

# HARTSBURG-EMDEN CUSD No. 21 DECEMBER 2015 NEWSLETTER

## FROM THE SUPERINTENDENT'S DESK

Terry Wisniewski, Superintendent

I have been in education for 20 years. My career consists of 14 years teaching Mathematics, 1 year as Vice-Principal, 4 years as Principal, and now I serve as Superintendent. I coached freshman (4-A) basketball while assisting at the Varsity level for 5 years and also coached basketball at the 5&6<sup>th</sup> Grade level or youth league levels for an additional 5 years. During my time in education, I have had the privilege of watching thousands of grade school, junior high, and high school activities. One of the most counterproductive things I have witnessed is the displays of poor sportsmanship. I have seen coaches, parents and players all get caught up in the emotions of the activity and not represent themselves or the school in a positive manner. Now, let me say, I have been in love with athletics as long as I can remember. I grew up on a small farm (just under 80 acres) one mile north of a small town (population 600) – Martinton, IL (Iroquois County). My family had cows, hogs, and chickens, but more importantly, we had one basketball hoop nailed to the side of the barn and one in the loft. I loved to play and hated to lose. I was as competitive as anyone (maybe more so). I recall getting in trouble many times for shooting baskets instead of doing chores or homework. I am still passionate about it now as an administrator and a parent. I have a young son that has been playing baseball & basketball for the last few years. I have to admit that I still get emotional about these activities, I love to watch my teams play and I want to see them win. However, whether we are a parent, player, coach, or spectator, it is critical we model good sportsmanship. Our kids learn from our actions and what we do or say does influence them.

The following are some guidelines to keep in mind for all individuals that have the opportunity to come enjoy some Hartem Stags activities. Respect all who are involved. Please cheer for our kids (not against other teams). Avoid concentrating on poor calls; they usually happen for both teams. Your behavior at events should not prevent others from enjoying the game. Parents who have concerns about our programs/activities are asked to make an appointment with the coach to discuss those issues. Please do not ever approach a coach, sponsor, or administrator after an event, especially out of anger.

This is not the time or the place for either party to discuss these matters. If you don't feel the coach is addressing your concerns after a discussion with them, please schedule an appointment with the District Principal. These expectations are in place to create a positive setting for our extra-curricular activities. A positive environment for all our programs is what I have been promoting at Hartsburg-Emden. Every student needs to be working hard at all the activities they do, from the classroom to the gym floor. The Hartem experience needs to be a positive one. Go Stags!!

Along with our winter sports beginning, the weather is starting to feel more like this time of year. I enjoy this time of the year as we can have some beautiful snowy days. I often look forward to this time of year, with Thanksgiving and Christmas, but it is also a very busy time of the year! There never seems to be enough time in the day or week to get things accomplished. As of Monday, November 30<sup>th</sup>, there are only 15 school days until Christmas Break – wow! Every day in school is an important one for our kids (in busy and not so busy times). As we enter into this busy time, the weather causes frequent and sudden changes in school and activities. Our bus routes may be slowed down as safety becomes the highest concern. We will use School Reach messages to keep you informed of any changes. We also have several local media sources we use in case of cancellations. It is important to keep your children dressed warmly. If the temperature is below freezing, they should have a jacket/coat on. Again, safety becomes a larger concern this time of year. Even though it may be a busy time, with an emphasis on safety, and many sudden changes, I hope each of you can have some fun and enjoy your family time. Please, keep in mind all the wonderful gifts we've been blessed with, it is truly the meaning of this time of year.

## PRINCIPAL'S MESSAGE

Jon Leslie, Principal

The Holiday season has arrived!!! By the time that this publication reaches you, Thanksgiving will be over and the Christmas Season will be well on its way. As you know, I wrote in last month's edition about how much I have to be thankful for. I hope that you all had a wonderful Thanksgiving. To me, the Holiday Season is a time of year in which we have the opportunity to bless and show our love for others.

