

Springfield Public School District 186



# Iles School News

Iles School, 1700 South Fifteenth Street, Springfield, IL 62703  
217-525-3226  
Mrs. Susan Rhodes, Principal



## Calendar of Events

### February 11-12

Presidents Day  
Lincoln's Birthday  
**no school**

### February 18

Teacher InService  
**no school**

### February 20

PTO Skating Party  
6:00-8:00 p.m.

### February 21

PTO Pizza Hut

### February 22

By George

### February 26

PTO Roller Skating Party  
Skateland South 6-8 p.m.

### March 3

Casmir Pulaski Day  
**no school**

### March 4

PTO Meeting 6:30 p.m.

### March 4-14

ISAT Testing

### March 6

Personal Best Art Show  
6:30 - 7:30 p.m.

## FYI:

By Mrs. Susan Rhodes



## Healthy Food Choices -

*Please, No Soda at Lunch*

We work hard at Iles School to educate our children about being responsible to make healthy choices. Please support these efforts by sending healthy food and beverages to school for lunch and birthday celebrations. Soda has no nutritional value and is not a beverage that we want in our cafeteria to support the growth of our young children. Involve your child in reading nutritional labels when making choices for treats to bring to school. We must provide good examples. It is very troubling to hear in the news about the negative consequences that sugar consumption has on the health and well-being of our children.

## Iles School Menu Switch on February 14 and 15

Thanks to the generosity of Dr. Grace Wenz, the first and second grade students will be attending the symphony at UIS for the 11:30 performance on Thursday, February 14. The first and second grade students will eat an early lunch at Iles School on that day. (With the Valentine parties in the afternoon, that should keep them from going hungry at the end of their day!) Mrs. Sue Jacobs will serve all Iles students the menu that is posted for February 15. On February 15, chicken will be served to Iles students as outlined on the District menu for February 14.

## Easy Money for Iles School from Bergner Shoppers Saturday, March 1, 2008

*Bergner Community Day* coupons are available for purchase in the Iles School office for \$5 each. Iles School is allowed to keep the entire \$5 for each coupon booklet that is sold. Each booklet contains a \$10 off coupon that is valid on Saturday, March 1, 2008 along with eight other 20% off coupons. If you are a Bergner's shopper, please consider purchasing one of these coupons to help yourself with spring purchases AND helping Iles School.



## Student Support News!

by  
Mrs. Sherry Frachey

Many thanks to everyone who helped with O Ambassador Kick Off Week! It was an amazing success! During February we will continue to learn about the process of making positive decisions and studying East Asia. If you have any questions, please be sure to check my web page for updates.

<http://www.springfield.k12.il.us/teachers/frachey/?b=12>

Also, please remind your child to remember to be a "Peace Kid" and use negotiation and compromise to solve conflict! Happy February!



## Community Health Corner

By Memorial Medical Center

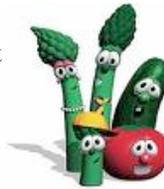
### Portion Sizes are Key to Healthy Eating

If you would like to improve your diet, one easy thing to do is to eat healthy sized portions. "Many of us underestimate the amount of food we eat and overestimate the recommended portion sizes for many foods," says registered dietitian Kim Bourne, director of Memorial Medical Center's Food and Nutrition services.

For example, pour out and measure your usual portion of pasta and compare it to the serving size

on the label. Chances are you're eating two, three, four or more times the amount recommended as a serving. For an easy way to remember true portion sizes, visualize them with everyday items. Compare:

- A serving of veggies or fruit to a baseball or woman's fist.
- A serving of meat, fish or poultry to a deck of cards or the palm of your hand (not counting your fingers).
- Dried raisins, dried fruit or nuts to a golf ball or large egg.
- A baked potato to a computer mouse.
- A pancake or waffle to a compact disc.
- A tablespoon of peanut butter to a thumb tip.
- A serving of cheese to six dice.
- A serving of fish (about 3 ounces) to a checkbook.
- A slice of cornbread to a bar of soap.
- A serving or slice of bread to an audio-cassette tape.
- A serving of rice, noodles or potatoes to a filled cupcake wrapper.



