



**MAY 2025**

# **THE LIBERTY LANTERN**

## **Administration:**

*Dr. Lori Motsch*  
Superintendent

*Shane Street*  
Principal

*Ed Lesniak*  
Assistant Principal

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## **Office Hours:**

7:00 AM - 3:55 PM

## **School Phone Number:**

815-462-7951

## **Transportation:**

815-717-3100

## **Website:**

<http://www2.nlsd122.org/c/index.php/schools/liberty-jr-high/>

## **From the Main Office:**

The end of the year is fast approaching as there are just over four weeks of school remaining. It has been a great year so far. Hopefully, the end of the year will go as smoothly as possible for all of us.

There are a couple important announcements/reminders I would like to make you aware of. The date of the eighth grade graduation ceremony is Thursday, May 29. It will begin at 7:30pm and should conclude by 8:30pm. The event will be held in the main gym at Lincoln-Way West High School. Other important events coming up include Teacher Appreciation Week May 5 through 9, the eighth grade graduation dance on Friday, May 9, the 8th grade class trip to Great America on Thursday, May 22, eighth grade graduation practices on Tuesday, May 27, and Wednesday, May 28. The last day of school for 8th graders will be Wednesday, May 28. The last day of school for 7th graders will be Friday, May 30, which will be an 11:25am dismissal day.

**Shane Street**  
Principal

**Ed Lesniak**  
Assistant Principal

## **Graduation Date and Location:**

Our Class of 2024 Graduation Ceremony will be held on Thursday, May 29, at Lincoln-Way West High School's main gym at 7:30pm. Tickets are not required for our graduation ceremony.



# NEWS YOU CAN USE



## State Bowling Tournament Results Are In:

We're proud to share the results from the State Bowling Tournament held at Town and Country Lanes in Joliet!

Our bowlers represented Liberty well against tough competition from across the state:

- Jayson Marzano finished 56th overall with a strong average of 163
- Jadon Cutright placed 62nd, averaging 158
- Bella Dul rounded out our team with a 100th place finish and averaged 128

We're proud of their hard work, sportsmanship, and determination throughout the tournament. Congratulations to all three for a great showing on the lanes! Let's keep rolling forward... great job, team!



## Mathletes Update:

The 7th Grade Mathletes team finished up their last competition in April with great results once again. The team worked hard to prepare for the third round of the ICTM contest and finished 13th out of 53 participating schools in the state. They defeated Martino and all other schools in the surrounding area that participated. Congrats to the Mathletes on a wonderful season. It was a fun year highlighted by incredible growth as students vastly improved their ability to analyze and figure out tough Math questions. Good luck to the team moving into 8th grade!

Congratulations to all the 8th grade Mathletes for finishing strong this season. Good luck in High School!



## 2025-2026 8th Grade Washington, D.C. Trip Details:

There are 89 students signed up for the Washington, D.C. trip on Oct 9-12, 2025. Registrants, please make sure you have an updated email on your EF profile because there will be important information sent to you throughout the summer. There is one spot remaining, so sign up soon at [www.efexploreamerica.com/2850685EC](http://www.efexploreamerica.com/2850685EC) or reach out to Mrs. Zettergren at [rzettergren@nlsd122.org](mailto:rzettergren@nlsd122.org).



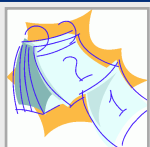
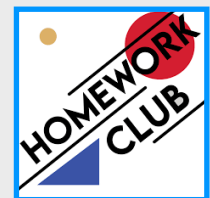
## 8th Grade Graduation Dance Scheduled For May 9:

The 8th Grade Graduation Dance will be for our 8th grade students and will be held on Friday, May 9, from 6:00 to 8:00pm. We are partnering with the New Lenox P.T.O. in planning for this event, which will feature plenty of music, food, and fun.



## Homework Club:

Students that need a quiet place to work, need help in any class, need to work with a group/partner, get caught up on absence or late work, please come join us at Homework Club. This club is open to all Liberty Junior High students. Join us as needed in room C220 on Tuesdays or Thursdays after school until 3:30PM. Students must have a completed permission slip to participate. Please see Mrs. Patras or Mrs. Zettergren with any questions. Permission slips can be picked up in the office or ask your Study Hall teacher.



## Don't Forget:

- There is early dismissal at 11:25am on Friday, May 9.
- The last day of attendance for 8th graders is Wednesday, May 28.
- There is 11:25am dismissal on Friday, May 30, which is the last day of attendance for 7th graders.