*(Principal's Message continued on next page)*

One way that we can do this in the school community is showing support for one another. We have many school activities going on in the month of December. I urge you to come to a few. Parents, tell your children that you love them. As a parent, I don't think that we can ever do it too much. Students, I challenge you to pay it forward during the month of December. Do a random act of kindness for someone else. It can be as simple as inviting someone to sit with you at lunch or having a conversation with someone that isn't in your circle of friends.

Before I get into what has been going on in our school and some of the upcoming events, I wanted to remind people about our Twitter and Facebook pages. They are updated regularly with current and future school announcements. Since it is December, we can start to expect some inclement weather (I'm looking at our snow covered school yard as I write this). Emergency closings can be found on all of our media pages. In addition, you will also receive an automated telephone message (School Reach). If you have not been receiving School Reach messages throughout this school year, please contact the district office as soon as possible.

Since our last newsletter, many awesome events have happened in our schools. Our Varsity Volleyball Team finished an outstanding season with a Regional Championship and a final record of 33-6. Congratulations ladies! We are proud of you. We also had a wonderful Veteran's Day Program at our Elementary School. Thank you to JoEllen Westen for all of your planning, and thank you to all of our veteran's for service to our country. We had Red Ribbon Week at the end of October. Red Ribbon Week is a drug awareness and prevention campaign. We as educators do what we can to educate and help keep your child safe from drugs and alcohol. Parents, if you haven't already done so, talk to your child about drug and alcohol prevention. It is a conversation worth having.

Our basketball seasons have already begun. Our junior high team has already competed in several games and don't forget that we co-op with Mt. Pulaski for girls basketball. They have begun as well. Recently we had Meet the Stags. It was a fun filled evening with a chili dinner sponsored by the Sr. Beta Club (Mr. Wisniewski's world famous chili was a hit!!!!) followed by team introductions, music from our pep band under the direction of Mr. Calob

Pluhm, routines from our cheerleaders, and then a scrimmage of our high school boys' basketball teams. The night ended with a very competitive alumni game in which the "more experienced" team proved to be victorious.

The month of December has many more activities ahead including both an Elementary Christmas Program and Junior/Senior High School Christmas Concert. Please check the rest of this newsletter and our calendar for a complete list of happenings at our schools.



## **ATHLETIC DEPARTMENT**

Matt Stoltzenburg, Athletic Director

Happy Holidays from the Hartsburg-Emden athletic department. I hope everyone had their fill of turkey and a chance to sleep it off because there's not going to be much time for that in the future. The junior high and high school basketball teams are about in midseason form, while the junior high volleyball season is right around the corner.

Before we go forward, I'd like to congratulate the high school volleyball teams and coaches on another great season. The JV team finished with a record of 14-1 while the varsity had a record of 33-6. The varsity also won the Dakota tournament, got 2<sup>nd</sup> in both the Quincy and Casey-Westfield tournaments, won the Tomahawk Conference, and won their regional. Great job ladies.

The junior high basketball teams have home games on December 1<sup>st</sup>, 10<sup>th</sup>, and 15<sup>th</sup>. A special note that their December 7<sup>th</sup> game @ CTK has been moved to December 2<sup>nd</sup> at 5:00. They will be in the Logan County Tournaments at Lincoln College in January. The high school basketball team has home games on December 5<sup>th</sup>, 8<sup>th</sup>, and 19<sup>th</sup>. They will be in the Marseilles Christmas Tourney December 26-30.

Just as a heads up, the junior high volleyball team is getting their season started with practice during the month of December. They will begin play in January. Good luck to all our student-athletes and coaches. Let's try to get out as often as possible to support them. Remember, someone's going to be watching to see if you've been naughty or nice. Have a Merry Christmas and a Happy New Year.



## HARTEM BASEBALL

There will be an informational meeting on **Wednesday, December 16** after school in Mr. Muntz's room for anyone interested in playing High School baseball this spring. The purpose of this meeting is to discuss the upcoming schedule, batting cage sessions, and CORE Training.

