriching activities the fifth grade teachers have planned for the beginning of the year.

As we head into summer break we hope that you and your families have a wonderful and restful summer. Happy trails to anyone who might be traveling this summer as well.

The 4th grade team
Ms. Paar
Mrs. Price
Mrs. Zgardzinski

Fifth Grade

It feels as though it was just yesterday that the eager, smiling fifth graders walked through their new classroom door ready to begin another amazing school year. It is hard to believe it is now coming to an end. All the students have grown academically, socially, and emotionally. They took on the challenges of a transition year, and now welcome new ones as they prepare to enter the world of middle school. Here are some helpful tips for parents to ease the transition into sixth grade:

- Keep academic skills sharp during the summer. Have your child continue to read independently. Practice math skills through games, online activities, and supplemental worksheets that will be sent home towards the end of the school year. Have your child keep up with his/her writing skills by keeping a journal throughout the summer.
- Practice organizational habits at home to help your child prepare having a locker.
- Give your child more chores at home to help him/her understand that beginning middle school will come with greater responsibilities.
- Encourage your child to participate in school activities. Peer relationships are very important for children in this age group.

- Keep communication open. Let your child know you are there to help him/her cope with the changes that will take place.

It was a fantastic year filled with many successes. The fifth graders proved that our school theme, "Be Here! Be Ready!" could be put into action, and we are confident that these students will continue to take active responsibility as they continue their journeys through middle school!

Have a wonderful summer enjoying the company of family and friends!

5th Grade Teachers
Mr. Brown
Mrs. Magnelli

Sixth Grade

In 6th grade science the students have been studying Earth. They have gone all the way into the inner core and have reached as far out as the tops of mountains. How are those mountains formed? Ask your 6th grader to explain the different ways mountains are formed! Did you know there are approximately 50 earthquakes that happen everyday? We viewed an amazing website that shows the locations and the different magnitudes. It also outlines the plate boundaries. Have your 6th grader show it to you. The students have also been busy preparing presentations to help explain these concepts. The presentations help reinforce the learning of all the major topics in the Inside Earth textbook. Our next area of study takes us off of the Earth and launches up into space. We will be studying astronomy, and all things celestial. How does gravity play a role in the moon and the stars and the other planets? What causes tides in the oceans? These questions, and many more, will soon be answered in this next unit.

In math students have been solving algebraic equations. We are now mixing that in with geometry. We are studying the volumes of different shapes. We are solving for unknown side-lengths and applying our algebra and problem solving skills to do so. Up next is probability. We will be investigating fairness in games of chance. Is every game fair? Some would surprise you!

6th graders are navigating their way through the Ancient World in Social Studies. We have successfully uncovered the secrets of Ancient Egypt as well as the "Land between the rivers," known as Mesopotamia. Currently we are studying Ancient Greece. In each of these civilizations we strive to connect with the people that came before us, and how they continue to impact our lives today.

We have expanded our knowledge in Language Arts by tapping into the vast world of poetry. We have experienced narrative and lyric poetry and we have enjoyed learning to interpret

poet's messages through ballads and sonnets. We laughed and cried while we shared our innermost feelings and candid observations by creating our own sonnets. Most importantly, we have learned that we all possess the tools to be a poet, and we should never be afraid to use poetry as a creative voice.

In addition, the sixth grade has met a young boy who found himself in a difficult situation. His name is Brian Robeson, and he is 13 years old. Brian was flying to Canada on a small airplane when it crashed in the northern wilderness. Brian was lucky enough to survive the crash, but he is now faced with surviving alone in the wild! He has nothing with him except for a small hatchet, a gift given to him by his mother.

By the above description, you might have guessed that we haven't actually met Brian! He is the main character in the novel we are reading, *Hatchet*. The trials and tribulations that Brian has to deal with are the fictitious writings of Gary Paulsen. The students are learning about how real life situations inspire writers to write fictional, entertaining, informative stories, and how fictional stories can inform us about our own lives. Brian encounters many trying situations in the woods. Gary Paulsen encountered many similar problems in his own life. From his experiences, Paulsen is able to write a detailed and convincing fictional story about what it might be like for a thirteen year old boy in a survival situation.

