# Hartsburg-Emden CUSD No. 21 OCTOBER 2018 NEWSLETTER 

## From the Superintendent's Desk

Terry Wisniewski, Superintendent
We have almost completed the first quarter of the school year already! The official end to the first quarter of school will be Friday, October 19 ${ }^{\text {th }}$. I appreciate all the support given to our school district and teachers by the parents and community. Wednesday, October $3^{\text {rd }}$ and Thursday, $4^{\text {th }}$ will be parent-teacher conferences. I hope parents are able to attend to have some great conversations with teachers about their child's academic progress. If you are unable to attend the conferences, please contact your child's teacher to set up a meeting to discuss how your child is doing in school. We strive to develop positive home-school relationships with our families. If you have a concern or question, please call or email your child's teachers and/or the District Office so we can answer your questions or concerns.

Last year, our students took another State assessment (this was the $1^{\text {st }}$ year they didn't change the PARCC - Partnership for Assessment of Readiness for College and Careers). The Assessment is aligned to the Illinois Standards (a.k.a. the Common Core Standards), which has now been implemented and tested by the Pearson Company for the last 5 years. This year a new company will be taking over the State assessment, Data Recognition Corporation (DRC). Actually, they are a company that broke away from the Pearson Company. I'm being told they will still be focusing on the Illinois/Common Core Standards. The test will be called the Illinois Assessment of Readiness (IAR instead of PARCC). However, the test itself will pretty much be the same as the PARCC test on a different online computer based platform this school year. Data Recognition Corporation plans to modify the test to meet Illinois desires/requests after this ${ }^{\text {st }}$ year. They still plan on establishing cut-off scores in which only $33 \%$ of students in grades 3-8 meet the standards and the average student in Illinois will not meet the standards, indicating there will still be a very high cutoff score. The rationale for these cutoff scores is also closer to what most industrialized nations use as a cutoff score and it is also closer to (what research shows) the percentage of Americans that earn a bachelor's college degree, about $30 \%$.

DRC was awarded a six (6) year contract to give the IAR for the State of Illinois assessment.

The good news is that Hartsburg-Emden Elementary School has continued to score higher than the State average by $6 \%$ ( $6 \%$ more of our students are meeting or exceeding on the State assessment above the average). Our students also scored above the State average on both the ELA (English Language Arts) and Math. The official scores have been released to schools and school report cards should be released from the State by the end of October. We will review the scores and share your child's test data with you at the conferences. Please remember that State assessment scores are only a piece of the equation when it comes to monitoring individual student progress. We believe it is more important to concentrate on the daily instruction and classroom assessments in addition to the yearly State assessments, keeping in mind the intentionally high cutoff score. Yes, the State assessment is important and is required, but our energy and dedication has been focused on the interactions and learning we have with your children on a daily basis. We have focused on our Authentic Literacy Program for several years now and our test scores have really taken care of themselves. As you receive information about your child's assessment scores, please contact Mr. Leslie, District Principal, and/or classroom teachers if you have any questions or concerns.

In conclusion, I'd like to say that we have many exciting activities going on in our buildings. We continually work on developing positive relationships with our students. We stress to our students the concepts of continual growth and maintaining a culture of learning. I enjoy getting into the classrooms and attending school events in the evening to watch our students grow and develop. I encourage each of you (our community) to take full advantage of what we have to offer. As always, I appreciate the support you give our district, staff, and especially our students. It is the positive and ongoing partnership that makes Hartsburg-Emden a great place to be a Stag! The world could use a little bit more of that.

## Principal's Message

Jon Leslie, Principal
Welcome to the October Edition of the HartsburgEmden Newsletter. It is hard to believe that the first month and a half of school is behind us. First off, I would like to thank all of our parents and guardians in helping to make a smooth transition into the school year. The first several weeks of school marks the beginning of many routines. The success of our students in their education endeavors starts at home. Thank you for helping to establish these routines with your children. By the time you receive this newsletter, you will have received progress reports in the mail. Please keep in mind that you can check your child's grades online at any time. If you need assistance in doing so, please do not hesitate in contacting the main office. Also, please note that we have Parent/Teacher Conferences on October 3-4 from 3:30-7:00pm.