# NEWS YOU CAN USE



## Track and Field Kicking Into The Final Lap of the Season:

The track and field regular season is almost over with the Liberty Patriots concluding the season against Troy on May 1 and Homer on May 5. After those meets, the top two in each event will compete at the DPVC Finals meet on May 8 to see which boys and girls team from each grade level is the top team in the district. The top two from each event will then compete at the IESA Sectional meet that will be held on May 17, and any athlete who wins first place or achieves the State standard in their event will qualify for the IESA State Finals held in Peoria, IL on May 23 and 24, which is an amazing accomplishment and honor. We wish all athletes the best of luck in their end-of-season endeavors! Bring home some hardware!



## Summer Athletic Camp Info:

Attention All Current 7th Graders: If you are interested in participating in a camp this summer, Liberty Junior High School is offering eight camps to get involved in. Anyone interested in the sports/activities of co-ed volleyball, boys' basketball, girls' basketball, cheerleading, softball, baseball, cross-country, or theater, please see the flier on pages 8 of this newsletter for all the information associated with each of the camps. If you have any questions regarding a specific camp, please email the sponsoring coach. The camps are open to incoming 6th through 7th graders (and incoming 5th graders for cross-country), so feel free to share this information with anyone who may want to get involved in a junior high level activity. Thank you for your time and consideration.

## Student Council News:

Student Council teamed up with our National Junior Honor Society for a spring clean up around the grounds of Liberty. Members pulled weeds and cleaned up our courtyard, bus lane, and main entrance areas. Liberty looks great due to the wonderful help of the Student Council and NJHS members who volunteered to help with this spring clean-up activity! Student Council members also prepared gifts for our staff to honor them during Teacher Appreciation Week. We are grateful for our hardworking and creative Student Council members. We look forward to seeing returning and new Student Council members next school year.



## Band Update:

The Liberty Band will be very busy in the month of May. We kick off our performances on Sunday, May 4, at the Loyalty Day Parade in New Lenox. Come out to cheer us on starting at 2:00pm! On Saturday, May 10, the Liberty Jazz Band will perform at Lincoln-Way West High School at their annual Jazz Cafe. Tickets are required for this event. Finally, the Liberty Band and Orchestra Spring Concert will be on Wednesday, May 14, at 6:30pm in the Liberty Gym. The band sounds fantastic and we are playing some really fun music: *Blaze of Glory* by Robert Sheldon, *Rumba de la Tumba* by JaRod Hall, and *Star Wars/Raiders March Medley* by John Williams. Please come out to support our amazing musicians!



## Scholastic Bowl Team Update:

The Liberty Scholastic Bowl finished the season with the 5th seed in the Regional. They had some great wins against Homer Jr. High and Tinley Park H. Walker this season. They will now finish the season at the Regional Competition on Wednesday, April 30. If they win the Regional, they could move on to the Sectional and then State. Top scorers for Liberty this season were: Patrick Sturgeon (also team captain), Noah Schlottmann, Donny Pasqua, Lillian Pearson, Evelyn Wilson, Juliet Soley, Mario Lopez, Kurt Pantol, and Leo Avalos. Best of luck to Liberty at Regionals!



# NEWS YOU CAN USE



## Chorus Update:

The Liberty Patriot Chorus has had a phenomenal year and has made great strides in their singing. They are busy preparing for their final concert which will take place on Tuesday, May 13, at 6:30pm in the Cafetorium. We will be joined by the Oakview chorus. We hope you will join us for this program.



## Voices of Freedom Update:

The Voices of Freedom musical theatre workshop is putting the final touches on their Spring show: Seasons. This exciting cabaret-style show will feature several talented Liberty students performing songs and scenes that celebrate the changing seasons--classical, pop, showtunes, and more. We hope you can join us for what will be a first-class evening of entertainment on Tuesday, May 13, at 6:30pm in the Cafetorium.



## National Junior Honor Society:

On Tuesday, April 22, nine 8th grade students and 25 7th grade students were inducted into the Liberty Chapter of the National Junior Honor Society. Congratulations to all the inductees and thank you to the current members and faculty members who were on hand to make the ceremony beautiful.



Our final meeting for all NJHS members is Friday, May 3, at 7:30am. We are honored to welcome Dr. Motsch to the meeting. She will be giving a leadership presentation to our members. Thank you, Dr. Motsch for sharing your wisdom with us!