Ask your child about the lessons Brian has learned as a result of being stranded. Ask him or her to tell you about the things Brian does that show he is **hard-working, determined, and strong**. Talk about how our school theme, Be Here, Be Ready, fits in with wilderness survival as well as everyday life. From books and from our own experiences, we can all see that life is truly an adventure.

As we venture into our third and final unit in our Wonders reading series, we will share our personal accomplishments and achievements. We will continue to work to improve our comprehension, vocabulary, and writing skills, while attempting to answer essential questions regarding the significance and importance of teamwork, common ground, and problem solving. We look forward to mastering techniques which will help us write and perfect argument essays, designed to convey our strong opinions which will be supported from well-researched sources. We look forward to a summer filled with rich reading experiences that will heighten our awareness, expand our knowledge, and increase our vocabulary.

Thanks for a Great Year!

Mr. Tenglin
Mrs. Walsh
Mrs. Richardson

Seventh Grade

Romeo, Romeo...Where for art thou, Romeo? This 7th grade class is studying Shakespeare and reading his most famous work, Romeo and Juliet. The students were privileged to see the play LIVE at Ridgewood High School to enhance our appreciation of this fine piece of literature. Listening to an audio version in class and being required to read the scenes independently at home allowed for the students to more easily paraphrase the lines. Students have also studied the specific structure of a Shakespearean sonnet, and enjoyed a few popular ones. Then, the 7th graders created their own sonnets to share with the class. As a final writing assessment, the students rewrote the famous balcony scene. Each group was required to select a new, creative setting that paralleled the rewritten lines in order to portray the romance between the young lovers.

Mrs. Grzeskiewicz

Seventh Grade Social Studies

In Mr. Chambers' 7th grade Social Studies class, students recently passed the U.S. Constitution Exam and the Illinois Constitution Exam. Students worked very hard for several weeks, learning about our federal and state governments and the documents that govern the United States and the State of Illinois. Students were very excited to have passed!

Mr. Chambers

Eighth Grade Social Studies

In Mr. Chambers' 8th grade Social Studies class, the 20th Century is being explored. The Cold War and the Civil Rights Movement are two of the major topics for the remainder of the year. Over the past several weeks students have focused on the connection between WWI, the Great Depression, and WWII. Students will continue their exploration of the 20th Century by investigating how the end of WWII changed the United States into a world superpower.

Mr. Chambers

7Th Grade Language Arts

Students are finishing the novel, Z for Zachariah and will be creating a Book in the Bag project based on text support and symbolism. We are continuing with grammar, vocabulary and writing skills as well.

Mrs. DeLeonardis

8Th Grade Language Arts

Students just finished their Autobiography project after several weeks of hard work. We are currently reading the Agatha Christie classic, And Then There Were None. We are continuing to work on vocabulary, grammar, and writing skills.

Mrs. DeLeonardis

We completed our unit on the Harlem Renaissance and performed the play, A Raisin in the Sun, written by Lorraine Hansberry. Students did regular vocabulary activities and wrote Summary Reaction journal entries that accompanied each scene in the play. As a final writing project, students were required to create a theme song about the play, incorporating characters, conflicts, and symbols. Then, the song was presented on class for all to enjoy!

It is a bitter-sweet time when we end our language arts program with graduation speeches. Each graduate wrote and delivered a graduation speech that focused on sentimental memories or their bright future. Students were assessed on not only the writing but also their public speaking skills.

The Autobiography writing projects were fabulous! The display of artistry and writing talent were impressive and quite emotional. A big thank you goes out to the families who helped and supported their children during this writing project. Last but not least, a huge thank you to my dear 8th grade language arts students who truly gave 100% of their hard work and heart to produce such beautiful pieces.

