



Springfield Public School District 186



Iles School News

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



Calendar of Events

January 8
PTO Meeting 6:30

January 17
PTO Pizza Hut Night
Park South, Sangamon
Center. North &
Chatham Rd

January 21
Martin Luther King Day
No School

January 24
Winter Vocal Music
Program and Winter
Band Concert 6:30 p.m.

**January 25 thru
February 23**
**Intramural Basket-
ball Program**

January 31
Early Dismissal
11:30
PTO Chuck E. Cheese
Night 3 - 9 p.m.

Iles Student Support News

by
Mrs. Sherry Frachey

Many of you know that Iles has been selected to be a part of the O Ambassador Program. During the month of January, we will begin our service learning projects. We will study about and organize fundraising events for areas of East Asia focusing on the United Nations Millennium Development Goals, as well as raise awareness and support for other local charitable causes.

So, during the month of January, students will research the issues and options regarding poverty in our area and East Asia. Some may even elect to be pen pals. (with parent permission) Service Learning is an integral part of our Lion's Quest curriculum. This initiative is just a creative and fun way to meet those standards and benchmarks. Please watch for news and dates about "Dollar Days" (fun activities at school during recess for a donation) and "Brown Bags".

If you have questions of comments, please give me a call at school.
Happy 2008!

Ryan's Well Foundation

Walk-a-thon

by
Mr. Dave Morgan

What has 110 legs and can walk over 90 miles in



30 minutes? In November, the three Iles third-grade classrooms worked

together to raise money for water well digging activities in third-world nations. Students received pledges from their family and friends and then set out to see how many laps they could achieve in 30 minutes on the famous Iles mile. Altogether the three classes raised over \$950. Way to go, third graders!

Physical Education News

by
Mrs. Sue Landgrebe

HELP WANTED!
PE classes will have their Jump Rope For Heart Event on February 26 for 2nd - 5th and February 27 for 1st. Parents are needed to help.

I am especially looking for parents to help turn ropes for the first graders.



Also, there is interest to expand Running Club to the noon recess for 3rd - 5th grades. I would like to offer that once a month. I need 4 or 5 parents to help, signing up for one or several times. If you are interested please contact Mrs. Landgrebe at 622-7872 or slgrebe@springfield.k12.il.us

**Iles
Swing-
ing
Singer
News**
by

Mrs. Amy Taylor

The winter vocal musical program for all third, fourth, and fifth grade students at Iles entitled MUSIC AND ME will be performed along with the Iles Band program on January 24, 2007 at 6:30 p.m. in the Iles School Gymnasium. The Music and Me program will be presented first followed by the Winter Band Program. There will be a brief intermission in between for set up and movement of students. Please plan to join us for this wonderful musical extravaganza. Students with special parts are to report to the music room at 5:30 all other performers please report to the cafeteria by 6:15. Thank you for cooperation regarding this and we hope to see everyone at the Iles Winter Music Program.



**Yearbook
News**

Yearbook pictures for groups will be taken on Friday, January 18th. The photos will be done in the ILES SCHOOL--JOURNEY BEYOND YOUR HORIZON



gym beginning at 8:30 a.m. The yearbook needs pictures of kids in school or at school events. They have to be copies because they won't be returned. Thanks,
Dianne McNamee

**Parent Playground
Volunteers!**

The schedule for parent playground volunteers is now located on the Iles website. Please review the schedule to make sure you are still available for playground duty. If your schedule has changed, please make arrangements for someone to be here in your place.



**Generous
Donation!**

Iles Elementary would like to thank Mrs. Grace Wenz for the generous donation to enable students to attend a performance of the Illinois Symphony at UIS.



**Community Health
Corner**

by Memorial Medical Center

Every year people arrive at the emergency department after overdoing it when removing snow from walks and driveways. "You need to remember that shoveling snow is very strenuous exercise. It is like lifting weights, and even people who are in good



physical condition can get hurt if they don't pace themselves," said Jennifer Boyer, RN, Director of Emergency Medical Services at Memorial Medical Center.

Here are some tips to keep you safe.

- Before heading out to remove snow, do some light warm-up exercises to stretch your muscles.
- Dress warmly in layers, and be sure to protect your feet, hands, nose and ears. Wear boots with a slip-resistant sole.
- Drink plenty of water, but do not drink caffeine or alcohol. And never smoke while shoveling.
- Shovel early and often – light new snow is easier to move than packed, wet snow. Pace yourself. Begin shoveling slowly and take frequent breaks to decrease the sudden demand on your heart that shoveling requires.
- Pick a lightweight shovel with a small blade. Whenever possible, push snow in front of you rather than lifting it. If the snow is deep, remove it in layers, several inches at a time.
- If you do have to lift the snow, bend your knees and use your legs rather than your back to lift. Pick up small amounts at a time. Take a step to turn your body in the direction you want to place the snow, rather than twisting or tossing the snow over your shoulder.
- STOP SHOVELING IMMEDIATELY if your body becomes stressed. Signs may



be shortness of breath, heavy sweating or any kind of pain.

According to the National Safety Council, those at risk for a heart attack should be especially cautious. Anyone who has had a previous heart attack or heart disease should not shovel snow without first getting their doctor's permission. You should also be careful if you are over the age of 40, lead a fairly inactive lifestyle, smoke or have high blood pressure or high cholesterol.

“Call 911 if you have discomfort or heaviness in the chest, shoulder, arms or neck,” Boyer said. “Other signs that you may be experiencing a heart attack include unusual or prolonged shortness of breath, feeling dizzy or faint, sweating excessively, or nausea or vomiting. You need to be evaluated immediately at the emergency department.”



Band News:
by **Dia Langellier**

Our Winter Band Concert has been rescheduled for January 24, 2008 at the same time as the Vocal Music Program. We will follow the singers after a short intermission to allow the stage to be set up for the band.

The District Music Contest this year will be held on March 8, 2008 at Franklin M.S. All 5th grade band students will be participating as well as those 4th grade band students who wish to participate. Letters regarding contest were sent home and are to be returned, signed and accompanied by the applicable contest fees (checks should be made out to Iles School) no later than the end of

January.

Last call this year for Band T-Shirts!! If you did not get one ordered 1st semester, or discovered that yours no longer fits, here is your chance to place an order. I will post a Band T-Shirt order form on my school website for those interested in ordering Band T-Shirts. Due date for these is also the end of January so that the order can be placed and received in time for the St. Patrick's Parade (3/15/08).



Electronic Cumulative Folder Parent Class

We have a new date available for the Electronic Cumulative Folder Parent Class. Please feel free to notify your parents that have not yet attended one, that would like to have access to their Students Electronic Cum Folder. This information would be great to add to your January Newsletter.



January 15
Times available are 5:30, (6:30 after 5:30 class has 15 - 20 Parents registered)

Please remember:
1. Parents can pick up a Parent Access form from your school or download from our website. This

form must have an original signature by an Administrator after checking a photo id. The forms are not to be sent home with students pre-signed.

2. All Parents must bring the signed form as well as their photo ID to class.



3. Please have Parents call me to register for class (class size is limited but must have a minimum of 10 in order to hold the class)

4. All classes will be at 3031 Stanton Ave.

Thanks so much!

Linda Gross
525-3015