There will be an informational meeting on **Wednesday, December 16** at 5:15 pm in the High School Cafeteria for anyone interested in playing Junior High baseball in 2016. The purpose of this meeting is to discuss the off-season schedule, batting cage sessions, and CORE Training. Parents of student-athletes currently in 4th through 7th grade are welcome to attend. If you cannot make it that night, please contact the office or Coach Muntz (815-257-2734).

## HS CHEER

Betty Jo Lessen, HS Cheer Coach

The High School Basketball season will already be upon us when you read this. Please come out and support the Stags this 2015-2016 season! We will have several home basketball games in the month of December. The cheerleaders are planning some great team support activities.

On Saturday, December 12, 2015, we will be hosting a team dinner at the high school cafeteria at 6pm. We will be sending out invites to the players, cheerleaders, coaches and their families. We just wanted to kick off the season with a show of support. The meal will include lasagna, spaghetti, Caesar salad, garlic bread and desserts.

There are still some discount cheer cards available—they would make great stocking stuffers! If you would still like to purchase one you can contact the high school office or Betty Jo Lessen. Looking forward to a great basketball season—GO STAGS GO!



## “FIT FOR HARTEM”

May Brooks, Junior High/Grade School PE Teacher

This month's grade school “Fit For Hartem” student is Evan Cross. Evan is respectful, shows positive sportsmanship, eager to help and energetic every day to class. He is a true example of what it means to be a “Fit For Hartem” student of the month.

At the junior high level this month's “Fit For Hartem” student is Blake Martin. Blake is respectful, eager, energetic and exhibits great sportsmanship. He shows the true meaning of respect and sportsmanship in class every day! Congratulations to both students, they are a true examples of Hartem Stag Sportsmanship!



## FFA NEWS

Liz Fanning, FFA Sponsor

This month the FFA participated in the Agronomy CDE and are now preparing for the Dairy Foods CDE.

At the end of October members were able to attend the National FFA Convention. They toured the Kentucky State University Food Farm, saw a motivational speaker, participated in a career fair and attended a concert and rodeo. The 2015 Convention was a success!

We would like to thank everyone who helped make the food drive a success! We were able to donate the items to the food pantry to help families with their Thanksgiving Feast!

We would like to let everyone know that we will be selling strawberries in February and will also be doing a Spring Plant Sale. We will also be placing the trees purchased in Whistle Stop Park in the beginning of December.

The Hartsburg-Emden FFA Auction is scheduled for March 12, 2016. Consignments are now being taken. Contact Betsy Pech at 217-737-7715 for more information.



## **GUIDANCE DEPARTMENT NEWS**

Amanda Feltes, K-12 Guidance Counselor

I'd like to wish everybody a safe and enjoyable holiday break! I hope our Seniors use this winter break as a time to work on scholarships and any last college applications. The earlier a college receives an application, the more favorably it is generally viewed. Most colleges also practice what is known as "Rolling Admissions," meaning that they process applications as they are received, so those applying early often find out much sooner about their admissions status. This can be a big advantage later when having to make a final decision about where you'll attend in the fall. Winter break is a perfect time for Juniors to be researching colleges, careers, and setting goals for after high school. The spring is a very busy time for our Juniors between the PARCC, SAT's and ACT's, and visiting colleges. I suggest that you use your winter break very wisely! As always, any Junior/Senior or parent with questions or needing assistance with the college application process is encouraged to call Mrs. Feltes at (217) 642-5244.

In January, I will be hosting an informational night for students and parents about financial aid, scholarships, and dual credit courses. I will be sending information home with students once a date is set. You can also check my website for more information. I hope this will be a great opportunity for students and parents to answer any questions and gain more information about the college process and opportunities next year.