Mrs. Grzeskiewicz

7th Grade Health

Students in health have been learning about many different aspects of their health and well-being. Students developed a Personal Wellness Contract where they made goals to improve their Physical, Mental/Emotional and Social Health. Students learned about the proper nutrients needed for healthy living. Students developed a meal plan where they tracked their nutrients for 2 days and summarized how healthy their food choices were compared to USDA recommendations for their age and activity level.

Students also are learning about the changes happening in their bodies during this time of adolescence. We learned how some things are under their control, like behavior, but also that a lot of changes that are happening are due to hormones working in their bodies.

Students also completed a Safety unit where they learned basic first aid strategies, response to emergencies and weather related safety tips.

Mr. Bonfiglio



BAND

Summer Music at Union Ridge

The flyers for Summer Band and Summer Lessons will be handed out the week of May 18th. Summer Lessons will take place throughout the summer months of June and July, and Summer Band will be from August 3rd - August 14th. Summer Band will also include the seventh annual **SUMMER BAND OLYMPICS!** These two opportunities help students to continue music over the summer and are a great time to improve musical technique and instrument specific issues. If you need another flyer, please see Ms. Rooney.

Instrument Donations

Do you have an old instrument at home collecting dust and taking up space? Why not donate it to the Union Ridge Band Program? We would be happy to take your used flutes, oboes, clarinets, saxophones, trumpets, trombones, drums, baritones, French horns, or even acoustic guitars off your hands. Your instruments will then be supplied to students to play throughout the year in our program. We have had generous donations of instruments from former students and community members in the past and they really make a difference in our program.

Incoming 5th Graders (and 6th, 7th, 8th graders not already in band)

It's not too early to begin thinking about what you might like to play in band next year. Our recruitment for Beginning Band will begin in September, with the sign up night taking place on Tuesday, September 22nd. The band program is looking to recruit a wide variety of instruments. We would love to have some more trumpets, trombones, baritones, French horns, and oboes. Of course flute, clarinet, saxophone and percussion instruments will also be available. Over the summer, go on youtube.com and explore some of the instruments you think you might be interested in playing so you will be ready to join in the fall. See Ms. Rooney if you have any questions.

Ms. Rooney



MUSICAL MOMENTS IN ROOM 55 – CHORUS UPDATE

It has been a very busy few months for Union Ridge School, with weekly rehearsals and several performances. Early in Spring, the chorus and band performed our National Anthem at a Chicago Steel Hockey game. In mid April, the chorus sang a few of our favorite songs at the URS Fine Arts Fair. A short concert was performed for family and friends on April 29, right before the spring musical. On Friday, May 15, the chorus and band performed in the spring concert assembly for students. And finally, on May 19, the chorus took a field trip to Norwood Crossing to perform for the residents of the nursing and assisted living facility. We closed this year of chorus with 82 members, from Grades 4 - 7. We look forward to seeing everyone back in chorus next fall, and we hope many of next year's 4th graders will be joining in the music and fun.

Spring Musical Follow-Up

Congratulations to all students in Grades 3, 4, 5, Drama Club and Honor Band on an outstanding performance in this year's spring musical, "Pirates 2!". The enthusiasm and energy of the performers was evident, and the audience was fully entertained from start to finish. If you'd like to relive the evening, DVD's are still available for purchase at a cost of \$5 each. Proceeds from this sale benefit the music and technology departments.

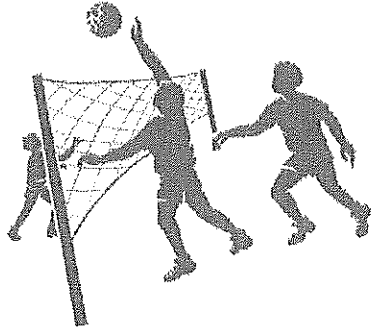
Mrs. Swantek

RUNNING AND FITNESS CLUB

A record 35 students in Grades 4-8th grades are now participating in the Union Ridge Running and Fitness Club. The group meets in the gym twice a week for one hour after school. We have not only been running to improve our fitness but have also learned several warm-up drills, games and relays. Students have enjoyed the "campus loop" for their warm-up and also meeting new friends. Keep doing a great job!!!

