



December Monthly 2021

# Spencer Trail Times

Principal - Mrs Deirdre Scott  
Assistant Principal - Mrs Jennifer Christophersen  
Secretary - Mrs Jessica Juergens  
Secretary - Mrs Jamie Key

Superintendent - Dr Lori Motsch

Office Hours - 7:20am - 3:50pm  
Phone number - 815-462-7007

## **A Note From Your Principals:**

Dear Spencer Trail Families,

Parent/Teacher Conferences were a huge success thanks to all of you. The partnership between home and school is a crucial component to the development of your child. We encourage parents to keep the lines of communication open between home and school throughout the entire school year. Together we can work towards our common goal of educating your child.

As the holiday season is upon us the excitement and magic is growing. The month of December is filled with so much joy and fun. We have a few fun events planned for our students. We will have Polar Express Day, where students can wear their pajamas, do some fun crafts and maybe even get a special visitor from the movie. We will also have a Festive Friday where students can wear fun holiday gear. We look forward to the month ahead. It will fly by, but we will have fun along the way! We truly enjoy all of the excitement our little ones exhibit during this magical time of the year. We wish our Spencer Trail families all things wonderful this holiday season.

Deirdre Scott and Jenny Christophersen

# DECEMBER

**December 3rd - Polar Express Day**

**December 10th - Festive Friday**

**December 14th - School Board Meeting at 6pm**

**December 20th- January 3rd - No School - Winter Break**

**January 4th - Classes Resume**



**Looking Ahead**

**January 17th - No School**

# A Note from Nurse Cami

Thank you to parents for being so vigilant in keeping your children home when they are sick. It really helps to decrease the spread of illness to others.

We have talked about the importance of handwashing and when to keep your children home. This month I would like to talk about two other healthy practices that will help keep your child healthy and well.

The first is sleep. Getting enough sleep is a very important part of keeping your child healthy. Good bedtime habits, along with ample hours of sleep, will help keep your child from being fussy, irritable, or aggressive during waking hours, and helps the body fight off sickness. Of course it will make it easier for them to learn and play as well. It is generally recommended that children ages 5-12 get 10-11 hours of sleep per night.

The second is nutrition. Good nutrition helps the body fight off sickness, as well as, support normal growth and development. Your child's diet should resemble that of the rest of the family's with 3 meals and 2 nutritious snacks per day. Daily food choices should include 6 servings of grains, 2 servings of fruits, 3 servings of vegetables, 2 servings of dairy, and 2 servings of meat.

**For students receiving the Covid vaccine, please email or send in proof of vaccination after the 2 doses are given.**

[ckaczor@nlsd122.org](mailto:ckaczor@nlsd122.org)  
Happy Holidays!

## Quarantine Information

**Here are the current CDC quarantine options:**

**10 days** - if your child does not develop any symptoms of COVID, they may return to school after day 10 of the quarantine period. Testing is not required.

**7 days** - if your child does not develop any symptoms of COVID and has a negative PCR test on day 6 of the quarantine, they may return to school after day 7 of the quarantine period.

**Quarantine for a case within the home:** If the affected individual lives in the home and is able to isolate from your child, the above quarantine guidelines apply. If you are not able to isolate the affected individual from your child, the quarantine period starts after the affected person's 10-day isolation ends. The reason for this is that the affected person is able to shed the virus for 10 days, which produces the potential for exposure to your child up until the affected person's isolation ends.

### Example:

Mom is diagnosed with COVID on May 1st - child begins to quarantine. Mom is considered contagious until May 10th. Child's quarantine is extended beginning on May 11th and lasts for 7-10 days, depending on whether testing is performed. Child is able to return to school on May 19th with testing or May 22nd without testing.

### Special Circumstances:

Quarantine of 14 days is required in our classes with mask exemptions or in settings where 6 feet is unable to be maintained (Ex: early childhood settings and some self contained special education settings).

# Specialists' Spotlight



## Library News from Mrs Ozbolt

Thanks for returning books on time and taking good care of them. The boys and girls are self-assessing for borrowing books and are doing a great job: returning books, deciding what books they want next and finding those titles by themselves.

**One note**—please consider returning library books as you finish them and not waiting until library day. Check in needs to happen very quickly before the students come into the library and trying to do almost 200 books in ten minutes is difficult! Thanks for being flexible!

This past month, we worked on lots of library skills. We continued lessons on parts of a book, learning the difference between fiction and non-fiction, and identifying the characters and setting of a story. We also had some great read-alouds that required student participation and they all did fantastic!

In December, we will continue to review parts of a book, fiction and non-fiction, characters and setting. We will also be working on new skills such as identifying major events in a story, retelling familiar stories and how the illustrations help us learn more about the characters, setting and plot of the story. I always try my best to make our read-alouds enjoyable and interactive, while learning about story elements at the same time. We have fun in the library and it is such a joy working with your children!