Reminder: If you intend to earn college credit for courses through your high school during next academic year, you must complete all required placement tests and achieve the required scores through Basic Skills Assessment, unless you have acceptable ACT scores. The potential dual credit course offerings at Hartsburg-Emden require you to take the Writing & Reading placement tests. It is strongly recommended that you sign up for a session before the end of December. Testing sessions are available at the Lincoln campus every Tuesday and Thursday at 3 and 4 pm. Use the following link to make your reservations now at:

<http://www.heartland.edu/collegeNow/assessment/reservations.html>. You can also call (217) 735-1731 to make alternate arrangements. If you have any issues/questions, please contact Mrs. Feltes.

## **HARTSBURG-EMDEN SCHOOL WELLNESS**

### **Wellness Committee Participation**

Hartsburg-Emden CUSD #21 has an ad hoc wellness committee. This committee meets as needed to assess areas of concern, provide support in the areas of school wellness. If you are interested in participating on this committee, please contact the district office.

### **Annual Assessment of Wellness Policy**

Hartsburg-Emden CUSD#21 has completed the end of the year assessment for the 2014-2015 school year of the Hartsburg-Emden Community Unit School District #21 School Wellness Policy. The most up to date policy can be found at our website, [www.hartem.org](http://www.hartem.org)

### **BENEFITS OF BREAKFAST**

- ❖ Eating breakfast can help improve math, reading and standardized test scores
- ❖ Children who eat breakfast are more likely to behave better in school and get along with their peers than those who do not
- ❖ Breakfast helps children pay attention, perform problem-solving tasks, and improves memory
- ❖ Children who eat school breakfast are likely to have fewer absences and incidents of tardiness than those who do not
- ❖ By eating breakfast, students get more of important nutrients, vitamins and minerals such as calcium, dietary fiber, folate and protein
- ❖ Studies show that children who eat breakfast on a regular basis are less likely to be overweight
- ❖ What you eat for breakfast can have an impact on learning. One study showed that eating breakfast food high in fiber and low in sugar for breakfast helped students sustain the cognitive effects of breakfast.

### **DECEMBER BREAKFAST & LUNCH COSTS**

14 Student Breakfasts	@\$1.95	\$27.30
14 Reduced Student Breakfasts	@\$0.30	\$4.20
14 Student Lunches	@\$2.45	\$34.30
14 Reduced Student Lunches	@\$0.40	\$5.60

Students at Hartsburg will need to pay for seconds. Entrées are \$.90, vegetable/fruit are \$.50 and milk is \$.40. Seconds need to be paid for at the time they are served. Adult lunches purchased are \$2.95.



## **BAND AND CHOIR NEWS**

Calob Pluhm, JH/HS Band and Choir Teacher

The Hartsburg Jr/Sr High School Holiday Concert will be December 4th at 6:30pm in the high school gym. Please join us as we kick off this holiday season!

A big round of applause for Olivia Garcia and Matt Nowatney who performed at the ILMEA District 4 Festival. These students worked extremely hard to be able to participate in this festival and as a result got to be a part of a world premiere of a band piece. Please congratulate these two on a job well done!

## **ALUMNI BAND MEMBERS**

Calling all alumni! If you are a past Hartem band member we invite you to join us at any of the home varsity basketball games. We are gearing up for a great season and the greater our numbers the more support for a Stag victory!!!

## **SENIOR BABY PICTURES-DEADLINE SOON!**

Seniors or their families must submit a baby picture for the yearbook before winter break to have it included in the yearbook. Mrs. Folkman can scan a physical photo or you can e-mail a copy of your photo to [nfolkman@hartem.org](mailto:nfolkman@hartem.org).

## **YEARBOOK PICTURES REQUEST**

The Antler staff needs photos of junior high baseball and softball. If you have some, please submit them on [www.replayit.com](http://www.replayit.com) OR you can e-mail them to [nfolkman@hartem.org](mailto:nfolkman@hartem.org). You could also bring in a flash drive or SD card for Mrs. Folkman to copy. Thank you!



