

HARTSBURG-EMDEN CUSD No. 21

JANUARY 2023 NEWSLETTER

FROM THE SUPERINTENDENT'S DESK

Terry Wisniewski, Superintendent

I believe most schools and parents wanted to believe that with an all-time low of students using tobacco products, students wouldn't turn to e-cigarettes. However, schools are seeing a continued increase in the use of these devices. As students have available to them a new generation of easily concealed devices that have a sleek high-tech design, some even looking like an ink pen or laser pointer. E-cigarettes have become a popular trend among teenagers; kids truly believe they are safe and cool. Many students believe there is absolutely nothing wrong with using an e-cig. These devices often taste like fruits or mints and they produce a smell of plume. It is possible to go tasteless and have no smell which makes it conceivable for some students to even vape in school virtually unnoticeable. It is possible to pin these devices on to the inside of a shirt collar and take a hit every now and then, and nobody would really know the difference. E-cigs are widely considered safer than traditional cigarettes, but they are too new for researchers to know the long-term health effects of all these flavored liquids (mostly referred to as e-liquid, e-juice, or juice). E-cigs do not necessarily have to contain nicotine, but many e-liquids/juices do. They can even have more nicotine than a regular tobacco cigarette. Nicotine may not be the reason a student might try e-cig, but there are kids who are becoming addicted to the nicotine and feel they can't do without it. These devices also seem to be the preferred way to get THC, the substance that is primarily responsible for the effects of marijuana on a person's mental state. I encourage all our parents, grandparents, and guardians to have a serious discussion with their children about the potential harms of using these products. Let them know, like with tobacco cigarettes, many years may go by without knowing the long-term side effects of these products. At Hartsburg-Emden C.U.S.D. #21, the use of a vaping device is treated the same as tobacco and if it has THC, then it is an drug. These devices are not permitted on school grounds and consequences go up to 3 days out-of-school suspension. The Athletic Code requires a forfeit of a portion of the season and counseling on first offense, then removal from the activity/sport. We will do whatever we can to prevent our kids from using these devices. We ask that you help us by having a conversation with your

children and discourage them from using them and forming a bad habit.

Every year I typically discuss good sportsmanship and the importance it has in developing our students. However, it has been a few years, and our focus was on a pandemic. So, I thought I would do it again now that we are back in a normal school setting. 35 years ago, I was a senior in High School, getting ready to graduate. My goal was simple, go to ISU (Illinois State University) to study Mathematics in order to get a job teaching mathematics and coach basketball. This is my 27th year in education. So, you can see my plan didn't quite turn out the way I anticipated. I dropped out of ISU (after my 1st semester Junior year) to join the Marine Corps after my brother was shipped to Saudi Arabia. While I was in boot camp, the "100 Hour Ground War" took place and the Iraq forces were pushed out of Kuwait. Anyway, it ended up taking me 8 years (after I graduated) to meet that goal of becoming a Mathematics Teacher, then becoming a Basketball Coach. My basketball coaching career consists of being a Head Coach for Freshman Basketball (class 4A school - over 2000 students in grades 9-12) while being an Assistant Varsity Coach (Bradley-Bourbonnais Community High School). I also coached Junior High Basketball at my old school Donovan (class 1A – a little bigger than Hartem). In addition, I coached for several years at the youth league levels for my oldest son. Basketball was the only sport I ever coached. It also happened to be my favorite sport to watch, play, study, learn, and teach. Basketball consumed a majority of my time from October to March. My coaching career quickly came to an end for me after I entered administration.

My love for all sports (not just basketball) has always been strong. I have learned that it is extremely easy to get caught up in a sport. It is also easy to express dissatisfaction in something (a bad play or a bad call). Most people like to win and hate to lose. It is not uncommon to be caught in a position where you do not represent yourself or your school in a very positive manner as your emotions take over. However, whether we are a parent, player, coach, staff member, or spectator, it is critical that we model good sportsmanship. As adults, we need to avoid letting our emotions sway us into poor actions. That is easy to say but sometimes hard to do. However, our kids learn from our actions more so than what we say. So, what we do does leave an

impression on them. Please keep this in mind when attending sporting events. I ask that everyone please demonstrate good sportsmanship and cheer on our kids in a positive way while attending our sporting events. I also would hope that all of you find an opportunity to come out and watch our students compete. There is something special about watching our students (at each of the levels) compete. Please, check out our website (or come in and get a pocket calendar) and come enjoy a game with us. Go Stags!!

