

Springfield Public School District 186



## Iles School News

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 217-525-3226 Mrs. Susan Rhodes, Principal  
<http://www.springfield.k12.il.us/schools/iles/>



### CALENDAR OF EVENTS

- January 9**  
**Brownies** 3:00 p.m.
- January 12**  
**Fire Drill** 9:45 a.m.
- January 13**  
**Starter Strings** 3:00 p.m.  
**Roller Skating** 6:30 p.m.
- January 15**  
**Pizza Hut Night**  
**Iles Winter Music Program** 7:00 p.m.
- January 19**  
**No School**  
**Martin Luther King**
- January 20**  
**PTO Basketball Practice Begins**  
**Starter Strings** 3:00 p.m.
- January 21**  
**Basketball Practice**
- January 27**  
**Starter Strings** 3:00 p.m.
- January 28**  
**Early Dismissal**  
**11:30 - Teacher Workshop**
- January 30**  
**PTO Basketball Game**
- January 31**  
**PTO Basketball Game**

### Happy New Year! by Mrs. Susan Rhodes

This second semester provides an opportunity for students, staff, and parents to learn together as we continue to “journey beyond our horizons.” Thanks to the generous support of parents, staff, and friends of Iles, the students of Iles have access to not one but two fully equipped computer labs. In December the Iles faculty met with Mrs. Karen Thompson from the District computer services to learn about the features of the new iMac computers. I wish you could have seen all of the smiles on our faces as we learned of more unique learning opportunities for our students with the new technology that we now possess.



Iles faculty members continue to work together on developing a “Program of Inquiry” as a component of becoming an International Baccalaureate school. Developing this program has resulted in a lot of discussion regarding curriculum and the continued emphasis that we all need to work together across grade levels. The focus on students writing across the curriculum will remain at Iles School.

The sixth annual Iles writing conference for children is scheduled for Friday, March 13. We will work this month to get our presenters lined up for

the conference. If you or if you know of a writer who is willing to facilitate writing workshops for children on that day, please contact Mrs. Rhodes. We are excited by the authors that have committed to be with us on that day and look forward to have more writers join the roster.

Iles School has been given the “green light” to add a sixth grade program beginning in the fall of 2009. A foreign language program will be provided as the school works towards the International Baccalaureate authorization in the future. The classroom for the sixth grade students will be on the lower level. Lockers will be installed for the students. It is planned that Ms. Christine Owens will be the sixth grade teacher. Ms. Owens has several years of teaching experience with gifted sixth, seventh, and eighth grade students. The instrumental program will be extended and discussions have started about expanding the music opportunities for students. It is also being planned that PE will be provided to sixth grade students on a daily basis. Discussions are being held to have our students be able to participate in the after school IMSA program. It is the desire of Iles School to work with UIS to develop new learning opportunities for our students through guest lectures and utilizing our technology



resources. I am very confident with the support that we have at the District level and with the combined talents of our staff and parents, we will develop and provide an amazing learning opportunity for our children.

### **Cold and Flu Season** by Valerie Rogers RN School Nurse

We are entering the cold and flu season. Sometimes it is difficult to know when to keep your child home. Here are some general guidelines to follow when deciding whether or not your child should go to school.



Your child should be free of a fever for 24 hours before returning to school.

Your child should have had no vomiting or diarrhea for 24 hours before returning to school. Diarrhea is runny, watery, or bloody stools. If your child is unusually tired, he or she is too sick to take part in classroom activities and should stay at home and rest. Ear pain / discharge requires consultation with a physician. A cough that is bad enough to make your child red or blue in the face or a cough that is followed by whooping sounds is a reason the child should be kept home.

Persistent green or yellow nasal drainage warrants a call to your child's physician. Thick mucous or pus draining from the eye also requires a call to your child's doctor.

In order to prevent the spread of infection there are certain precautions you can take. Handwashing is the best way to prevent the sharing of germs.

Encourage frequent and proper handwashing for all family members. Another tip to prevent the spread of germs is to wipe off items that are typically ridden with germs including toys, door knobs, faucets and telephones.

### **Student Support News** by Mrs. Sherry Frachey

Welcome back! Happy 2009! What a wonderful year of new adventures into learning this will be!

O Ambassadors continue meeting every Monday as a Lunch Bunch. We will be planning our kick off week, with a theme everyday for a dollar a day. All proceeds go to Free the Children in East Asia. Stay tuned for details!

All students in the school participate in O Ambassadors through Student Support Class, and every student has the opportunity to learn about how kids live all over the world. We will take the opportunity at our Sixth Annual Writer's Conference to celebrate our O Ambassadors theme of "What Kind of World Do You Want?" O Ambassadors Lunch Bunch is open to any 3rd-5th grader who is interested.

