



HICKORY BEND ELEMENTARY SCHOOL

IN THIS ISSUE

HB | PARENT NEWS BULLETIN

by Mrs. Shawn Jackson | Principal

We will be giving your child state-required achievement tests March 8th – April 7th, 2017. The test is part of the Partnership for Assessment of Readiness for College and Careers (PARCC), it is being given to all eligible 3rd & 4th grade students.

The results of state test will be reported to you on the School Report Card. We will review state test results along with other information to help us improve our school program.

In addition, you will receive information about your child's performance on the state test he or she took. Below is a chart that indicates the grade and subject areas to be tested:

2017 PARCC

Grades 3 & 4 – ELA/Literacy & Math

You can help your child do his/her best on the test by:

- Making sure that your child attends school on-time;
- Making all doctor or dentist appointments during non-testing times;
- Making sure your child gets a good night sleep before testing;

- Providing a hot breakfast on the mornings of testing;
- Reminding your child to ask the teacher questions if he/she does not understand the test directions;
- Letting your child know that you have confidence in his or her ability;
- Advising your child not to worry about the test, just do the best he or she can.

Please call if you want additional information or have further questions about the PARCC test.

"Treat children with respect and they will take your word and example to heart."



SOCIAL WORKER'S CORNER

It is once again time for PARCC. Illinois has changed from ISAT to PARCC [PARTNERSHIP FOR ASSESSMENT OF READINESS FOR COLLEGE AND CAREERS] which ...

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PARENT INVOLVEMENT

What happens when parents get involved in their children's education? Grades go up and behavior improves...

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SOCIAL WORKER'S CORNER

HOW TO HELP YOUR CHILD AVOID TEST ANXIETY?

It is once again time for PARCC. Illinois has changed from ISAT to PARCC [PARTNERSHIP FOR ASSESSMENT OF READINESS FOR COLLEGE AND CAREERS] which measures individual student achievement relative to the Illinois Learning Standards. The results give parents, teachers, and schools one measure of student learning and school performance.

7 TIPS TO HELP YOU PREPARE YOUR CHILD FOR PARCC:

- Be sure your child wears comfortable clothes to school;
- Be sure to send a snack to school with your child for a mid-morning break. Whole grains and fruits are great food options for energy;
- Avoid disagreements and



arguments the night before testing and the morning of the test;

- Get a good night rest;
- Be sure your child arrives at school on time;
- Be sure to remind your child to bring all the supplies needed;
- Be sure to encourage your child to do his/her best and to take testing seriously.

Mrs. Kelly can be reached at (708) 758-4520.



BUS SAFETY RULES

"FIRST STUDENT BUS COMPANY"

- Stand on the same side of the street as the bus stop;
- Don't play around while waiting and stay on the sidewalk;
- Be alert to traffic;
- Always walk in front of, not behind the bus;
- Don't rush for the bus. Move toward the door only after the bus stops, the door opens and the driver gives the okay to board;

- Hold the handrail when getting on and off the bus;
- Never stand up or walk around while the bus is moving;
- Always obey the bus driver!



PARENT INVOLVEMENT

MARCH IS "NUTRITION MONTH"



Today's families are so busy and many are missing the mark when it comes to making sure that their children are getting all of the nutrients they need to grow and be healthy. Getting balance back into meals and snacks will have immediate and long term benefits for your child.

When they consume the right balance of calories and nutrients for their growing bodies, they'll feel better, have more energy and probably do better in school too.

Make meals a colorful event. Serve vegetables and fruits, whole grains and healthy proteins.

Enjoy healthy meals together and involve your child in the planning and preparation. When you make healthy eating a family affair, everyone benefits.

LET COLOR BE YOUR GUIDE

GREEN provides antioxidants potential and promotes healthy vision

- ❖ Fruits: avocado, apples, grapes, honeydew, kiwi, lime
- ❖ Vegetables: asparagus, broccoli, green beans, green peppers and leafy greens

ORANGE AND DEEP YELLOW promotes vision and immunity

- ❖ Fruits: apricot, cantaloupe, grapefruit, mango, papaya, peach and pineapple
- ❖ Vegetables: carrots, yellow pepper, yellow corn and sweet potatoes

PURPLE AND BLUE provides antioxidant and anti-aging, helps with memory

- ❖ Fruits: blackberries, blueberries, plums, raisins
- ❖ Vegetables: eggplant, purple cabbage, purple fleshed potato

RED produce that may help maintain a healthy heart, vision, and immunity

- ❖ Fruits: cherries, cranberries, red/pink grapefruit, red grapes, watermelon
- ❖ Vegetables: beets, red onions, red peppers, red potatoes, tomatoes

WHITE, TAN AND BROWN promotes heart health

- ❖ Fruits: banana, brown pear, dates and white peaches
- ❖ Vegetables: cauliflower, mushrooms, onions, white fleshed potato, white corn

HEALTHY SNACKS FOR HUNGRY CHILDREN



- ❖ Peel a banana, dip in low-fat yogurt. roll in crushed cereal and freeze.
- ❖ Spread celery sticks with peanut butter or cream cheese, top with raisins for ants on a log.
- ❖ Mix together ready to eat cereal, dried fruit and nuts in a sandwich bag.
- ❖ Smear a scoop of frozen yogurt on two graham crackers, add sliced banana.
- ❖ Spread peanut butter on apple slices.
- ❖ Toast an English muffin, drizzle with pizza sauce and sprinkle with cheese.
- ❖ Top low fat yogurt with crunchy granola and sprinkle with blueberries.
- ❖ Blend low fat milk, frozen strawberries and a banana for 30 sec for a smoothie.