September has flown by. Our junior high school softball and baseball seasons have come to an end. Thank you to our parents and players for a good season. Especially thank you to our coaches Steve Awe, Josh Riggs, Dan White, Jay McAfee, and Bob Ham for all of the time and guidance that they provided for our students. Homecoming Week is in full force. It is filled with dress up days, assemblies, spirit games, a dance, and of course volleyball games. Thank you to everyone that helped to make homecoming week a success. Mrs. Simonton's and Mrs. Conn's classes had their annual wax museum and science fair. They were very well done, and we had a great turnout for both. Thanks to everyone who attended the event and helped run the event.

October will prove to be a very busy month. Please be sure to read the rest of this newsletter along with checking out the school calendar so you don't miss any of the activities. One highlight during the month of October is Red Ribbon Week. During this week, we encourage students to remain drug, alcohol, and tobacco free. One particular area that will be addressed with students is the use and dangers of electronic cigarettes. According to the U.S. Surgeon General's Report, the use of ecigarettes is on the rise among our youth and is now considered to be the most widely used of tobacco or tobacco like products by our youth. It is also important to note that the use, possession, distribution, purchasing, or selling of electronic
cigarettes is prohibited on school grounds and at school events. Please check out https://e-cigarettes.surgeongeneral.gov for more information regarding electronic cigarettes and have a discussion with your children regarding the use of them.

Again, check our school calendar for more of a complete listing of all our activities, and I hope that you can find time in your very busy schedules to join in what we have to offer here at Hartem. Go Stags!!!

## ATHLETIC DEPARTMENT

Matthew Stoltzenburg, Athletic Director The junior high girls' softball team and boys' baseball team recently finished their seasons in their respective regionals. I would like to thank all the players and coaches for their hard work and dedication. The high school golf team is nearing the end of their season as well. Their regional will be on October $2^{\text {nd }}$.

The high school girls' varsity volleyball team has just recently placed second in the Mt. Pulaski Fall Festival. They will travel to Quincy to play in an invitational on October 6 $^{\text {th }}$. The JV team will participate in a tournament on the $13^{\text {th }}$ at Pleasant Plains. Then, the varsity will travel back to Quincy for the QND tourney on Oct $19+20$. They have home games on Oct 2,11 , and 17, with the last date being Senior Night against Jacksonville Routt. Their regionals will be starting on October 22.

The last fall sport, cross country, will have its Tomahawk meet on October 16.

Jr. high basketball is right around the corner. We have a new coach this year - Jon Wright. Tryouts will begin on October $15^{\text {th }}$ and the first games are in the Midwest Central Tournament on October 27, 29, and November 3.

Good luck to all our student-athletes and coaches. Let's try to get out and support them as much as possible.

## Emden Elementary Halloween Parade

 Come see our Ghosts and Gobblins walking the streets of Emden on Wednesday, October 31 ${ }^{\text {st }}$. Due to the 11:30 dismissal, the parade will start at 10:00 at the Grade School and will continue walkingthrough downtown! All students grade K-5 will participate.

## Box Tops For Education

Welcome back to school, parents!

www.btfe.com Clipping Box Tops is an easy way for you to help our school. Box Tops are each worth 10 cents and quickly add up to real cash for our school. 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. $1^{\text {st }}$ and March $1^{\text {st }}$. After our Box Tops are sent in, the school receives a check in December and April. Sign up at www.BTFE.com to stay updated on our school's earnings. Members also receive exclusive coupon offers and recipes and can learn about extra ways for our school to earn more cash. If you have any questions, please contact me at 217-376-3151 or cfletcher@hartem.org

## HARTEM FFA

Kenyon Jodlowski, Ag Teacher and FFA Advisor
The Hartem FFA Chapter is off to a busy start! Here are some events that students participated in during the months of August and September:

- August 30th: Three Hartem FFA members attended Section 14 Horse Judging. The team was 9th place overall-Ariana Hinkle was 5th overall individual - September 7th: 26 agriculture students attended the Lincoln Land Community College Ag Expo - September 13th: Hartem FFA members participated in the FFA 10 Gallon Challenge - September 18th: Illinois State FFA Officers visited Hartsburg-Emden High School
- September 19th: Three Hartem FFA members attended the Section 14 Leadership Training School - September 26th: Four Hartem FFA freshmen attended the University of Illinois Greenhand Conference