## **VETERANS DAY FOLLOW-UP**

Area veterans were honored by the students of Emden Elementary at the annual Veterans Day Program on November 6<sup>th</sup>. We were pleased to welcome veterans and community members. We gathered to recognize and pay tribute to the men and women that have served in the military. We welcomed Leonard Krusemark as our guest speaker. He shared with students about his time in the Army National Guard. Third grade shared the history of Veterans Day and also honored past and present

members of the five military branches and presented all guest veterans with coloring sheets thanking them for their service. All students sang patriotic songs accompanied by Mrs. Rachel Jordan.

Leading up to the program a “Veterans Wall of Honor” was created. Community members sent in names of veterans as well as donations. We were proud to donate \$250.00 to the Land of Lincoln Honor Flight. Thank you to all those that contributed time and effort to making this program an important memory for our students and veterans. The students at Emden Elementary once again thank the veterans for their service and sacrifice!



## **DONUTS WITH DAD**

Emden Elementary would like to invite all the Dads (grandads, uncles, or moms) to come join your child(ren) for breakfast **Friday December 4<sup>th</sup> 7:50-8:20** in the Grade School Cafeteria. There will be a variety of donuts, coffee, milk, and juice for everyone to enjoy! So please come and make some great memories this December!

## **BOX TOPS FOR EDUCATION**

Clipping Box Tops is an easy way to help our school. Box Tops are each worth 10 cents and quickly add up to real cash for our school. Last school year, we earned \$683.10. All you have to do is clip Box Tops from participating products and send to school with your child. There are 2 redemption dates a year – Nov. 1<sup>st</sup> and March 1<sup>st</sup>. After our Box Tops are sent in, the school receives a check in December and April. If you have any questions, please contact the grade school 217-376-3151 or [cletcher@hartem.org](mailto:cletcher@hartem.org).



## **K-5 CHRISTMAS PROGRAM**

Rachel Jordan, Music Teacher K-5

The Elementary Grade School (Kindergarten through Fifth Grade) will be presenting their annual Christmas program on Monday, December 7<sup>th</sup> at 6:30 p.m. The program will take place at the High School Gym. Following the program there will be a special visitor!! Students should be at the high school and report to the cafeteria by 6:15 p.m. to get lined up for the program. Merry Christmas and a Happy New Year!!

# DECEMBER

# 2015

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
<b>School Calendar</b>		<b>1</b> JHBK vs. Georgetowne MS 6:00	<b>2</b> JHBK @ Christ the King Springfield 5:00  FFA-Dairy Foods CDE @ AC-Central 3:30	<b>3</b> JHBK @ WLB 6:00	<b>4</b> Donuts with Dad @ GS 7:50-8:20  6 <sup>th</sup> -12 <sup>th</sup> Grade Holiday Concert @ HS Gym 6:30	<b>5</b> HSBK vs. W-L 6:00  FFA-State Dairy CDE
	<b>6</b> Post Prom Holiday Vendor & Craft Fair @ HS Gym 11-4 Soup Luncheon 11-1 Tour Of Homes 2-6	<b>7</b> Elementary Christmas Program @ HS Gym 6:30	<b>8</b> <i>HCC Mtg. @ GS Cafeteria 6:30</i> HSBK vs. IC 6:00	<b>9</b>	<b>10</b> JHBK vs. IC 6:00	<b>11</b> HSBK @ Clinton 6:00
<b>13</b>	<b>14</b> JHBK @ CEL 6:00	<b>15</b> HSBK @ Dee-Mack 6:00  JHBK vs. Greenview 6:00	<b>16</b> HSBB Information Meeting After School in Mr. Muntz's Room  JHBB Information Meeting @ HS Caf� 5:15	<b>17</b> JHBK @ Limestone Walters Elem. 5:00  <b>High School Finals 2:00 Dismissal</b>	<b>18</b> <i>2<sup>nd</sup> Qtr. Report Cards End of 1<sup>st</sup> Semester</i> K-5 Christmas Movie @ Arlee Movie Theater 9:30  <b>High School Finals 2:00 Dismissal</b>	<b>19</b> HSBK vs. Delavan 6:00
<b>20</b>	<b>21</b> <i>Board Mtg. 7:00</i>  <b>No School</b>	<b>22</b>  <b>No School</b>	<b>23</b>  <b>No School</b>	<b>24</b>  <b>No School</b>	<b>25</b>  	<b>26</b> HSBK @ Marseilles Tournament TBA
<b>27</b>	<b>28</b> HSBK @ Marseilles Tournament TBA  <b>No School</b>	<b>29</b> HSBK @ Marseilles Tournament TBA  <b>No School</b>	<b>30</b> HSBK @ Marseilles Tournament TBA  <b>No School</b>	<b>31</b>  <b>No School</b>		