To end my article, I'd like to wish everyone a Merry Christmas and Happy New year. I hope you are able to spend some time with your families and loved ones, make some great memories, and appreciate the blessings you have. Until next year . . .

PRINCIPAL'S MESSAGE

Cory Brown, Principal

Hello Hartem Families!

Happy Holidays and Happy New Year! Once again, this first semester has flown by. It seems like yesterday we were walking around in shorts and complaining about the heat. It has cooled but hasn't been unbearable. I read the Farmer's Almanac and it said to expect a colder winter with more precipitation. I'm a warm weather person so I'll be asking Santa for neck gaiters and hand warmers.

If you haven't made it to school to watch a junior High or High School basketball game, there are plenty more opportunities. The Junior High basketball post season will start at the end of January. The High School team will be competing in the St. Theresa tournament over break. Junior High Volleyball is ready to get underway in January. Chess and Scholastic Bowl are getting underway. Spectators are always welcome for these two teams. Take a look at the website to see what is available to watch locally. Also, sports played in Hartsburg gym are available to watch with the NFHS network. Many of the away games are available on NFHS to watch.

For the month of December, the Students of the Month were William Boerma and Will Long . Mr. McNeil says that William is dedicated to learning and doing his best every day. He is a student who continually shows respect to his peers and teachers. Teachers had this to say about Will. Will is extremely helpful in and out of class. He holds the

door open for others both teachers and students. Congratulations to both!

Here are some dates of interest for January. There is a teacher institute on Monday the 3rd, so students get the day off. The first day back for students in January is the 4th. Monday, January 16th, is nonattendance day in observance of Dr. Martin Luther King Day. Wednesday, January 25th, will be an 11:30 dismissal for a school improvement day.

If you are traveling over the break, I hope your journey is safe. I look forward to seeing everyone rested and ready to go in the New Year. Have a Happy Holidays!!

If you ever have any questions or concerns, please feel free to contact me.

LIBRARY NEWS

Nichole Folkman, Librarian

Donations

Sons of the American Legion Post 506- \$250

Lost Books

Ever find a library book at home and are too embarrassed to return it? DON'T BE! No shame, no fees. If you find a book that belongs to the school, please return it so we can get it back into circulation. Doesn't matter which building it belongs to, get it to one of the schools and I'll get it where it needs to go.

Book Donations- Special Events

If you are a former student of Mrs. Folkman's, please feel free to reach out and let her know if you have a special event in your life! She would love to personally donate a book to the library in your honor. You can email her at nfolkman@hartem.org. (Feel free to reach out on behalf of someone else, too!)

Grants

Mrs. Folkman was awarded a PNC grant for graphic novels and comic books for the 6-12th grade building. It includes some money to run a mini-comic con within the next year and to work with local comic book shops to get both subscription comic books as well as bound graphic novels. Students at the 6-12 have a survey available in their 6-12 Library Google Classroom where they can share their preferences to help select the new comics!

Dolly Parton Imagination Library

If you have a child under the age of five in the Hartsburg-Emden School District, did you know that you can get a FREE book every month? It ships to your house, all at absolutely no cost to you. Mrs. Folkman and the United Way of Logan County have fundraised and made available this amazing program for all of our students. If you live in the school district but have a non-Hartsburg or Emden address, please just reach out to Mrs. Folkman (nfolkman@hartem.org) to get signed up. The system goes by zip code, so I will manually override to get you enrolled.

If you have a PO box address in Hartsburg or Emden, please log into your Dolly Parton Imagination Library account and update your address.

Yearbook

The 2022 yearbook has arrived! If you would still like a copy, we have a few left over. Please contact Mrs. Folkman. The cost is \$45 at this time.

We will start to sell the 2023 yearbook (this school year's yearbook) in January. Like in previous years, there will be deals for ordering early. When we have the details about purchases for this school year's yearbook, we will share them here and on social media.

Educators Rising

High school students who are interested in joining the field of education after high school are invited to join Educators Rising. Since the last update, we have attended college visit days at Monmouth College and Illinois Wesleyan University to tour campus and meet with their education departments.