Mr. Bonfiglio
Mrs. Russ
Mrs. Malicki

MAY 2015



8th Grade Boy's Volleyball

Here are the 8th graders that are representing Union Ridge this year. They play 10 regular season games against the schools in our area that are part of the Leyden Norwood conference.

Ahmad Bendaoud
Brajan Hendzel
Hamza Husein
Jimmy DeGrazia
Justin Varela
Lucas Meier
Nicholas Mikrut
Sami Haidouchi
Szymon Kuligowski

Mrs. Russ

Union Ridge JV Boys' Volleyball team consisted of:

6th grade
Tomek Lechowski 16
Gabriel Hebler 88
Dawid Hendzel 10
Dawid Dygdon 25
Yaraslau Varabyeu 2

7th grade
Mateusz Wojdyla 24
Piotr Biel 12
Zachary Ali 7
Alberto Gomez 1

Manager: Klaudia Podsada
Coach: Lisa Malicki

The 2015 Girls' Soccer

The 2015 girls' soccer season came and went quickly, but it was filled with many great memories and experiences. These Huskies were a great group of dedicated girls. They gave tremendous effort each time they stepped onto the field for practices and games. The girls finished the regular season with an impressive 6-0 record, along with becoming the Blue Division Champions. The Huskies also allowed only 1 goal against them and

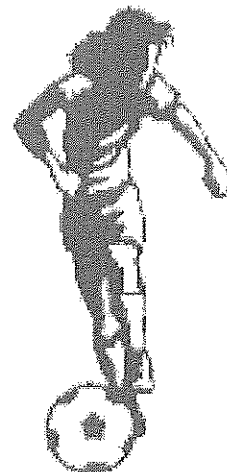
had 5 shutouts during the regular season. We also ended the year in 3rd place out of 11 schools. It is our pleasure as coaches to recognize the 2015 Union Ridge girls' soccer team:

- Alyssa V.
- Aoife L.
- Angelina M.
- Annamaria D.
- Claire K.
- Hailey N.
- Jovana S.
- Julia T.
- Kasia B.
- Kasia L.
- Paulina B.
- Marlena S.
- Maysa H.
- Natalia K.
- Nicole W.
- Rebecca M.
- Sophia R.
- Stefania S.
- Regan M.
- Anna B.
- Karolina S.
- Mairead F.

Team Managers: Anita B. and Allison S.

Thanks to all who supported the girls throughout the season! Congratulations girls for a fantastic year! Your coaches are very proud of you!

Coaches: Ismael Santana and Stuart Brown



HEALTH OFFICE NEWS



HEALTH REQUIREMENTS FOR 2015-2016

STUDENTS ENTERING EARLY CHILDHOOD FOR THE FIRST TIME

Before the new school year begins, you must submit:

- A completed Physical examination form (dated within one year of the start of school)
- All immunization records (DTaP, Polio, Measles, Mumps, Rubella, Hib, Hepatitis B, Varicella, Pneumococcal)
- A dental exam is recommended, but not required
- Lead screening and/or testing is required and must be noted on the physical form
- TB screening and/or testing is required and must be noted on the physical form

**Your child will not be allowed to start school without all forms being turned in prior to the 1st day of school!!*

ALL STUDENTS ENTERING KINDERGARTEN

Before the new school year begins, you must submit:

- A NEW completed physical examination form (dated within one year of the start of school)
- All immunization records (including proof of **boosters** for DTaP and Polio administered after the 4th birthday, as well as two Varicella and two MMR vaccines.)
- Lead and TB screening and/or testing is recommended if not already done during pre-school years and should be noted on the physical form.

Before October 15, 2015, you must submit

- An eye exam or waiver - **State of Illinois Eye Examination Report** - Public Act 95-0671 requires that children enrolling in kindergarten shall have an eye examination. This exam must be done by a licensed optometrist, or a doctor licensed in all branches of medicine who does eye exams.