Here are some other FFA events coming up in October:

- October 4th: Section 14 Land Use CDE
- October 17th: FFA Chapter Meeting
- October 24th-27th: National FFA Convention


## Hartem Class Of 2022

The Freshmen Class of 2022 will be selling fresh Christmas greenery from Sherwood Forest Farms. The fresh greenery includes items such as: wreaths, door swags and beautiful 10 foot garland. Sales begin October 14 and will end October 27. All orders will be delivered the week after Thanksgiving. Orders may also be delivered directly to your door! Please contact any freshmen student to place your order. If you have any questions, contact Melanie Wright at (217)841-2163.

## Vintage Yearbooks For Sale

The Antler has vintage yearbooks from various years, 1955-2012, for sale. They are first-come firstserved as some years have only one book. We ask a minimum donation of $\$ 30$ per book. We also have more recent books for $\$ 35-\$ 40$, depending on the year. This money helps to subsidize the purchase of new yearbooks. The cost of printing our yearbooks is nearly $\$ 70$ per book and we sell them to students for between $\$ 30-40$. We try to keep that cost down for students by selling ads, running fundraisers, and selling these older books.

## LIBRARY NEWS

Thank you so much for your support of the Book Fair both at Family Reading Night and online. 55\% of sales go straight back to buying books for our classrooms and libraries. Getting more books into students' hands, as well as allowing them choice and giving them time to read are what help grow a great reader! Thank you for all you do to help support that through book sales and encouraging and modeling reading in your home. We are featuring titles at both buildings that support the Illinois Award Winning books. Monarch (k-3), Bluestem (3-5), Rebecca Caudill (middle school), and Lincoln (teen) awards are sponsored by AISLE (Association of Illinois School Library Educators). The students read books from the list and then they get to vote on which book should be the final winner of the state. Look for more info in coming newsletters.

We had donations of books this month from Juliet Sisk and from the Michalsen family. Thank you so much!

Keep a look out for tables of free books at parentteacher conferences at both buildings. These books will range in age from children to adults.

| OCYM |  |  | Wed | Thu | $2018$ |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Sun | Mon | Tue |  |  | Fri | Sat |
| School Calendar | 1 <br> HSVB @ MWC 6:00 | 2 <br> HSGolf-1A Reg. TBA HSVB vs. IC 6:00 | 3 <br> Parent-Teacher Conferences 3:30-7:00 | 4 <br> $5^{\text {th }}$ Gr. Field Trip @ <br>  <br> Industry 7:15 <br> Picture Re-Take Day <br> Parent-Teacher Conf. <br> 3:30-7:00 <br> FFA-LandUse CDE | $5 \begin{array}{ll} \\ & \\ & \text { No School }\end{array}$ | 6 <br> HSGolf-1A Sect. <br> TBA <br> HSVB @ Quincy <br> Invitational TBA <br> Speech @ Zion 9:00 |
| 7 | 8 <br> No School <br> HSGolf-1A Sect. TBA <br> ILMEA Auditions | 9 <br> HSGolf-1A Sect. TBA HSVB @ Springfield Lutheran 6:15 HS Business Workshop @ Lincoln College 8:20-2:45 | $\begin{aligned} & \text { 10 } \\ & \text { PSAT 9:00-12:00 } \end{aligned}$ | $\begin{aligned} & 11 \\ & \text { HSVB @ Greenview } \\ & \text { 6:00 } \end{aligned}$ | 12 HSGolf-1A State TBA | 13 <br> HSGolf-1A State <br> TBA <br> HSVB @ Pleasant <br> Plains JV Tourn TBA |
| 14 | 15 Board Mtg. 7:00 JHBK-1 ${ }^{\text {st }}$ Practice Tomorrow's Teachers Conference @ Millikin University | $\begin{aligned} & 16 \\ & \text { HSVB @ Illini Bluffs 6:00 } \end{aligned}$ | 17 <br> 2:00 Dismissal Faculty Meeting HSVB Fundraiser Supper 4:30-6:00 HS Cafeteria HSVB vs. Routt Cath. 6:00 (Senior Night) | 18 | 19 Qtr 1 Rpt. Card HSVB @ Quincy ND Tourn TBA <br> $7^{\text {th }}$ Grade Field Trip Museum of Science and Industry | 20 <br> HSVB @ Quincy ND Tourn TBA |
| 21 | 22 <br> HSVB-1A Reg. TBA | 23 <br> HSVB-1A Reg. TBA <br> $8^{\text {th }}$ Grade Career <br> Exploration Field Trip @ <br> Peoria Civic Center 8:20-12:00 | 24 <br> HSVB-1A Reg. TBA <br> FFA-Nat'l Convention | 25 <br> HSVB-1A Reg. TBA <br> FFA-Nat'l Convention | $26$ <br> FFA-Nat'l Convention | 27 <br> JHBK-MWC Tip-Off <br> Tourn. 12:00 <br> FFA-Nat'l Conv. |
| 28 | 29 <br> HSVB-1A Sect. TBA JHBK-MWC Tip-Off Tourn 6:00 | 30 | 31 <br> HSVB-1A Sect. TBA Emden Elementary Halloween Parade 10:00 11:30 Dismissal SIP Day |  |  |  |


| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Breakfast <br> Menu | 1 <br> Pancakes <br> Pineapple <br> Orange juice | 2 <br> Pop tart <br> Toast <br> Applesauce Orange juice | 3 <br> French toast sticks <br> Peaches Orange juice | 4 <br> Sausage patty <br> Toast <br> Tri tater <br> Pears <br> Orange juice | $5$ <br> No School | 6 |
| 7 | $8$ <br> No School | 9 <br> Fruit frudel Cherry star juice Apple juice | 10 <br> Yogurt parfait <br> Toast <br> Peaches <br> Apple juice | 11 <br> Assorted muffins <br> Applesauce <br> Apple juice | 12 <br> Cereal bar <br> Toast <br> Pears <br> Apple juice | 13 |
| 14 | 15 <br> Assorted cereal <br> Toast (HS) <br> Mixed fruit <br> Orange juice | 16 <br> Breakfast pizza <br> Mandarin oranges Orange juice | 17 <br> Mini pancakes <br> Pineapple <br> Orange juice | 18 <br> Bagel <br> Cream cheese <br> Applesauce <br> Orange juice | 19 <br> Waffles <br> Peaches <br> Orange juice | 20 |
| 21 | 22 <br> Fast start bar <br> Toast <br> Apricots <br> Apple juice | 23 <br> Peanut butter \& Jelly jamwich Mandarin oranges Apple juice | 24 <br> Cheese omelet <br> Toast <br> Pears <br> Apple juice | 25 <br> Pancake \& sausage <br> On a stick <br> Mixed fruit <br> Apple juice | 26 <br> Biscuit <br> Egg and cheese <br> Peaches <br> Apple juice | 27 |
| 28 | 29 <br> Mini waffles <br> Applesauce Orange juice | 30 <br> Donut <br> Toast (HS) <br> Pears <br> Orange juice | 31 <br> French toast Mandarin oranges Orange juice |  |  |  |