Our last service project for the year will be on Tuesday, May 6, where we will team up with Student Council to do a spring clean up around the Liberty grounds. Interested students will meet in the cafeteria after school and help clean up the grounds until 4:15pm. Students should turn in the permission slip ASAP if they would like to help out.

## Orchestra Update:

Hello Liberty Orchestra and welcome to the final stretch! We are gearing up for our final concert of the year on Wednesday, May 14, at 6:30pm. As a reminder to all 8th grade parents/guardians, if you have any questions about high school orchestra, feel free to contact Ms. Darin, or email Ms. Jackson (Lincoln-Way West) or Mr. Lipari (Joliet Central). All three of us are happy to answer your high school orchestra questions! As we look ahead to summer, make sure your musician picks up a summer music packet from Ms Darin. This packet has information about summer camps, private lessons, and all kinds of fun music to keep you playing over the summer.



Definitely mark your calendars for the following dates:

- Lincoln-Way Rock Orchestra: Camp June 2-12 and final concert Friday, June 13, at 7:00pm
- Liberty Orchestra Camp: August 4-14 (current 7th graders only....sorry 8th graders!)
- Any 8th grader that has a school instrument.....these need to be returned to Ms. Darin no later than Thursday, August 14.

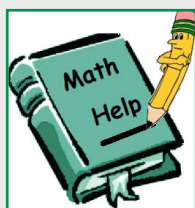


# CALENDAR / NEWS



## Morning Math:

This is an additional resource specifically for math help. It will run from 7:30am to 8:15am before school every day. Students will be able to drop-in during that time to request assistance from the math teacher running the help room that day. The teacher schedule for Morning Math will be: Monday = Mr. Billig (room 120), Tuesday = Ms. Lavin (room 100), Wednesday = Mrs. Bethman (room 102), Thursday = Mrs. Bergeron (room 200), and Friday = Mr. Bahret (room 118). Students are able to visit any Morning Math session regardless of who their actual math teacher is. Prior notification to the teacher is also not necessary as it is a drop-in format.



## What Do I Do When My Child Is Absent From School:

It is very important that your child be in attendance each and every day, but at the same time, we do realize that there will be times when they are sick and need to stay home. If your child is going to be absent, please be sure to call the main office at 815-462-7951 by 8:30am on the day of the absence. **Please be sure to call even if you send a note or email your child's teacher.** School personnel will call parents/guardians and emergency contact numbers if we do not receive a call by 8:30am.

## Calendar of Events:

### May:

- 4 Band Performance @ Loyalty Day Parade
- 5 Start Teacher Appreciation Week  
Home Track Meet (4:00pm)
- 6 NJHS/SC Spring Clean Up (3:00pm)
- 7 Nurse Appreciation Day
- 9 8th Grade Holocaust Assembly (9:45am)  
Early Dismissal at 11:25 am  
8th Grade Graduation Dance (6:00-8:00pm)
- 10 Jazz Band Performance @ LWW Jazz Cafe'
- 13 Choir and Voice of Freedom Concert (6:30pm)
- 14 Band & Orchestra Concert (6:30pm)
- 16 Speech Language Path Appreciation Day
- 20 School Board Meeting  
- At Haven Administration Center (6:00pm)
- 22 8th Grade Great America Trip
- 26 No School ~ Memorial Day
- 27/28 Graduation Practice for 8th Graders
- 28 Last Day of 8th Grade Attendance
- 29 8th Grade Graduation Ceremony (7:30pm)  
- At Lincoln-Way West High School
- 30 Last Day of School for 7th Graders  
- Early Dismissal @ 11:25 am  
Trimester 3 Report Cards Emailed Home



# NURSE'S NOTES



## Important Health Information From the Nurse For Parents to Know for MAY

- School physicals are not needed for returning NLSD students at Liberty. However, summer is a great time to do well visits with your child's doctor. Have them fill out a sports physical and this will be applicable for the entire school year (13 months). This prevents the last minute rush for sports physicals for any sports tryouts during the school year. Students are required to have a current sports physical before tryouts.
- If your child may need to take medication at school a medication authorization form is required to be filled out by a medical provider for every school year. This includes Over-the-counter medication such as ibuprofen, Tylenol, Advil, etc. This form can be found on the district website. Parents must drop off medication in a clearly labeled bottle with the child name before the start of the school year. Students can drop off Epipens and inhalers on the first day.
- If your child carries an inhaler, they may keep it with them without needing to store it in the nurse's office. A medication authorization form (back page only) needs to be filled out by a parent and a photo of the prescription needs to be given to the school nurse.
- For any health related questions, please send me an email at [jkerzman@nlsd122.org](mailto:jkerzman@nlsd122.org).