Read food package labels and make your servings the recommended size. For example, if a serving is 14 nuts, take the nuts out of the can and put them on a plate. Then put the can away, rather than eating directly from the can. Don't forget to check the portion sizes of your beverages. The label on a 20-ounce bottle

might say it makes 2.5 or more servings, yet few people share a bottle.

If you are eating out, avoid all-you-can-eat buffets. Restaurant portions can be huge. Share an entrée with a friend.

Or request a takeout container, put half

your meal in before you start to eat, and take it home. Never super-size your order at a fast-food restaurant. And remember, you don't have to clean your plate!



Serving small portions to young children is often the best way for them to learn to eat only until satisfied, instead of overeating. Start kids off with less and encourage them to ask for more if they're still hungry.

For more information on healthy eating choices, check out [www.mypyramid.gov](http://www.mypyramid.gov)

### Personal Best By Mr. Bob Marcy

On the evening of Thursday, March 6 at 6:30 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, choosing their "per-



sonal best" piece done thus far in art classes at Iles. Participation and selection of art work is strictly up to each student artists. 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.

### Music News:



by Mrs. Amy Taylor

5th grade vocal students will be participating in vocal solo and ensemble contest on Saturday March 8, 2008 at Springfield High School.

Calling all 4th and 5th grade Iles students. Swinging Singers will be resuming Monday February 25 from 3:00-3:45 every Monday and Wednesday after school. More information will be going home within the next two weeks. Those that were not in Swinging Singers last semester will have an opportunity to join this semester.

Thank you!

### PTO Events

SCRIP Sales Update - So far we have made a little over \$2,000 in SCRIP sales! Thanks SO much for using SCRIP. Valentine's Day

is coming up so if you want to get a little something for your special someone, think SCRIP. All orders are due on Fridays in the office. Order forms and other ordering information are available on the Iles School website. If you have any questions, please feel free to contact Amy Peterson at 544-9471 or Tracey Wobig at 793-9035, your SCRIP team!

### THIRD THURSDAY PIZZA HUT NIGHT:

Pizza Hut Nights - Did you know that Iles has Pizza Hut Nights



every THIRD Thursday of the month? You can dine in or carry out at THREE different locations (Park South, Montvale & Sangamon) during lunch or dinner. Fundraiser coupons are sent home the Wednesday before every Pizza Hut night. If you don't get one or need more, please call the Iles office. You can double dip with SCRIP by ordering SCRIP Pizza Hut cards to use at the Pizza Hut nights.

### First Grade News Help!

We are always in need of navy blue sports jackets, in first grade sizes, for our "By George" performance. If you happen to have one that you could donate to the cause, we would be thrilled to take it off your hands! Thanks!

### JUMP ROPE FOR HEART

by Mrs. Landgrebe

All PE classes will participate in Jump Rope For Heart on Feb. 26 (Feb. 27 for 1<sup>st</sup> grades). Jumping and talking will help us understand how important it is to keep our hearts healthy. For instance, did you know: Heart disease doesn't start when you are an adult. The healthier you are now the healthier you'll be when you are older. Eat healthy foods and stay physically active NOW to live a longer, stronger life.

Parents are welcome to join us. We could use your help.



### RUNNING CLUB

by Mrs. Landgrebe

Through January we have logged over 13,000 laps. We now have 1343 miles toward our goal of jogging the distance of the modern day Great Wall of China. Thanks to all of our spirited participants. I would like to offer an additional opportunity to do Running Club.

February 18 (NO SCHOOL) from 8:30 to 9:30 I will host Running Club on the Famous Iles Lap. SCOPE of course is welcome as are ALL of you.

I am still looking for parents to help me do a monthly noon hour Running Club.

Please e-mail me

[slgrebe@springfield.k12.il.us](mailto:slgrebe@springfield.k12.il.us)