Thanks for reading!

Have a wonderful holiday season!

## Art & Music News from Mrs Archey

Happy Holidays Spencer Trail Families! We have been so busy in the art and music room. In November we finished our warm and cool leaf projects. They turned out amazing and the students were very proud of themselves. In music we listened to ukulele songs and played games, we had so much fun. In Art and Music this month, December, we will be working on new skills. In Music, we will be working with our instruments and learning how to play Holiday songs. We will have a short fun holiday art project for this month. Your student will be making either a stocking or a snowglobe in art class to bring home for the holidays. In this short month of school we will be having a ton of fun and working hard.

Warm wishes to all!

Questions? Comments? Email me at [sschultz@nlsd122.org](mailto:sschultz@nlsd122.org).



# Important Information



## FESTIVE FRIDAY IS DECEMBER 10TH

Come dressed in your most festive holiday gear!!  
Hats, socks, ugly sweaters...the more festive the better!

Polar Express Day is December 3rd.



Wear your pajamas to school!

**Kindergarten Information  
Night for the 2022/2023 school  
year will be  
February 24, 2022**

**More information to follow**

## Preschool Screenings

New Lenox School District will be screening children from ages three to five in the areas of motor, cognitive, and speech/language development. Early childhood educators will present "game like" activities to your child which assess various development skills. All preschoolers who reside in our district are eligible to attend free of charge. This is a preschool screening, *not* a kindergarten readiness screening. This year the screenings will be held at Cherry Hill Elementary and Early Childhood Center.

### 2022 Screening Dates

March 11th      May 6th

Call Cherry Hill School at 815-462-7831 to schedule an appointment.



## NLSD 122 PTO CORNER

Current events: Pie sale is currently going on and we are so excited to partner with our very own FLECKENSTEIN'S in New Lenox. Pie orders are to be in by December 3<sup>rd</sup>. Pick up will be Saturday, December 18<sup>th</sup> from 7a.m.-3:30p.m. This is a great way to support local and our wonderful school district. Please make checks payable to NLSD 122 PTO.

Pizza kits will be available for purchase starting December 1st.

BINGO is January 21<sup>st</sup>, so mark your calendars! If you know of any business' looking to donate baskets for raffle, please reach out to us on Facebook messenger or [www.newlenoxpto.org](http://www.newlenoxpto.org).

BOWLING will be held in February. We are looking for 2 people to co-chair this event. Please reach out if you are interested.

5K walk/run for Mental Health and Wellness registration opens for Black Friday on November 26<sup>th</sup>. The event will be held on Saturday, May 21<sup>st</sup>. Registrants 12 and under will receive a t-shirt, bib and timing chip with their registration. There will also be a Wellness Fair as well with local businesses that promote mental wellness. Volunteers are needed for this event.

Chicago Wolves Hockey would like to do a fundraiser with the PTO. If you are interested in helping, this is an easy way to get involved.

\*\*We would like to send a GREAT BIG THANK YOU to all that contribute with our fundraisers. This all could not be possible without YOU!

\*\*If you would like to VOLUNTEER for anything please reach out to us. Being involved with the PTO is so rewarding.

Next meeting is December 16<sup>th</sup> at 7:30 p.m. at Martino Jr. High School. Their own band/choir will be there as well. Come out, we would love to meet you!

[www.newlenoxpto.org](http://www.newlenoxpto.org)



# 5K RUN/WALK

FOR MENTAL HEALTH & WELLNESS

Saturday, May 21, 2022

9am | New Lenox Commons

## Featuring:

- Chip & bib 5K run/walk
- Wellness Fair
- Free fitness classes
- Youth activities
- Food trucks

**Donations accepted, and sponsorships are available.**

This is a non-profit event. All proceeds and donations will be evenly presented to 2 nonprofit 501(c)(3) organizations: NAMI Will-Grundy and NLSD122 PTO.

TO LEARN MORE & REGISTER  
visit [bit.ly/5kNewLenox](http://bit.ly/5kNewLenox)  
or scan this image



NAMI Will-Grundy (National Alliance on Mental Illness) is based out of Joliet, IL. Its mission is to provide advocacy, education, support and public awareness so that all individuals and families affected by mental illness can build better lives.

The NLSD 122 PTO (New Lenox School District 122 Parent/Teacher Organization) raises funds to help better the students/ education and wellness through library, music, art and physical education program enhancements, replenishing indoor and outdoor recess equipment, academic support grants and assemblies as well as teacher reimbursements and student scholarships.



*Believe  
You Can*

**5K RUN/WALK**  
FOR MENTAL HEALTH & WELLNESS