Scholarships and Contests

Mrs. Folkman is posting scholarships, contests, and other such information on the 6-12 Library Google Classroom. All 6-12 students have been invited to join the classroom and guardians may get updates of the information posted there through their guardian settings. A wide variety of items are posted, not only just for upperclassmen.

CONGRATULATIONS STUDENTS OF THE MONTH!



BREAKFAST/LUNCH PRICES FOR JANUARY

Student Breakfast \$38.00

Student Reduced Breakfast \$5.70

Student Lunch \$51.30

Student Reduced Lunch \$7.20

Students at Hartsburg-Emden Jr./Sr. High School will need to pay for seconds. Entrées are \$.90, vegetable/fruit/chips are \$.50, Italian Ice are \$.75 and milk is \$.40.

GUIDANCE DEPARTMENT

Elizabeth Hilgert, Student Coordinator/Guidance Counselor

Wow, hard to believe the first semester is almost over and winter break is about to begin! I would like to start out by wishing everyone a safe and happy holiday! This time of year is filled with fun and exhilarating experiences, but the holidays can be a stressful time of year. Mental and physical health is more important now than ever. Here are a few tips to help you reduce stress:

- Remember, whatever you may be feeling during this time is fine, it is OK. It's important to recognize your feelings and take time to process those feelings, whatever they may be.
- Be Kind, be good to people – remember not everyone has the same experiences. Think of others during this time and reach out to those who may need a little more support. Donate a gift to someone less fortunate or give your time to those who don't have support.
- Limit time on social media – Social media can cause more sadness than happiness, especially this time of year. Put the phone down, step away from the computer, tablet or I-Pad and spend time with people who mean the most to you.
- Be Grateful – Start each day with a positive attitude by listing something you are grateful for.

Thanksgiving, Christmas, and the New Year are all times to look back at the year and remember the happy moments. Count your blessings and be thankful.

- Rest – find time to rest and reset yourself mentally and physically. Come back 2nd semester and be ready to finish out the year strong.

If you would like more information or have questions, please don't hesitate to reach out to me. My holiday wish is for everyone to relax over break and spend some time on self-care for yourself and your families. Wishing you all safe and happy holidays!

FFA NEWS

Sara Barton, FFA Advisor

The Hartem FFA Chapter has had a fantastic first semester! December was especially a great month for the FFA. On December 3rd, students helped set up memorial Christmas trees at the Whistle Stop in Emden. On December 6th, Hartem FFA members participated in the Section 14 Dairy Foods CDE at PORTA. The team placed 10th! On December 18th we had our final chapter meeting of the year and held a gingerbread house building competition while watching a Christmas movie! Be on the lookout for information regarding our annual strawberry sale in the next newsletter.



HARTEM CHESS FUNDRAISER

The Hartem Chess fundraiser will be January 25, 2023 at the Country Aire in Atlanta. It is All-You-Can-Eat Chicken for \$9.99. This price includes a side dish, potato and dessert. The fundraiser is all day long. The Chess team appreciates your support!!!



January 2023

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
1	2 No School LTEC Resumes	3 Teacher Institute JH Chess @ Greenview 4:30 HSBK @ Athens 6:00	4	5 JHBK vs WLB 6:00 *8th Grade Night*	6 HSBK vs MP 6:00	7 HS Chess @ NCHS Illini Classic 7:00 JHBK-7th LoCo Tourn @ Delavan 11:15
8	9 JHVB-Host 7th LoCo Tourn 5:00 JHBK @ Cornerstone 6:00	10 JHBK @ Limestone 5:00 HSBK vs Havana 6:00	11 JHVB-Host 7th LoCo Tourn 5:00	12 HS Sch Bowl @ MP 5:00 JHBK-7th LoCo Tourn @ Delavan TBA JHVB vs Delavan 6:00	13 HSBK @ Lewistown 6:00	14 JHBK-8th LoCo @ LCHS 11:15
15	16 No School JHVB-Host 8th LoCo Tourn 5:00	17 HSBK vs Edinburg 6:00	18 JHVB @ 8th LoCo Tourn TBA	19 JHBK-8th LoCo Tourn TBA JHVB @ IC 5:00 HS Sch Bowl @ MWC 5:00	20	21 JHBK-7A Reg. TBA JHVB @ Dee-Mack Tourn TBA
22	23 Board Mtg 7:00 JHBK 7A Reg. TBA JHVB @ Limestone 4:30	24 HSBK @ W-L 6:00 JHVB vs CEL 6:00	25 11:30 Dismissal SIP Day Chess Fundraiser at Country Aire	26 JHBK-7A Reg. TBA JHVB @ BJHS 4:30 HS Sch Bowl-Host 5:00	27 HSBK vs Tri-City 6:00 *Homecoming Game*	28 JHBK-8A Reg. TBA JHVB-MP Tourn TBA HS Chess-Sect TBA
29	30 JHBK-7A Sect. TBA JHBK-8A Reg. TBA JHVB vs Dee-Mack 6:00	31 JHBK-8A Reg. TBA HSBK @ Peo. Christian 6:00 JH Chess vs Greenview 4:30				

