

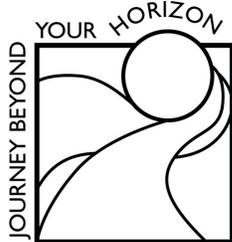


## Iles School News

1700 South Fifteenth Street, Springfield, IL 62703  
217-525-3226 Mrs. Susan Rhodes, Principal  
<http://www.springfield.k12.il.us/schools/iles/>



Springfield  
Public Schools



Iles School

### CALENDAR OF EVENTS

**Oct 10**  
Columbus Day - NO SCHOOL

**Oct 14**  
Early Dismissal - 2:00

**Oct 20**  
Parent/Teacher Conferences  
Early Dismissal - 2:00

Iles School Pizza Hut Fundraising Day

**Oct 21**  
NO SCHOOL  
Parent/Teacher Conferences

**Oct 27**  
School Picture Re-take Day

**Oct 31**  
Halloween Parade & Parties  
1:45-3:00p.m.

**Nov 1**  
School Improvement Day - NO SCHOOL



### It Isn't Easy

By Mrs. Susan Rhodes, Iles Principal

*Life is not about getting through the storms, but about dancing in the rain.*

--**Bunny Armstrong**

As a survivor of raising two children, now young adults, I do remember the anxieties I felt when I heard about conflicts at school. In my heart, I wanted to get the problem "fixed" so my children didn't feel bad. As an educator, I tried to step back and remember what is best for children in helping them develop confidence, become independent, and develop strong self-esteem. As a mother, I wanted my children to become resilient and to be able to handle the disappointments that come along the way.

Every time a parent comes to rescue their child and solves his/her problems, it sends the message to the child that you have determined as a parent that your child is not capable of solving the problem on their own. Children do need guidance in learning how to solve their problems. As a parent it is important to listen to the child and together discuss possible solutions and let the child work out the problem. Parents need to decide in the "big picture" of issues, how "big" is this particular issue. The child may not be able to resolve the issue as efficiently as an adult and in many cases that is OK. The learning that the child gains from going through the resolution process may be more important than reaching the actual solution. Parents need to take advantage of the "bumps along the way" as teachable moments in developing a resilient child.

It is a fact of life that we are disappointed when we don't get what we wanted, people don't follow our lead or things go a different route than what we had planned. Disappointment doesn't feel good but it does provide an opportunity for learning. We try to figure out what can we do next time to avoid disappointment and learn how to handle the feelings that come from disappointment. Now is the time to help your child develop the necessary coping strategies while there are caring adults who surround your child.

Parents need to make efforts to provide opportunities for your child to interact with other children in "free" play. Organized soccer and football do not count as "free" play. Free play is getting together with the kids in the neighborhood without adults telling them how or what to play. Free play is noon recess at Iles School.

I've included segments from an article written by Amelia Hill in *The Observer* on February 6, 2010 and found on this web site:

<http://health.usnews.com/health-news/family-health/brain-and-behavior/articles/2011/09/22/less-play-time--more-troubled-kids-experts-say>

From hide-and-seek to tearing around the neighborhood with friends, playing is one of the hallmarks of childhood. But in this era of hyper-vigilant parenting, researchers find that children in the United States have far less time to play than kids of 50 years ago, a trend that may have serious consequences for their development and mental health.

"Into the 1950s, children were free to play a good part of their childhood. If you stayed in your house around

your mom, she'd say 'go out and play.' The natural place for a kid was outside," said Peter Gray, a research professor of psychology at Boston College.

"Today, it's quite the opposite. Parents are not allowing kids the freedom to play. And even if they do, there are no other kids out there to play with, or the mother may have such restrictions on the child, such as 'you can't go out of the yard' that the kids don't want to stay out there," added Gray.

When kids are allowed to play, they make up games, negotiate rules and make sure others are playing fair. All of that helps to [teach children](#) how to make decisions, to solve problems and gain self-control. Children who have too many emotional outbursts or who insist on getting their way too often quickly learn they need to change their behavior if they want to continue to be welcomed into the group, Gray said.