Before May 15, 2016, you must submit

- A NEW dental exam or waiver

**Your child will not be allowed to start school without all physical and immunization forms being turned in prior to the 1st day of school!!*

HEALTH REQUIREMENTS FOR 2015-2016

ALL STUDENTS ENTERING 6th GRADE

Before the school year begins, you must submit:

- A NEW completed physical exam form (dated within one year of the start of school)
- All immunization records (including proof of having one Tdap vaccine, one Meningococcal vaccine, two varicella vaccines and a complete Hepatitis B series.)

Before May 15, 2016, you must submit

- A NEW dental exam or waiver

You are strongly encouraged to complete and submit physical, immunization, vision and dental forms before the start of school. The school office is open during the summer months. Please do not wait until the first day of school to submit your physical exam forms!

**Your child will not be allowed to start school without all forms being turned in prior to the 1st day of school!!*

MEDICATIONS AT SCHOOL

Medication (both prescription and non-prescription) can be given at school only if:

- It is absolutely necessary that a school dose be given
- Authorization has been received by both the doctor and the parent – a School Medication Authorization Form is available from the health office, or can be downloaded from the URS website.
- The school's medication policy is followed.



To the parents who already have students taking medication at school:

- On the last day of school, please stop by the health office to pick up any remaining medication for your child. Any medication not picked up will be discarded.
- A new School Medication Authorization Form must be submitted if your child continues to take medication next school year.

HAVE A WONDERFUL SUMMER!!!!

BE SAFE!! EAT NUTRITIOUSLY!!!

BE PHYSICALLY ACTIVE FOR AT LEAST 60 MINUTES A DAY AND READ, READ, READ!!!

Keeping your Child Healthy: Kids Nutrition



Did you know that more than twice as many children are overweight as compared to thirty years ago? In fact, according to the Journal of Pediatrics, 1 in 5 children are currently overweight. If a child is obese, then he/she is at higher risk for serious illness, like diabetes, heart disease, and asthma. Why are our children becoming heavier? Numerous studies show that children today are eating more foods high in calories, lower amounts of nutritional foods, and exercising less.

Where do we start?

We all want our children to be healthy, but where do we start? You can begin by taking the following incremental steps:

- Substitute water for soda pop or juice
- Buy fewer snack foods like chips, candy, cookies; try serving healthy snacks like organic trail mix, apple slices or carrot sticks
- Serve whole fruits for dessert
- Prepare more meals at home, using more fresh and less packaged foods
- Be active as a family, like playing outdoor games after dinner instead of watching TV all evening.

Do not get discouraged if your child does not try a new, healthy food you serve. It's true that some children need a new food served to them over 10 times before they will eat it. Also, do not fall into the trap of using food as a reward for eating. Psychologists warn that if you promise a child an unhealthy food, such as a dessert, for eating their vegetables, you will send them the wrong message, which is, "Vegetables are less valuable for you than dessert".

Set an example

Teaching your child a few good habits as they grow up will help them maintain a healthy body and normal weight through life, such as:

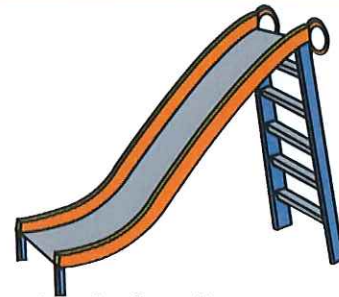
- Avoid high fat, high-density foods that are low in nutritional value, such as donuts, bacon, and French fries
- Consume adequate servings of lean protein, vegetables, and fresh fruits each day.
- Be aware of portion size, particularly at restaurants, and eat fast food less often. (Encourage your child to eat some of the new, healthier items available at fast food restaurants.)
- Eat breakfast each day. Skipping breakfast leaves you hungry, tired, less alert for school, and more susceptible to eat less healthy food later in the day.
- At least one hour of physical activity each day is optimum, which doesn't have to be all at one time.