Have a great summer!

# ACADEMIC ALL-STARS



## THIRD TRIMESTER LJHS ACADEMIC ALL-STARS 2024-2025

The Academic All-Star Award is given in the middle of each trimester to outstanding seventh and eighth grade students by each department at LJHS. The award represents much more than a grade point average. Academic All-Stars are tops in **effort, attitude, service to others, and interest in their subject area**. They serve as **models of commitment** for the rest of the student body.

### LIBERTY JUNIOR HIGH SCHOOL ALL-STARS FOR THE THIRD TRIMESTER

Language Arts – 7 <sup>th</sup> :	Madelyn Greenhill, Grace Hoffman, Reagan Muldoon, Claire Pacholski, Jack Wiltgen
Language Arts – 8 <sup>th</sup> :	Ben Martinez, Owen Miller, Kacie Sheriff, Alaina Wilson
Math – 7 <sup>th</sup> :	Lily Kudla, Makenna Majda, Hugh Rodgers, Delia Urbanczyk
Math – 8 <sup>th</sup> :	Cece Gregus, Julia Howard, Brooke Martenz, Marisa Whittington
Social Studies – 7 <sup>th</sup> :	Aiden Barakat, Noah Schlottmann
Social Studies – 8 <sup>th</sup> :	Caroline Millan, Caleb Weathersby, George Vanderschoot
Science – 7 <sup>th</sup> :	Emma Campana, Kevin Zheng
Science – 8 <sup>th</sup> :	Corine Beallis, Gavin Smith
Physical Education:	Alejandro Acosta, Taylor Fixel, Kylee Herman
A.D.S Cycle 7:	Elliot Holwerda
A.D.S Cycle 8:	Gavin Hansen
Music Cycle 7:	Holly Dragisic
Music Cycle 8:	Olivia Irigoyen, Nicolas Perez
Art Cycle 7:	Leila Boers
Art Cycle 8:	Zak Carlson
Intro. to Spanish:	Carly Stripeik
Advanced Spanish:	Brenden Pritchard
Band:	Warren Gerring
Orchestra:	Jaden Goldschnikl
Health:	Cameron Lask



# Liberty Jr. High Summer Athletic Camp 2025

## Summer Camp Registration - Opens April 14<sup>th</sup>

Registration link will be sent out on April 14<sup>th</sup> via SchoolMessenger



**Please note: Camp registration closes promptly at 12:00 PM the Friday before the camp starts.**

- Students **MUST** be enrolled in NLS122 in order to sign up.
- Grade levels listed for each camp are for the 2025/2026 school year.
- Campers **MUST** be registered by May 9<sup>th</sup> to be guaranteed a t-shirt with camp registration. (There may be extras available, while supplies last, after the May 9 registration deadline.)
- For questions on a camp, please contact the coach using their email address included in the camp information below.