Through free play, "they are acquiring the basic competencies we ultimately need to become adults," said Gray, author of two studies published recently in the *American Journal of Play*.

But since the mid-1950s, adults have played an increasingly larger role in their children's activities, to the detriment of their kids' mental health, Gray said. And, playing organized [sports](#) with a coach or other adult directing the activity doesn't replace "free" play that's directed by kids, he noted.

Research suggests that today's children are more likely to experience anxiety, depression, feelings of helplessness and narcissism, all of which coincides with a decrease in play and more monitoring and managing of children's activities by parents, he wrote in this special journal issue devoted to the decline in free play.

For boys, in particular, rough-and-tumble play helps teach emotional regulation, said Peter LaFreniere, a professor of developmental psychology at the University of Maine, in a **ILES SCHOOL--JOURNEY BEYOND YOUR HORIZON**

separate article.

Boys learn that if they want to keep their friend, they can't let things go too far or truly hurt the other child -- a skill that helps boys grow into men who keep aggression and anger in check, LaFreniere said.

"It's better to make the mistakes when you're 4," he said. "Children learn there are consequences to their actions; they learn to regulate the aggression even in the heat of the moment."

Despite a growing chorus from experts about the importance of play for kids' mental and physical well-being, research indicates the amount of time kids are playing has declined significantly.

"Today's young, at least in the middle class and upper class, are psychologically fragile," Marano said in an interview published in the journal. [Hovering parents](#), these researchers said, also deprive their children of something else -- joy. One survey found that 89 percent of children preferred outdoor play with friends to watching TV.

"Parents have to remember that childhood is this special time. You only get it once, and you don't want to miss it," LaFreniere said. "Mixing it up with other kids in an unrestrained manner isn't just fun. It isn't a luxury. It's part of nature's plan."

## Student Support News

**Sherry Frachey**  
Student Support Services

### September

After orientations, we have discussed the difference between real bullying and meanness, and reviewed the Peace Power Tools students can use in dealing with conflict. Peace Power Tools include: Confidence, Word Power, Find a Friend, Walk Away, Humor, Change the Subject, Ask for Help.

Please ask your child to explain how these tools work, and if they know the meaning of resilience. (2-5) We will be

learning more techniques in November.

### October

During the month of October, we will celebrate Red Ribbon Week by having school-wide fun theme days, and all Student Support Lessons will center on tobacco and alcohol awareness and prevention. We end Red Ribbon Week with a Sock Hop at noon recess! Stay tuned to your child's classroom newsletters for details and exact dates!

As always, I welcome donations to Mrs. Frachey's Treasure Chest, and also donations for 1st and 2nd grade noon recess items for student amusement. Thank you in advance for helping put a little more fun into each day!

### Needed:

New or gently used but clean boys and girls sweatpants and t-shirts for the emergency clothes room!

## "Letterman's Top Ten" How to Raise a Generation of Entitled and Spoiled Children

10. Enroll your child in every possible structured extra-curricular activity. Give them everything YOU never had.
9. Do your child's homework for them because it is too hard and teachers expect too much.
8. Give your child lots of spending money even if they don't do their chores.
7. Don't expect your child to do chores. They are already too stressed.
6. Allow your child to have input on every important decision.
5. Make excuses for them. THEY are not the one who is mean or hard to get along with.
4. Do not hold your child accountable for their choices.
3. Rules do not apply to them. They are just ridiculous constraints for someone else's convenience.
2. Always believe everything they tell you even though you may not have all the facts.
1. ALWAYS blame the teacher. Any failure or mistake is always due to someone else not doing their job.

