

Springfield Public School District 186



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/>



CALENDAR OF EVENTS

February 11
Valentine Parties 2:00 p.m.

February 12 & 13
No School
Lincoln's Birthday

February 16
No School
Teacher In-Service

February 17
Starter Strings 3:00 p.m.
Fourth Grade -IMSA 3:00 p.m.

February 19
PTO Pizza Hut Night

February 24
Jump Rope for Heart
Starter Strings 3:00 p.m.
Fourth Grade -IMSA 3:00 p.m.

February 25
Jump Rope for Heart 2:00 p.m.
First Grade - By George

March 2
No School
Casmir Pulaski Day

March 3-13
ISAT Testing

March 4 - 6
PTO Book Fair

March 5
Personal Best Art Show/Family
Night
5:30 - 7:30 p.m.

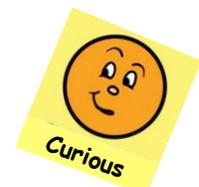
Update on Gifted Education in Illinois by Mrs. Susan Rhodes

Parents of Gifted Children—Your Child Needs Your Help NOW!



The annual Illinois Association for Gifted Children conference was held in Chicago February 8-10. On Sunday afternoon I facilitated a parent meeting with the focus on advocacy to have effective programs meet the needs of gifted children in the state of Illinois. IAGC Springfield Day is being planned for April 29, 2009. We need to have parents involved in this activity. In the fall I testified along with Mr. and Mrs. Darryl Harris to members of the Illinois State Board of Education to have a line item in the Illinois State Board of Education's budget specifically to meet the needs of gifted children. IAGC organized efforts so that board members heard testimony to this need at all of their board hearings held around the state of Illinois. The ISBE budget has been drafted and there is NO line item for gifted education. Parents need to convince our legislators that this line item must be included in the budget. With the current federal mandates of No Child Left Behind, our gifted children in the state of Illinois are being left behind. For specific in-

formation on how to get involved with IAGC Springfield Day, go to the website of <http://www.pace308.org/springfield.html> <http://www.pace308.org/springfield.html>. If you would like to see a picture of the nearly 1000 students and parents that attended the event last year go to <http://www.iagcgifted.org/> <http://www.iagcgifted.org/>. Please make plans to wear your yellow shirt and tell our legislators that we need to support gifted children.



Odd and Curious Student Support News by Mrs. Sherry Frachey

Many of you know that I have had an interesting and ongoing correspondence with Yoko Ono. It's a long story, but I have come to know and appreciate her dearly. Admiring her work for peace, I began a practice in my classroom called "Yoko's Chair." Students who need some comfort time, are having a bad day, or feel worried, had an open invitation to hug Tucker and "sit for a spell." Many students who have had difficulty being still and paying attention in class, find respite in Yoko's Chair. It is amazing and wonderful to observe.

I have been so taken with the idea; the students and I made a video about it when Ibiyinka Alao, our Nigerian artist in residence was visiting. Yoko watched it and wrote a letter to our students:

"Dear Peace Kids,
Your video messages were so beautiful; it made me choke up in the end. Thank you for sending something so special to me. Lots of love, "Yoko" How cool is that!?"

We are eagerly preparing for our Sixth Annual Writers' Workshop on Friday, March 13, 2009. I hope your child has told you about our "What Kind of World Do You Want" project!

Student Support Class

Please check my school web page for news about what we are doing during Student Support Class. I try to keep vocabulary and topics updated regularly.

Educational Support Groups and Lunch Bunches

New groups are forming as we finish our educational support groups called, "Lunch Bunches". This quarter I will offer a Lunch Bunch introducing stress management techniques and positive self-talk. I believe there will be a high demand for this topic, so I am thinking we will form two groups; one on Wednesdays and one on Thursdays. Students or parents may let me know if they would like to participate. One group is full, and the next is on a "first come first serve" basis.

O Ambassador Club still meets every Monday in Room 11 as a Lunch Bunch, as well as *Iles News Crew*

on Fridays. *O Ambassador Club* is open to any 3rd-5th grader interested. Our *O Ambassador Kick Off Week* is February 2-6. There is "theme a day" for all 5 days. In order for a child to participate, A suggested donation of \$1.00 per day for the *Free the Children* charity in East Asia, is collected. I realize times are tough. Although we would like to send a good amount to Free the Children, this project is ultimately about selfless service, so I told the students if they do any kindness for anyone, that a note about it from an adult would be a great donation as well. It isn't about the money as much as it is about teaching our children to be caring and compassionate global citizens. We have begun our inquiry into the East Asian *O Ambassador* material. Stay tuned to classroom parent letters and/or my school web page to find out about the themes. We are excited!

May you have a February full of wonder and have some fun each day! I am so grateful to spend my days with your children!