NOW TRENDING



MR STEDMAN GRAHAM VISITS BROOKWOOD

Mr. Stedman Graham visited Brookwood School District 167 on Friday, February 17th and the students will have the opportunity to create a student identity model to help students prosper through a school and community based program, "The passport of your life is your vision." This will help students better learn about who they are and their purpose in life which is the root to success as shared by Mr. Graham. We hope to pilot this study in our district. The model will focus on how to change the mindset of youth to believing and loving themselves.



DADDY-DAUGHTER DANCE



AT HICKORY BEND ELEMENTARY SCHOOL, WE EXPECT OUR STUDENTS TO...

- BE SAFE
- BE RESPECTFUL
- BE RESPONSIBLE



GET INVOLVED

READ BETWEEN THE LINES



Learning to infer, or “**READ BETWEEN THE LINES**,” is one key to good reading comprehension. Consider these tips for helping your youngster make inferences when he/she reads.

DESCRIBE THE SETTING - Pick a book, and read a few sentences to your child (without him looking). Leave out words that name the setting. Example: “Sand stretched in all directions...cacti dotted the landscape.” Can he infer where the story is set? If he/she isn’t sure, give them a hint. (“Where do you see lots of sand and cacti?”)

LOOK FOR LESSONS - Fables are great for reading between the lines. Read one by Aesop, and help your youngster figure out the lesson. For instance, “The Tortoise and the Hare” teaches that even if you’re slow, you can win if you just keep going. Have him/her point out parts that he used to make the inference. (“The tortoise never stopped, and he took one good step after another.”)

USE PROMPTS - Questions that start with “Why do you think...? Or “How do you know...? Can encourage your child to infer. You might ask why he thinks a character behaved the way he did or how he knows it’s going to snow. Together, look for clues in the book that may help him answer the questions.



“BOX TOPS” FOR EDUCATION

Thanks so much for your hard work and support collecting box tops. We would like to give a special shout out to all the parents assisting us in this project and placing all the box tops on the forms.



We will continue to collect box tops. So please continue to clip 10 cents box top coupons off your favorite products and send them to us so we can keep earning money for our school.

Thanks for your Support!



“R” is for RESPECT

If children are to show respect for others, they need to understand what it is to be respected.

Author Michelle Borba emphasizes these parent practices that nurture respect:

- Treat your child as the most important person in the world;
- Encourage children to have high but achievable expectations of themselves;
- Give love with no strings attached;
- Listen attentively and respectfully;
- Enjoy being together;
- Tell children often why you love them.

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NOW TRENDING



PASTA FOR PENNIES

[CONGRATULATIONS!], Students and Parents at Hickory Bend we collected over \$1,200 for the Leukemia & Lymphoma Society of Illinois. **PASTA FOR PENNIES (change)** is presented by Olive Garden: Kids making a BIG change by collecting change. Mrs. Lucas’ kindergarten class collected the most change and will receive a pasta party from Olive Garden. Thanks for all who assisted in supporting our fundraiser.

THANK YOU FOR YOUR KINDNESS AND GENEROSITY!



MARCH IS “NATIONAL NUTRITION & NATIONAL WOMEN’S HISTORY MONTH

[**NATIONAL NUTRITION MONTH**] is an educational campaign focusing on the significance of physical fitness as well as eating nourishing meals.

[**WOMEN’S HISTORY MONTH**] is an annual declared month that highlights the contributions of women to events in history and contemporary society.

PARKING LOT - “DROP OFF LANE”

During the morning arrival times between 8:00-8:30 it has been observed that there are many drivers that use the drop off lane to watch their children walk to the sidewalk and into the school doors. This results in a serious traffic jam for others who are attempting to drop off their children as well. Please be mindful of other parents having to drop off their students at the Middle School as well as the Junior High. The “loop” is backed up by drivers everyday since the weather has been chilly. If you would like to watch your child please pull over into a parking spot, and watch them walk into the school. Also some drivers who are caught in the lane and cannot proceed or reverse tend to let the children out and they are walking into the drop off driving lane, which is very dangerous.

PARENTS THANK YOU FOR YOUR CONTINUED SUPPORT TO KEEP OUR HICKORY BEND STUDENTS SAFE AS THEY ARRIVE AT HICKORY BEND SCHOOL!

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