| OCTOBER |  |  | Wed | Thu | 2 |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Sun | Mon | Tue |  |  | Fri | Sat |
| Lunch <br> Menu | 1 <br> Pizza <br> Romaine salad Corn <br> Applesauce | 2 <br> Nacho supreme Lettuce/tomato Refried beans Peaches | 3 <br> Chili mac <br> Cornbread <br> Green beans <br> Pears | 4 <br> Chicken strips Cooked carrots <br> Bread <br> Mixed fruit <br> Vanilla wafers | $5$ <br> No School | 6 |
| 7 | 8  <br>  No School | 9 <br> Pig in a blanket <br> Baked beans <br> Peas <br> Peaches <br> Pudding | 10 <br> Hamburger on bun Tri tater Cooked carrots Applesauce Cookie | 11 <br> Bosco cheese sticks <br> Marinara sauce Romaine salad Green beans Pears | 12 <br> Chicken patty on bun Sun chips Corn Mixed fruit | 13 |
| 14 | 15 <br> Chicken nuggets <br> Macaroni \& cheese <br> Green beans <br> Bread <br> Mandarin oranges | 16 <br> Salisbury steak <br> Mashed potatoes <br> Gravy <br> Bread <br> Peas <br> Pineapple | 17 <br> Quesadilla pizza <br> Salsa <br> Corn <br> Romaine salad Applesauce | 18 <br> Pulled pork on bun Tater tots Mixed vegetables Peaches | 19 <br> Corn dog <br> Nachos \& cheese <br> Cooked carrots <br> Apricots | 20 |
| 21 | 22 <br> Chicken wrap <br> Lettuce \& Tomato Corn <br> Mandarin oranges | 23 <br> Chili w/ Crackers <br> Pears <br> Carrot/celery sticks Cinnamon roll | 24 <br> Ham horseshoe Oven fries Steamed broccoli Mixed fruit | 25 <br> Chicken \& noodles <br> Green beans <br> Bread <br> Peaches <br> Jello | 26 <br> Fish on bun <br> Pasta salad <br> Romaine salad <br> Applesauce | 27 |
| 28 | 29 <br> Crispito w/ cheese <br> Peas <br> Bread <br> Pears <br> Goldfish | 30 <br> Pork tenderloin <br> Mixed vegetables <br> Mandarin oranges <br> Brownie | 31 <br> 11:30 Dismissal SIP Day |  |  |  |

## GUIDANCE DEPARTMENT

Progress Reports were sent home on Sept. 20th. This is a great opportunity to review your child's progress towards semester grades.
If your child needs academic support:

- Discuss the course with your child. What challenges are they facing?
- Are they using their planner? HEHS provided every student a free planner the first day of school.
- Make sure you have Tyler Gradebook access.

Check this often to help your child stay up-to-date with his/her course and remind them to turn in any missing assignments.

- Contact the teacher to get more information about the course expectations and outline- some teachers use a website to communicate information
- Students should attend before/after school help sessions with teachers, if possible


## College Applications

- Seniors - Make sure you get started on those college applications! With the earlier FAFSA date, many universities are looking at earlier application deadlines. Be sure to check with each school to determine important deadlines.


## Speaking of the FAFSA...

- The FAFSA opened for applications on October $1^{\text {st }}, 2018$. All seniors should submit their applications as soon as possible in order for the best opportunity for federal assistance. Many schools are asking students to have their FAFSA applications submitted by a priority deadline of November $15^{\text {th }}$. Many university scholarships may also fall under this date.
- Hartsburg-Emden High School will be hosting a FAFSA Completion Workshop on Wednesday, October $\mathbf{1 0}^{\text {th }}$, 2018. All seniors and their parents are strongly encouraged to attend. The Executive Director of the Logan County Education Coalition will be providing a brief presentation about the FAFSA and will be available to provide hands-on assistance in completing the FAFSA application on-site. This workshop will take place in the HS computer lab from

5:30-6:30 pm. Please RSVP with Mrs. Feltes (afeltes@hartem.org) for a list of important items to bring with to the workshop. If you cannot attend this workshop but would still like to attend a completion workshop, visit isac.org and search "Outreach Activities Calendar" for a list of upcoming workshops across Illinois.

## Campus Visits

- Now is the time! Visit any college/university/technical school that you may be interested in. Remember- Juniors are allowed up to 2 excused absences and Seniors are allowed up to 3 excused absences for campus visits. Fill out a pre-arrangement form in the office as soon as you know the date you will be absent and please let Mrs. Feltes know when/where you will be making a college visit.


## College Fairs/Information

- The Greater McClean County College Fair will take place on October $9^{\text {th }}$ from 5:30 7:00 pm at the Fitness and Rec Center at Heartland Community College. Visit illinoisstate.edu/admissions/college-fair/ or the HEHS Guidance webpage for more information. This is a great opportunity for all students to gather information and ask questions about any college they may be interested in attending.
- Be sure to check the Guidance webpage for the most current information about other college fairs and events.