Of course, setting a good example of proper diet and exercise is by far the most effective way to teach your child these habits. So, eat right and get moving!

Learning eating and exercise habits early is important

Even if your child is a normal weight growing up, proper eating and exercise habits have an impact on your child's adult life. Dr. E. Zerhouni of the National Institute of Health sums up the importance of learning proper habits early in life; "Our research shows that the main driver of whether or not you become obese later in life depends on how you were raised and the habits you acquire when you're a child. That is why it is so important to intervene early.

Tips for Preventing the Summer Slide



Studies show that children who do not read or have access to books during the summer lose up to 2 months of reading performance. Those losses accumulate during the elementary school years so that by the time a child enters middle school he/she may be 2 1/2 years behind! All children, whether from low, middle or upper income families, may fall victim to the “summer slide” if not provided with summer reading opportunities. So how do we prevent the summer slide-or even accelerate reading growth? Here are a few ideas:

- 1** Visit your local library! Help your child find “right fit” books. Right fit books are books that are of high interest to your child and are not beyond their reading level. You can use the five finger test to determine if the book is too difficult for your child. Open the book to a page with many words. Have your child begin reading the text. Hold up a finger for each word he/she does not know. If you have 4 or 5 fingers up, the text may be too difficult for your child to read independently. Feel free to still check out the book! It just may be a book you want to read with your child.
- 2** Be sure your child reads at least 20 minutes a day. According to research, a child who reads only 1 minute a day outside of school will learn 8,000 words by the end of sixth grade where a student who reads 20 minutes outside of school will learn 1,800,000 words! That’s huge! If reading isn’t one of your child’s top priorities, you may need to set up an incentive program.
- 3** Set a good example. When your child sees you reading and enjoying a book or a newspaper article, you are sending a message that reading is important and valuable.
- 4** Read to your child. When you read to your child, he/she hears the rhythm of language. Be sure to read with expression! Changing your voice for different characters and increasing your volume during exciting parts are only a few ways to keep children engaged.
- 5** Read with your child –explore different types of reading such as poetry. For our little ones, poetry is a great way to improve phonemic awareness skills as poetry often incorporates rhyme. For our older children, poetry is a means of improving fluency.
- 6** Read for different purposes. Reading directions for a recipe or directions for assembling a toy are fun ways of incorporating reading into everyday activities.
- 7** Play games with words. Commercial games such as Apples to Apples improves vocabulary. You can easily turn a game of hopscotch or 4 square into a game that incorporates learning letters or sight words. Be sure to check out the “8 Super Summer Sight Word Activities” on the Make, Take & Teach blog.
- 8** If you have access to an iPad, there are tons of interactive books and apps that address phonics and early reading skills. There are also many websites that offer free reading related games.


Have a happy and healthy summer! Be sure to read, read and read some more! Not only can we prevent the summer slide, we can accelerate reading growth.



For more teaching ideas and activities be sure to visit our blog! www.blog.maketaketeach.com

SUMMER READING BINGO

SPEND AT LEAST  MINUTES READING EACH DAY THIS SUMMER!

READ in the bathtub! (no water, just blankets.)	READ IN A BLANKET FORT	READ while eating a snowcone (carefully!)	READ TO YOUR PET	Have a "Reading Party" with friends & treats
READ A MAGAZINE ARTICLE	READ a whole page of a book <i>backwards</i>	READ IN A TENT	READ to someone who can't read	READ WITH A FLASHLIGHT
READ a book you loved when you were younger	READ FOR 30 MINUTES	FREE 	READ ON THE SWINGS	READ under the Kitchen table
READ WITH AN ACCENT	READ on a family Road Trip	READ A POEM AND PERFORM FOR FRIENDS	READ a newspaper article	READ FOR 1 HOUR
SWAP favorite books with a friend & READ!	READ WHILE EATING A PICNIC LUNCH	take turns READING a page at a time with a sibling	READ TO A RELATIVE OVER THE PHONE OR COMPUTER	READ a book you love AGAIN!

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Bingo= _____ Blackout= _____