I have finished working with the Divorce and Grief Lunch Bunches. I will begin a stress reduction and positive self-talk Lunch Bunch this semester. Please let me know if your child is interested in this. We will also be continuing "Whispering Shadows". That program informs students how to monitor and create positive self talk and reduce anxiety and negativity.

Thank you to the many families who have given so generously to other families in our

school community! These acts of kindness are deeply appreciated. This is only one small example of why I am so grateful to be a part of the Iles community of learners.

*Together Times* will be coming home (or have already come home) soon. This informative and entertaining magazine is intended for the entire family. I hope you enjoy them!

### **Physical Education News** by Mrs. Sue Langrebe

**PE CHALLENGES** were introduced to 4<sup>th</sup> and 5<sup>th</sup> graders during 2<sup>nd</sup> quarter. Many students practiced the balance/strength/coordination/endurance challenges during their lunch recess. Once students mastered a challenge they had Mrs. Landgrebe check them off on it. Those achieving 4 (Bronze Level) are Clayton Gauding, Bailey McGuire, and Kiran Patel-O'Connor; 5 (Silver Level) is Jordan Stapleton; and 6 (GOLD level) are Nathan Cheung, Krishi Korrapati, Julian Litvak, and Evan Northrup. PE Challenges will continue 3<sup>rd</sup> quarter.

### **JUMP ROPE FOR HEART**

Iles PE classes will do Jump Rope For Heart on February 23 and February 24. During the month we will talk about the importance of being active to keep our hearts healthy. Students will have many opportunities to improve their jump rope skills. Parents are welcome to attend PE classes those days and help us celebrate this special event.



## Generous Donation!

We would like to thank Dr. Grace Wenz for her generous donation to Iles School. This will enable first and second grade students to attend the Illinois Symphony Educational Concert on April 30 at 10:00 a.m. at Sangamon Auditorium.



## Community Health Corner

By Memorial Medical Center

### Overlooked Vaccine Can Save Lives

Did you know that pneumonia was the second-leading cause of death in Sangamon County in 2007? And did you know that a simple vaccination can help prevent you from catching one of the most common types of pneumonia?

The Sangamon County Department of Public Health has selected reducing infectious community-acquired pneumonia as one of three major health issues to address locally over the next several years. Memorial Medical Center offers these answers to common questions about the pneumonia vaccine.

#### What is pneumococcal disease?

Pneumococcal disease is a leading cause of serious illness in children and adults throughout the world. The disease is caused by a common bacterium, the pneumococcus, which can attack different parts of the body.

When bacteria invade the lungs, they cause the most common form of community-acquired bacterial pneumonia, and when they invade the covering of the brain, they cause meningitis.

#### Who is at risk?

Anyone can get pneumococcal disease, but some groups are at particularly high risk. These groups include persons aged 65 and older; individuals with weak immune systems due to cancer, leukemia, Hodgkin's disease or HIV; persons with sickle cell disease or without a functioning spleen; individuals who have a chronic illness such as lung, heart, and kidney disease, diabetes and alcoholism; and residents of chronic or long-term care facilities.

#### Can pneumococcal disease be prevented?

The best way to protect against pneumococcal disease is through vaccination.

#### Who should be vaccinated?

- Everyone 2 years of age and older with chronic medical conditions such as diabetes, chronic lung (except asthma), heart, kidney or liver disease, or alcoholism
- Those whose immune systems have been weakened by such conditions as cancer or HIV infection.
- People without a functioning spleen and those with sickle cell disease.
- Residents of chronic care or long-term care facilities.

#### How often is vaccination needed?

In most adults who are vaccinated at age 65 or older, vaccination is needed only once in a lifetime. However, for adults who are vaccinated before age 65 or for those at highest risk for serious disease, revaccination may be necessary. Talk to your doctor.

#### Who should not be vaccinated?

Individuals who have had a previous allergic reaction (e.g., hives, difficulty breathing) to the pneumococcal vaccine should avoid vaccination. The vaccine should also be avoided during radiation therapy or chemotherapy.

#### Will the vaccine make me sick?

The vaccine is very safe and does not make you sick. Some people experience some swelling and soreness where they get the shot. This usually goes away in a day or two.

#### Do I have to pay for the vaccine?

Yes, although Medicare and Medicaid cover the cost for those eligible.

#### When and where can I get the pneumococcal vaccine?

You can get the vaccine at any time of the year. It is available whenever you go to your doctor. Make sure you ask about it. Pneumonia vaccines are also available at the Sangamon County Department of Public Health (call 535-3000 for information).