## HSVB Fundraiser Supper

The High School Volleyball Team is hosting a FAT BOYS BBQ supper on Senior Night - Wednesday, October $17^{\text {th }}$. Meal tickets are $\$ 8.00$ and includes, PULLED PORK SANDWICH, BAKED BEANS, COLE SLAW, PEGGY'S PLACE HOMEMADE COOKIE, AND DRINK. Tickets will be sold by all the HSVB players and coaches. Tickets can be bought in advance or at the door, carry-outs are available. Thank you for continuing to support Hartem Volleyball!

## Junior High Student Council

Lynn Curry, JH Student Council Sponsor
The mission of the Hartsburg-Emden Junior High Student Council is to build responsible leaders within our school community and promote the values that represent good character in all students.

We will accomplish our mission through:

- Leading by example in our classrooms and community by being respectful, responsible, and safe.
- Helping others in our community by volunteering.
- Encouraging and creating student enthusiasm in school activities
- Serving as a source of communication between the students, faculty and administration of the school.

Congratulations to the following students who were recently elected to the Hartsburg-Emden Jr. High Student Council:

Sixth Grade: Sadie Williams and Drew Hayes Seventh Grade: Addie Beekman, Cloee O'Donoghue, Evan Cross and Jace Whitted Eighth Grade: Lily Barry, Abby Montgomery and William Wisniewski
Eighth Grade class officers:
President: Prescott Davis
Vice-President: Cassie Crabtree
*The $8^{\text {th }}$ Grade Class President and Vice-
President are also members of the student council.

## "SOCKTOBER"

The Hartem Jr. High Student Council will be sponsoring their first community service project during the month of October. We will be collecting NEW socks of all sizes to be donated to a local homeless shelter. Everyone is encouraged to participate. Socks can be dropped off in the office OR sent to school with a sixth, seventh or eighth grade student from October 1-October 30. The Junior High class that collects the most pairs of socks will be rewarded with an extra period of activity time in the gym. Please help us make "Socktober" a success!

## GIRLS On The RUN

This year we started a Girls on the Run program at Emden Elementary School. This is a program for 3rd - 5th grade girls. Girls on the Run is not "just a running program". It inspires girls to be joyful, healthy and confident using a fun, experience-based curriculum which creatively integrates running. The goal is to work towards a Community 5K at
Lincoln Land Community College on November 10th. We would love for parents and community members to register for this event and help our girls proudly cross the finish line! You can register at gotrcentralillinois.org

Our season started on September 4th and we are nearing our mid-season celebration this month! We are so excited how well the season is going already! We are thrilled to have 9 girls on our team this year. The girls are learning so much through our practices with lessons, so far, on working as a team, selfesteem, positive self-talk, and coping with emotions. This month we will run our practice 5 K on October $\mathbf{2 5}$ th. We will post our practice route on the website and encourage everyone to help cheer the girls on along the way! Just a reminder to our GOTR girls, we will not have practice on Thursday, October 4th!

## Ag In The Classroom

Again this year, Emden Elementary has teamed up with the University of Illinois Extension Office to do the Ag in the Classroom. It is a great opportunity for our kids to be introduced to agriculture and the important part it plays in our daily lives. Once a month, Amy Hyde comes to each classroom and conducts a 30 minute lesson on an agriculture topic. In September, we learned all about PIZZA Looking forward to an exciting year!

## $4^{\text {TH }}$ Grade Adopt-A-CalF

The $4^{\text {th }}$ Grade Class has once again teamed up with The Hoerbert Dairy Farm and The American Dairy Council and adopt-a-calf! Once a month, Terry Hoerbert comes to our class and teaches us all there is to know about dairy farms and Jersey cows. We enjoy this experience and are so lucky to have this opportunity! We are super excited!

## Parent/Teacher Conferences

Parent/Teacher Conferences will be held Wednesday, October $3^{\text {rd }}$ from 3:30pm-7:00pm and Thursday, October $4^{\text {th }}$ from 3:30am-7:00pm. Parents of elementary students please call Cleola at the grade school to reserve a time slot or one will be provided for you. Parents of junior high and high school students please call Erika at the high school to reserve a time slot. We do not schedule appointments for you at the high school unless you call to request one.