Health Update By Mrs. Val Rogers, RN

School Nurse

February is *National Children's Dental Health Month*. This is a great time to remind your children to take good care of their teeth. Brushing and flossing are important in keeping your child's teeth and gums healthy. Food, especially sugary foods left on teeth provide a great place for bacteria to grow and cavities to form. Soda, even diet soda is very acidic and if it is left on teeth it can damage the enamel allowing cavity formation. Children should



brush their teeth after every meal and before bed. If this is not possible, they should at least brush in the morning and before they go to bed. Flossing removes food trapped between teeth that can cause cavities. Please remind your children to floss every day and to brush their teeth at least twice daily.

It is also important that your child see a dentist regularly. Regular dental check-ups can help prevent cavity formation. The American Dental Association recommends that children should start seeing a dentist soon after getting their first tooth. Dentist exams, provide fluoride treatments and put on sealants to protect teeth. If your child has not seen a dentist in the last six months, please call today to schedule an appointment. If your child has a medical card or if you need help locating a dentist, call 1-888-286-2447 for assistance. For questions please call me at your child's school. I would be happy to assist you.

Personal Best

By Mr. Bob Marcy

On the evening of Thursday, March 5 at 5:30 p.m. Iles families and friends will have



an occasion to view the *Iles Personal Best Art Show*. Students at Iles will be given the opportunity to display a piece of his or her art work. Students are encouraged to jury their own works, selecting their "personal best" piece done thus far in art classes at Iles. Participation and selection of art work is strictly up to each student

artist. Please ask your child about his or her participation while respecting his or her choice to participate. The main hallway outside the office will provide our gallery setting, providing the works of art of the many talented artist at Iles.

PTO NEWS

By Tracey Wobig, PTO President

Important note: The February 3rd PTO Meeting has been rescheduled for FEBRUARY 10TH. It will begin at 6:30 in the Library. This is one meeting you won't want to miss. The FBI will have a representative here to talk to parents about "Internet Safety" and how to help your student stay safe when navigating the World Wide Web. Plan now to attend and call PTO President Tracey Wobig if you have any questions.

Intramural Basketball has started and is going well. THANK YOU to Mark Freetly for heading it up and to everyone who's volunteering to make the Basketball League so much fun for our kids!

Our class Valentine's parties will be on Wednesday, February 11th at 2:00. Check with your student's teacher or room parent to make sure they have everything needed for the party. Come join the class party, then enjoy the long weekend with your kids!

The Spring Book Fair is coming up March 4-6. (Yes - spring is coming!) Mark your calendar for Thursday, March 5th, our Family Night. We'll have the Book Fair open, a meal to order, the Personal Best Art Show to browse through, and instrumentalists

providing entertainment in the gym. Don't miss this evening; it has something for everyone!

Lost and Found: One parent left a pair of gloves at Skateland South at our last roller skating event on January 13th. If you think they might be yours, call the office or stop by to take a look.

Planning for Iles Celebrates! 2009 has already begun. We need LOTS of helpers, and some leaders, too. If you can help out with planning for this event, please contact Tracey Wobig or Cathy Schwartz.

Community Health Corner

By Memorial Medical Center

Anemia and Congestive Heart Failure May Coexist

Can we reduce the mortality rate in heart failure by looking for and treating anemia? Many patients with congestive heart failure tend to have an associated problem of anemia.

Anemia is a decrease in the number of red blood cells, the component of the blood that carries oxygen. Anemia limits the amount of oxygen being carried to the body. Therefore, with fewer red blood cells carrying oxygen, the heart has to work harder.

"With the heart working harder to distribute less oxygenated blood, the severity of heart failure progresses," explains Debbie Webster, RN, MPH, who works with the Heart Failure Support Team at Memorial Heart and Vascular Institute. "The treatment of ane-

mia in heart failure definitely deserves a closer look."

The exact prevalence of anemia in patients with heart failure is still open to debate, but there is substantial evidence that these two disease processes tend to coexist. Not only has anemia been linked to chronic heart failure, it has emerged as an independent risk factor indicating poorer outcomes. As a result, it can be harder to accomplish many of the things you typically do every day.

Signs and symptoms of anemia are very similar to those of heart failure:

- Dizziness
- Shortness of breath
- Weakness

Treatment of anemia depends on the type, cause and severity of the condition. Treatments may include diet changes, supplements, procedures or medicines. Treating anemia in heart failure has shown improvements in exercise capacity and the quality of life. It can also significantly improve heart function and reduce the number of hospitalizations.

If you think that you or your loved one is anemic, speak with your physician. Memorial Medical Center has a free heart failure support group that meets the second Wednesday of every month, offering a wide range of programs and topics.

"We have more than 40 people who attend," Webster said. "It's open to anyone concerned about their heart health, not just heart-failure patients." Call 757-4259 for more information or for any questions.