## Chinese News

by Mr. Damon McParland  
Chinese Instructor

The students are well into their third year of Chinese for the older students. First grade just started learning their numbers. Many of them already know their numbers from 1 to 10 since they learned them in kindergarten. Second grade just had their test on body parts on Sep. 30 and will start telling time in Chinese after that. Third grade also had their first test on rooms in the house and will be starting food words which should be fun! Fourth and fifth grade students just finished a unit on clothing terms and created superheroes with super clothing that possessed various super powers to help them learn their clothing terms even better. The middle school students are meeting everyday and are progressing very well. Sixth grade is working on creating a Comic Life travel document listing facts about a Chinese tourist destination while the seventh and eighth grade students are making infomercials about special school supplies that can help students succeed at school. This is to reinforce their study of words used in a classroom.

## SPEECH CONTEST

Our second year of having speech contest is going really well. Special thanks goes out to all of the parents who have stepped up to help coach our groups of performers. We have twenty-two students taking part in Speech Contest which is great. Our students will be performing on October 29 in Tri-City/Buffalo. We have several duet performances, one monologue, two group performances and four improv groups. Speech Contest is basically acting but in front of a judge instead of an audience. There are no props or costumes allowed so students must convey the story just using their voice and actions. If you see one of our performers, be sure to tell them to "break a leg!"

## Health Update

By Mrs. Val Rogers, RN

### Pertussis

According to the Illinois Department of Public Health, there has been an increase in the number of cases of pertussis, also known as whooping cough. Pertussis is highly contagious and is easily spread from person to person. The pertussis bacteria are generally spread to others through coughing and sneezing. An infected person is contagious from just before onset of symptoms until up to three weeks after symptoms start. Treatment with appropriate antibiotics shortens the contagious period to about five days.

Immunity following disease or vaccination is not lifelong. Older children, adolescents and adults can become susceptible to pertussis five-to 10-years after their last dose of pertussis-containing vaccine. Older children and adults can carry the germ and spread it even though their cold-like symptoms may be so mild they might not seek medical care.

Symptoms of pertussis usually appear five-to 10-days after exposure, but can take as long as 21 days. The first symptoms are similar to those of a common cold - a runny nose, sneezing, low-grade fever and a mild, occasional cough. The cough gradually becomes severe and, after one to two weeks, the patient has spasmodic bursts of numerous, rapid coughs. The characteristic high-pitched "whoop," which is more common in children, comes from breathing in after a coughing episode. During such an attack, the patient may turn blue, vomit and become exhausted. Between coughing attacks, the patient usually appears normal.

Coughing attacks occur more frequently at night. The attacks increase in frequency for a couple of weeks, remain at the same level for two-to three-weeks, and then gradually decrease. Coughing may last as long as 100 days. Cough medicines usually do

not help eliminate this cough. Recovery is gradual, but coughing episodes can recur for months after the onset of pertussis.

Although most people recover, complications of pertussis can be severe. It can be a critical illness in children younger than 1 year of age, especially in premature babies or those with lung disease. Less serious complications include ear infections, loss of appetite and dehydration. Although infrequent, complications affecting the brain, such as convulsions and inflammation, may occur, especially in infants, and can lead to more severe consequences.

It is recommended that preschool children receive vaccination against pertussis. New booster vaccines became available in 2005 that offer continued protection against pertussis, diphtheria and tetanus for adolescents and adults. These vaccines have been added to the recommended schedule of vaccinations for adolescents. Adults with routine contact with infants less than 12 months of age should receive a booster dose. Please consult your doctor to see if you or your adolescent needs a booster pertussis vaccination.

For more information please contact your physician or the Illinois Department of Public Health.

## Physicals and Immunizations and Dental Exams

Reminder – All 6<sup>th</sup> graders and students new to District 186 must provide proof of a recent physical exam and updated immunization records to the school office. Any student without current information will be excluded from school October 17, 2011. Illinois law also requires a dental exam for 2<sup>nd</sup> and 6<sup>th</sup> grade students. Dental exams must be received by May 15, 2012. Please call me for questions.