## LIBRARY NEWS

Susan Wilson, Librarian



Students in both buildings are enjoying the many new books from the Scholastic Book Fair in October. Many thanks to all of the families, community members and students who purchased books and other materials at the fair. It provides many, many new books for both the libraries and the teachers' classroom libraries.

Thanks again to the Joe Hackett family for providing subscriptions for 3 magazines, "Jack and Jill," "Scooby Doo!" and "Humpty Dumpty" at the grade school. The students really enjoy looking at them during library times.

Books Are Fun gave two books to the grade school, "Santa is Coming to Illinois," and the "Marvel Encyclopedia: the Definitive Guide to the Characters of the Marvel Universe" and gave the high school the "Taste of Home Christmas" cookbook. Each school receives a credit of \$10 towards the cost of a book in the display for each 10 items sold.

## POST PROM FUNDRAISERS

The Post Prom Committee has been busy planning our fundraisers for the year. Our first fundraiser is going to a Vendor/Craft Fair, Soup luncheon and Tour of Homes. This event will take place on Sunday, Dec 6<sup>th</sup> at the Hartem High School. The vendor/craft fair will be from 11:00 am- 4:00 pm. The soup luncheon will be from 11:00 am- 1:00pm in the cafeteria. And the Tour of Homes will be from 2:00pm- 6:00pm. The homes on the tour of homes this year will be the homes of: Mike and Beth Rohlf, Blake and Lori Beekman, Kent and Julie Cross, and Tim and Janell Woolard. Tickets are \$10/each. We will be selling tickets at the home high school basketball game on Saturday, Dec 5<sup>th</sup>, the day of the vendor/craft fair at the high school, and at each of the homes during the tour of homes.

We will also be hosting a cake raffle and a half-court shot at each of the High School home basketball games. Come out and support the players, the cheerleaders, and the post prom event!!!

Our next fundraiser will be Trivia Night. This will be held at the Emden Community House on Saturday, February 6, 2016. See the flyer in this month's newsletter for more information!!

## JUNIOR CLASS YETI COOLER RAFFLE

The Junior Class is raffling off a Yeti Tundra 35 cooler in tan color. Raffle tickets are available at the Holiday Vendor Fair on Dec. 6 in the high school gym, from junior class members, or at high school concessions. Tickets are \$7 each or 2 tickets for \$10. The drawing will be held on Sat., Dec. 19 at the high school boys' basketball game here at the high school. You need not be present to win, but come out and cheer on the Stags! Thank you for your support of the Stags and the Hartem Jr./Sr. Prom!



## PAMPERED CHEF

The Post Prom Committee is hosting a Pampered Chef Fundraiser Sunday December 6<sup>th</sup> from 11:00am – 4:00pm @ Hartsburg High School. Junior parents and classmates are taking orders now up until the open house. The open house is in conjunction with the **Christmas Vendor/ Craft Fair, Tour of Homes and Soup Luncheon**. All proceeds will benefit the Post Prom. Orders can also be placed online or at the open house. All orders will be in by Christmas. Great choice for Christmas Shopping!!

**Thanks for your support!**



# DECEMBER

A variety of milk is available every day.  
This institution is an equal opportunity provider.