**ALL CAMP REGISTRATIONS ARE FINAL - NO REFUNDS WILL BE GIVEN**

<p><b>Liberty X-Country Camp</b>  Coach: Patty Mulder  <a href="mailto:pmulder@nlsd122.org">pmulder@nlsd122.org</a>  Date: June 9<sup>th</sup>, 11<sup>th</sup>, 13<sup>th</sup>, 16<sup>th</sup>, 18<sup>th</sup> &amp; 20<sup>th</sup>  Time: 8:00 - 9:15 AM  Grades: 5<sup>th</sup> - 8<sup>th</sup> grade  Location: Liberty Campus and  New Lenox Parks/Forest Preserves  Cost: \$85</p> 	<p><b>Liberty Cheer Camp</b>  Coach: Samantha Johnson  <a href="mailto:sjohnson@nlsd122.org">sjohnson@nlsd122.org</a>  Dianne Zinkel  <a href="mailto:dzinkel@nlsd122.org">dzinkel@nlsd122.org</a>  Dates: June 2<sup>nd</sup> - 5<sup>th</sup>  Time: 9:30 - 11:00 AM  Grades: 6<sup>th</sup> - 8<sup>th</sup>  Location: Liberty Gym  Fee: \$70  *No stunting will be involved in the camp*</p> 
<p><b>Liberty Baseball Camp</b>  Coach: Jim Kohlbacher  <a href="mailto:jkohlbacher@nlsd122.org">jkohlbacher@nlsd122.org</a>  Dates: July 14<sup>th</sup> - 17<sup>th</sup>  Time: 9:00 - 10:30 AM  Grades: 6<sup>th</sup> - 8<sup>th</sup> grade  Location: Tyler/Bentley Baseball Field #9  Fee: \$70</p> 	<p><b>Liberty Softball Camp</b>  Coach: Ryan Billig  <a href="mailto:rbillig@nlsd122.org">rbillig@nlsd122.org</a>  Dates: June 23<sup>rd</sup> - 26<sup>th</sup>  Time: 8:00 - 9:30 AM  Grades: 6<sup>th</sup> - 8<sup>th</sup> grade  Location: Walona Softball Fields  Fee: \$70</p> 
<p><b>Liberty Boys' Basketball Camp</b>  Coach: John Bahret  <a href="mailto:jbahret@nlsd122.org">jbahret@nlsd122.org</a>  Tony Zumpano  <a href="mailto:azumpano@nlsd122.org">azumpano@nlsd122.org</a>  Dates: July 28<sup>th</sup> - 31<sup>st</sup>  Time: 9:00 - 10:30 AM  Grades: 6<sup>th</sup> - 8<sup>th</sup>  Location: Liberty Gym  Fee: \$70</p> 	<p><b>Liberty Girls' Basketball Camp</b>  Coach: Alan Didier  <a href="mailto:adidier@nlsd122.org">adidier@nlsd122.org</a>  Dan Bollini  <a href="mailto:dbollini@nlsd122.org">dbollini@nlsd122.org</a>  Dates: August 4<sup>th</sup> - 7<sup>th</sup>  Time: 8:00 - 9:30 AM  Grades: 6<sup>th</sup> - 8<sup>th</sup>  Location: Liberty Gym  Fee: \$70</p> 
<p><b>Liberty Coed Volleyball Camp</b>  Coach: Tony Zumpano  <a href="mailto:azumpano@nlsd122.org">azumpano@nlsd122.org</a>  Dana Curta  <a href="mailto:dcurta@nlsd122.org">dcurta@nlsd122.org</a>  Dates: August 4<sup>th</sup> - 7<sup>th</sup>  Time: 10:00 - 11:30AM  Grades: 6<sup>th</sup> - 8<sup>th</sup>  Location: Liberty Gym  Fee: \$70</p> 	<p><b>Martino/Liberty Musical Theatre Camp</b>  Director: Amanda Herman (Martino)  <a href="mailto:aherman@nlsd122.org">aherman@nlsd122.org</a>  Dates: July 28<sup>th</sup> - July 31<sup>st</sup>  Time: 12:00 - 1:30PM  Grades: 6<sup>th</sup> - 8<sup>th</sup> grade  Location: Martino Jr High School Cafeteria  Fee: \$70</p> 



## Liberty Jr. High Upcoming Tryouts 2025/2026 School Year

<b>Softball Tryouts</b>	<b>Dates:</b> July 28 <sup>th</sup> & 29 <sup>th</sup> (30 <sup>th</sup> Rain Date) <b>Time:</b> 8:30 - 10:00 AM <b>Location:</b> Walona (Field #2)
<b>Baseball</b>	<b>Dates:</b> August 4 <sup>th</sup> & 5 <sup>th</sup> (6 <sup>th</sup> Rain Date) <b>Time:</b> 7th Grade: 8:30 - 10:30 AM 8th Grade: 11:00AM - 1:00PM <b>Location:</b> Bentley (Field #9)
<b>Cross Country</b>	<b>Dates:</b> August 4 <sup>th</sup> = 5 <sup>th</sup> & 6 <sup>th</sup> Grades August 5 <sup>th</sup> = 7 <sup>th</sup> & 8 <sup>th</sup> Grades <b>Time:</b> 8:00 - 9:15 AM <b>Location:</b> Liberty Track
<b>Golf</b>	<b>Dates:</b> August 4 <sup>th</sup> , 5 <sup>th</sup> , and 6 <sup>th</sup> <b>Time:</b> 8:00 - 11:00 AM <b>Location:</b> White Mountain Golf Course
<b>Boys' Volleyball</b>	<b>Dates:</b> August 25 <sup>th</sup> and 26 <sup>th</sup> <b>Time:</b> 3:00 - 4:30 PM <b>Location:</b> Liberty Main Gym

**\* Students must be enrolled in NLSD122 to sign up \***

In compliance with the IESA, sport physicals are valid for 395 days from the date of the exam. Students **cannot** participate in tryouts without an updated physical on file in the school office. A copy of the physical form can be found on our school website, at most doctor offices and clinics, or by clicking this link: [IESA-Physical Form](#).