*Valerie Rogers RN*

**The IB Eye**  
**Mrs. Sandy Bauer,**  
**International Baccalaureate-**  
**Primary Years Programme**  
**Coordinator**

This is a busy time, as usual, at Iles School. Students have adjusted to their classroom routines and are busy inquiring about many things. Hopefully, you have had a chance to look at your child's classroom webpage to see pictures and write ups of activities that they have learned since school began. Each teacher has the current Unit of Inquiry, the Central Idea and Lines of Inquiry in a colored box on the webpage and will change these each time a new theme is begun. Communicating is a lot of work, but we want you to know what your child is learning at school!!

In case you have no clue what I'm talking about when I mention Central Idea and Lines of Inquiry, please plan to attend the PTO meeting on Monday, October 24 @ 6:00 PM. The meeting will be filled with Iles Celebrate information, but I'm hoping to squeeze a little IB information into your brains, as well.

Also, we all hope that you attend Iles Celebrates (our annual fund raising auction and multi-cultural event) that will celebrate our recent International Baccalaureate authorization. This is a great way for all of us to come together to affirm that Iles School is a fabulous school for fabulous kids.

**BAND NEWS**

**by Mrs. Dia Langellier**  
**Band Instructor/Technology**

Band Homework (practice assignments) are always posted on my webpage. If your child is absent on lesson day, please check the homework site to find out what they should be practicing.

New band t-shirts will be ordered soon. Mr. Marcy has graciously agreed to design us a new logo. Most beginners have already turned in an order sheet. If Advanced band mem-

bers would like the new design, they can see me for an order form. Otherwise, they can continue to wear the old one until they move on to middle school.



WHO CAN PRACTICE THE MOST DURING THE MONTH OF OCTOBER????? See what happens if you increase your practice time. Surprises in store...

**Attention Iles Parents**

**Cafeteria News**

**By Mrs. Sue Jacobs, Kitchen Manager**

**Reminder**

Please be sure to keep an eye on your child's account balance. Money for their account can be brought to the cafeteria. If you write a check, please be sure to put your child's name on the memo line. Thank you!

**6th-8th Grade IMSA**

**Ms. Olson/Ms. Sullivan**

Middle School IMSA will be meeting every Tuesday in room 17 (Ms. Olson's room) from 3-5pm. We have 21 students this year. This semester we will be focusing on biotechnology. We'll learn about the history of biotechnology, natural selection, cells, cellular reproduction, genes, Punnett Squares, DNA, and much more! We have many exciting activities planned, along with an end of the semester field trip! We're looking forward to working with this amazing group of students!

**Iles Celebrates**

**By Mrs. Mary Beth Burke**  
**Volunteer Coordinator - Iles PTO**

Hi Iles students and families! I'm writing you today about Iles Celebrates!, the PTO's #1 family fun fundraiser that takes place Saturday, November 19, 2011, at Springfield High.

It's easy to be involved - just bookmark and Like the Iles Celebrates! Facebook page at:

<https://www.facebook.com/pages/Iles-Celebrates/152384394784203>

and the PTO Iles Celebrates! page at

<http://www.springfield.k12.il.us/schools/iles/pto/?p=40404>.

Did you know that Iles Celebrates! makes a huge contribution to the success of our school? Last year Iles Celebrates! helped raise the money for more than 25 new computers in the Mac Lab? Imagine what we can do this year if we all work together!

We've just posted some great pictures from last years' Iles Celebrates! on our Facebook page.

For those of you who attended last year, go check out the album, relive some great memories, and make sure to tag yourself and your friends in the photos.

For those who are new to Iles or missed last year's big night, you can get a "taste" of all the food, fun, dancing, auction items and kid's stuff that makes it so much fun.

In a recent Wednesday folder, we've asked if you would consider sharing your *time*, *talents*, and connections to benefit Iles by asking for donations or sponsorships and provided different forms with multiple ways to give. If you need another form or two, they are available on the PTO Iles Celebrates web site. You can sign up to work a shift dishing out yummy international food that night, or ask the stores or restaurants you frequent for donation items. Any level of support is appreciated!

Get involved! It's fun and easy, and it'll culminate in a great night for the Iles family! 11/19/11 will be here before we know it!