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
<b>Breakfast Menu</b>		<b>1</b> Wheat Biscuit Egg Patty Fruit Cocktail Orange Juice	<b>2</b> Whole Grain Muffin Cheese Stick Mandarin Oranges Orange Juice	<b>3</b> Mini Eggo Waffles Fresh Strawberries Orange Juice	<b>4</b> Whole Grain Donut Wheat Toast Applesauce Orange Juice	<b>5</b>
	<b>6</b>	<b>7</b> Pancakes Fresh Fruit Apple Juice	<b>8</b> Trix Yogurt Wheat Toast Fruit Cocktail Apple Juice	<b>9</b> Breakfast Bagel Peaches Apple Juice	<b>10</b> Oatmeal on the Go Bar Wheat Toast Sunset Juice Apple Juice	<b>11</b> Egg & Cheese Taco Pears Apple Juice
<b>13</b>	<b>14</b> Assorted Cereal Wheat Toast Sunset Juice Orange Juice	<b>15</b> French Toast Sticks Apricots Orange Juice	<b>16</b> Pancake & Sausage on a Stick Pears Orange Juice	<b>17</b> Whole Grain Pastry Wheat Toast Peaches Orange Juice	<b>18</b> Wheat Biscuit Turkey Sausage Patty Applesauce Orange Juice	<b>19</b>
<b>20</b>	<b>21</b>  <b>No School</b>	<b>22</b>  <b>No School</b>	<b>23</b>  <b>No School</b>	<b>24</b>  <b>No School</b>	<b>25</b> 	<b>26</b>
<b>27</b>	<b>28</b>  <b>No School</b>	<b>29</b>  <b>No School</b>	<b>30</b>  <b>No School</b>	<b>31</b> 		

# **Holiday Vendor & Craft Fair**

**Sunday, December 6, 2015**

**11 a.m. to 4 p.m.**

## **Hartsburg-Emden High School Gym**

**Do a little shopping and have some lunch!!!**

Tastefully Simple	Rodan & Fields	Stella & Dot
Scentsy	Thirty-One	Beauty Of A Site
Lizzy Sam Bows	Keep Collective	Pampered Chef
Gold Canyon Candles	Young Living Oils	Tupperware
Cloth Penguin	Froggie's Woodcrafts	Crafts by Linda
Lost Arts-Crochet	Handmade bags/purses/totes	Jenn's Jewels
Baked good & crafts	Wood crafts & Doll Clothes	Crafts by Diane & Sam
Vintage Button jewelry & crafts	Mary Kay	Van-ity Fused Glass & Scents

**The Soup Luncheon will be in the cafeteria**

**11 a.m. to 1 p.m.**

**The Tour of Homes will be 2 p.m. to 6 p.m.\***

**\*Tickets available at Hartem High School Dec 6<sup>th</sup> 11a.m. to 4 p.m.**

**Sponsored by the Hartem Post Prom Committee**

**Future Educators will be having a gift wrap booth for donations**



### 3<sup>rd</sup> Annual Hartem Post Prom Trivia Night!!!

When: Saturday, February 6<sup>th</sup>, 2016  
Where: Emden Community House  
Time: Doors open at 6:30  
Event begins at 7:00

Come out to support the Post Prom Committee and put your knowledge to the test!!!

- \$100 for a team/table up to 10 people.
- Teams provide their own snacks.
- Must be 21 to participate.
- Cash bar will be open at 6:30 provided by the Stag R Inn.
- Cheats will be available for an additional fee.
- All proceeds will support the Hartem Post Prom.

Please call or text Britta Langley @ 217-314-9040 with any questions. Deadline to enter is February 1<sup>st</sup>, limited space is available.

You may also mail this entry to:

Britta Langley  
PO Box 184  
Hartsburg, IL 62643

Your name: \_\_\_\_\_

Team name: \_\_\_\_\_

# of participants at your table: \_\_\_\_\_

Make checks payable to Hartem Post Prom. Thank you for your support!!!