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<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
BREAKFAST MENU	A variety of milk is available every day. This institution is an equal opportunity provider.					
1	2 No School	3 Teacher Institute	4 Pop tart Fruit Orange juice	5 GS-Breakfast pizza and fruit JH/HS-Cinnamon & Sugar oatmeal & Toast Fruit Orange juice	6 Pancake & sausage on a stick Fruit Orange juice	7
8	9 Peanut butter and Jelly uncrustable Fruit Apple juice	10 Frittata cheese omelet Toast Fruit Apple juice	11 Waffles Sausage patty Fruit Apple juice	12 Assorted muffins Fruit Apple juice	13 Scrambled egg bowl Toast Fruit Apple juice	14
15	16 No School	17 Nutri-grain bar Fruit Cherry juice	18 Bagel w/cream cheese Fruit Cherry juice	19 Sausage patty Tri tater Toast Fruit Cherry juice	20 Assorted cereal Fruit Cherry juice	21
22	23 English muffin Fruit Orange juice	24 Yogurt w/ strawberries Toast Fruit Orange juice	25 Breakfast cookie Fruit Orange juice	26 French toast sticks Sausage links Fruit Orange juice	27 Donut Fruit Orange juice	28
29	30 Mini pancake bites Fruit Apple juice	31 Fruit frudel Fruit Apple juice				

January 2023

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
LUNCH MENU	A variety of milk is available every day. Chef salad and peanut butter sandwiches are available every day at the high school. This institution is an equal opportunity provider.					
1	2 No School	3 Teacher Institute	4 Chicken patty on bun French fries Peas Pineapple	5 Crispito w/cheese sauce GS -Corn & lettuce salad JH/HS -Mixed vegetables Rice & Refried beans Frozen fruit cup	6 Chicken noodle soup JH/HS -or tomato soup Toasted cheese sandwich Fresh veggies Mandarin oranges	7
8	9 Pork tenderloin on bun French fries Carrots Pears	10 Salisbury steak Mashed potatoes/gravy Corn and Roll JH/HS -cottage cheese Applesauce	11 Chicken fajita Lettuce/chesse Sour cream/salsa Corn Apricots	12 Spaghetti w/meat sauce Green beans Lettuce salad Bread Pineapple	13 Chicken strips Macaroni & cheese Peas Mandarin oranges	14
15	16 No School	17 Bosco sticks Marinara sauce Carrots Mixed fruit Pudding	18 Toasted ham & cheese Potato smiles Peas Pineapple	19 Popcorn chicken Mashed potatoes/gravy Corn Peaches Cake w/strawberries	20 GS -Hot dog on bun, chips, cottage cheese JH/HS -Baked potato bar Broccoli w/cheese Frozen fruit cup	21
22	23 Corn dog Soft pretzel Cheese sauce Carrots Pears	24 Chili JH/HS-or chicken noodle soup Fresh veggies Peaches Cinnamon rolls	25 Hamburger on bun French fries Green beans Frozen fruit cup	26 Chicken alfredo Peas Lettuce salad Breadstick Applesauce	27 Pizza Lettuce salad Corn Pineapple GS -brownie	28
29	30 GS -pulled pork nachos JH/HS -BBQ pulled pork on bun Baked beans Cole slaw Applesauce	31 Walking taco Cheese/sour cream Corn Graham Cracker Mandarin oranges				

Hartsburg-Emden C.U.S.D. #21
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