Physicals can be submitted in one of the following ways:

1. Email Physical to Mrs. Jeana Kerzman at [jkerzman@nlsd122.org](mailto:jkerzman@nlsd122.org)
2. Dropped off in the main office at Liberty.
  - School Office Hours during the school year 7:00AM - 3:45PM
  - Summer hours for drop off are Monday-Thursday from 7:00AM - 3:00PM. Please call the Liberty office at 815-462-7951 if stopping by, to verify office staff is available.

**Please understand that due to IESA rules we cannot allow students to try out for any sport without a valid physical on file.**



NLSD 122 is seeking volunteers who are interested in playing an important part in helping students with disabilities learn to ride a two-wheel bicycle independently during our iCanBike Summer program from June 23rd through June 27th.

Volunteers will be responsible for walking/jogging/running alongside a rider as they are learning to ride a bike during a 75-minute session (with short breaks). We ask volunteers to commit to attending all 5 days of camp for the session(s) you select. In addition, please plan to attend our 45-minute orientation on Sunday, June 10th at 4:00pm to learn about how the iCan Bike program operates, what to expect each day, and to receive training tips on spotting your assigned rider.

No prior experience with people with disabilities is necessary. Volunteers must be at least 15 years old. This is a wonderful opportunity for obtaining required high school service hours.

Please visit [www.nlsd122.org](http://www.nlsd122.org) for more information and registration information.

Scan the QR code to register!



# **LIBERTY EMERGENCY DAY**

## **BELL SCHEDULE**

<b>PERIOD 1</b>	<b>9:00 - 9:20</b>
<b>PERIOD 2</b>	<b>9:25 - 9:45</b>
<b>PERIOD 3</b>	<b>9:50 - 10:10</b>
<b>PERIOD 4</b>	<b>10:15 - 10:35</b>
<b>PERIOD 5</b>	<b>10:40 - 11:00</b>

- **8TH GRADE ASYNCHRONOUS**

- **7TH GRADE LIVE INSTRUCTION**

<b>PERIOD 6</b>	<b>11:05 - 11:25</b>
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- **8TH GRADE LIVE INSTRUCTION**

- **7TH GRADE ASYNCHRONOUS**

<b>PERIOD 7</b>	<b>11:30 - 11:50</b>
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<b>PERIOD 8</b>	<b>11:55 - 12:15</b>
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<b>PERIOD 9</b>	<b>12:20 - 12:40</b>
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<b>BREAK</b>	<b>12:40 - 1:10</b>
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**ASYNCHRONOUS**

<b>LEARNING ACTIVITIES</b>	<b>1:10 - 3:10</b>
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# NLSD 122 IS HIRING!

**INTERESTED IN WORKING IN THE  
BUILDING YOUR CHILD  
ATTENDS? DO YOU NEED TO  
WORK THE HOURS YOUR CHILD  
IS IN SCHOOL? IF SO, APPLY  
NOW TO BE A  
PARAPROFESSIONAL!**

With a short-term approval,  
paraprofessionals need only to be 19  
years of age with a high school  
diploma (or equivalent), or higher.  
This approval is available now until  
June 30, 2025.

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Interested applicants can apply on  
our website linked [HERE](#).

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# FOOD ALLERGY AWARENESS



Foods that most often cause an allergic reaction:

PEANUTS  
TREE NUTS  
WHEAT  
SOY

MILK  
EGGS  
FISH  
SHELLFISH

However, other, less common foods can also cause allergic reactions. Reactions can range from mild to deadly.



**Anaphylaxis** is a serious allergic reaction that is rapid in onset and may cause death. The most common causes of anaphylaxis are food, medication, insect stings, and latex.

Common warning signs and symptoms of an anaphylactic reaction:



- Complaint of a tingling, itchiness, or metallic taste in the mouth
- Hives
- Difficulty breathing
- Swelling and/or itching of the mouth and throat area
- Diarrhea
- Vomiting
- Cramps and stomach pain
- Paleness (due to a drop in blood pressure)
- Loss of consciousness

If you see someone showing any of these symptoms, **ACT FAST! Call 911**, mention anaphylaxis, and say you need someone who can administer epinephrine.



The Food Allergy & Anaphylaxis Network  
11781 Lee Jackson Hwy., Suite 160  
Fairfax, VA 22033-3309  
(800) 929-4040  
Fax: (703) 691-2713  
faan@foodallergy.org  
www.foodallergy.org