# DECEMBER

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
<b>Lunch Menu</b>	A variety of milk is available every day. Chef salad and side salads are available every day at the high school. This institution is an equal opportunity provider.					
		<b>1</b> Hamburger Horseshoe Baked Fries Corn Mandarin Oranges	<b>2</b> Pig in a Blanket Spinach Salad Peas Pineapple	<b>3</b> Grilled Chicken Wrap Shredded Lettuce/Tomatoes Green Beans Applesauce Graham Cracker	<b>4</b> BBQ Pork Rib on Bun Fresh Broccoli/Carrots Dip Whole Grain Chips Pears	<b>5</b>
<b>6</b>	<b>7</b> Pork Tenderloin on Bun Sliced Tomatoes/Onion Cooked Broccoli Fruit Cocktail	<b>8</b> Chicken & Noodles Green Beans Romaine Lettuce Salad Dinner Roll Peaches	<b>9</b> Cheeseburger on Bun Tri Tater Cooked Carrots Apple	<b>10</b> Toasted Cheese Sandwich Tomato Soup Crackers Carrot/Celery Sticks Pears	<b>11</b> Mini Corn Dogs Baked Beans Cole Slaw Applesauce	<b>12</b>
<b>13</b>	<b>14</b> Chicken Nuggets Macaroni & Cheese Bread Peas Apricots	<b>15</b> Taco Salsa/Shredded Lettuce Refried Beans Peas Jello	<b>16</b> Chicken Fried Steak Mashed Potato Dinner Roll Green Beans Baked Apples	<b>17</b> Meatballs on Sub Bun Tater Tots Cooked Carrots Peaches	<b>18</b> Cheese Pizza Garden Lettuce Salad Corn Applesauce Sugar Cookie	<b>19</b>
<b>20</b>	<b>21</b>  <b>No School</b>	<b>22</b>  <b>No School</b>	<b>23</b>  <b>No School</b>	<b>24</b>  <b>No School</b>	<b>25</b>  	<b>26</b>
<b>27</b>	<b>28</b>  <b>No School</b>	<b>29</b>  <b>No School</b>	<b>30</b>  <b>No School</b>	<b>31</b>  		

## **CATCH PROGRAM**

Over 66% of Logan County residents are overweight or obese. Healthy Communities Partnership, funded by the Abraham Lincoln Memorial Hospital Foundation, is addressing the issue in a variety of ways including bringing the CATCH program to local schools. CATCH (Coordinated Approach to Child Health) has been implemented in nearly 7,000 schools nationwide. It provides proven ways to create a school environment that encourages healthy eating and physical activity. Eight schools in Logan County are now CATCH schools with a common goal to have healthy kids in a healthy school. As a participant in the program, over \$6,000 of physical education equipment and curriculum materials have been provided to Hartsburg-Emden at NO-COST. You have probably already started to hear the language of CATCH at your house, and if you haven't we encourage you to start using it when choosing foods at home and for school snacks/events. GO-SLOW-WHOA foods teach students to eat more GO foods than SLOW foods and more SLOW foods than WHOA foods. We want all students to be **CATCH MVPs** which means they **M**ove and stay active, **V**alue healthy eating, and **P**ractise healthy habits every day!

“We are so thankful to the staff at Hartsburg Emden for doing the right thing for their students. We know that regular physical activity is one of the most important things students can do for their physical health and academic health. It has been proven that short activity breaks during the school day can improve concentration skills and classroom behavior AND high levels of fitness at schools have been associated with fewer disciplinary incidents. Research has also proven that students whose time in PE or school-based activity was increased maintained or improved their grades and scores on standardized achievement tests, even though they received less classroom instruction time than students in control groups,” Angela Stoltzenburg, HCP Manager.

For more information about the CATCH program, visit [CATCHINFO.org](http://CATCHINFO.org) or contact Healthy Communities Partnership at 217-605-5008.

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