## CATCH PRogram

Rachel Jordan, CATCH Champion
Welcome back to school! We are excited to be a CATCH school again this year. CATCH (Coordinated Approach To Child Health) was started by Abraham Lincoln Memorial Hospital Community Health Collaborative in Logan County, and is an evidence-based coordinated school health program designed to promote physical activity and healthy food choices for school-aged children. By teaching children that eating healthy and being physically active every day can be FUN, the CATCH Program has proven that establishing healthy habits in childhood can promote behavior changes that can last a lifetime. Catch Schools are committed to healthy students in a healthy school. We invite you to help us teach positive health choices and be a CATCH MVP! A CATCH MVP is someone who Moves and stays active, Values healthy eating, and Practices healthy habits every day.' Be a CATCH MVP FAMILY and take a walk after meals, include fruits and vegetables in every meal, drink more water and start your day with a healthy breakfast. Research has shown that children that are well nourished and physically active perform better in school! HEALTHY KIDS = BETTER
LEARNERS!!
Hartsburg-Emden Grade school will have their CATCH kick off the first week of October. We have a few activities that we will be doing like: taste testing some melons and coconuts. We will also have some infused waters at lunch time for the kids to try. Angie Whiteman (Crazy CATCH lady) will be around for lunch on October $3^{\text {rd }}$ and we will have some pumpkin seeds for the kids to try. Thanks to Betty Jo Lessen for her involvement in keeping our students healthy. We sure appreciate her willingness to try new things with the students. We also will be
reminding the kids about the CATCH phrase: Eat more GO food then SLOW foods and more SLOW food then WHOA foods!!

Later on in October we will be having FARM TO SCHOOL activities with Mrs. Terry Hoerbert. We will be collecting milk tops and the class with the most milk tops will win an hour activity with Terry. It could be anything from making butter to making yogurt. We will also be having a Penny contest. The person with the most pennies will earn the dubious honor of milking a real, life cow!! The three contestants are Mr. Wisniewski, Mr. Leslie and Mrs. Hayes. Stay tuned for more details!!
We will also have other CATCH activities throughout the school year that we will keep you posted on. We are looking forward to an exciting CATCH year.

## BAND DEPARTMENT NEWS

Hannah Blackwell, JH/HS Band and Choir Director ILMEA Auditions are coming up on October 8. Good luck to our three students auditioning for this opportunity! The rest of the band and choir students have been diligently preparing for the upcoming winter concert. The middle school band will be performing in the upcoming Emden Halloween parade. Parents and families are encouraged to come out and show their support. Students are encouraged to dress up in their favorite Halloween costume for this performance.

A note from Ms. Blackwell: I will unfortunately be unable to be present at this year's parent-teacher conferences due to a surgery I will be having. If you have any questions or concerns, please do not hesitate to call or email me at any time. I may be slow in responding, but I will do my best to answer any questions you may have.

## OCTOBER BREAKFAST/LuNCH PRICES

21 Student Breakfasts $\quad$ @ $2.00 \quad \$ 42.00$
21 Reduced Student Breakfasts @ $\$ 0.30$ \$6.30
20 Student Lunches @ $\$ 2.65$ \$53.00
20 Reduced Student Lunches @ $\$ 0.40$ \$8.00
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 $\$ 3.15$.

Hartsburg-Emden C.U.S.D. \#21
400 West Front Street
Hartsburg, IL 62643

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## Postal CUSTOMER

## Hartem Green Team Recycle

Congrats to the Green Team! They won $6^{\text {th }}$ place in the annual PepsiCo recycling contest. Emden team had 40,000 containers and the Hartsburg team had 160,000. Each student has an opportunity to win prizes by reporting their personal recycling to either school. Our goal is to increase the \# of students reporting from 15 to 25. Please contact Mrs. Cordray at 217-828-1363 with any questions.

## Mark Your Calendars!!!!

The 2018-2019 Post Prom Committee will be hosting the annual Christmas Craft Fair at the Emden Community House. The Christmas Craft Fair will take place on Saturday, December $8^{\text {th }}$ from $8 \mathrm{am}-2 \mathrm{pm}$. There will be many unique vendors as well as a soup/sandwich lunch. The meal is by donation only! Mark your calendars for a wonderful day of Christmas shopping and support your Hartem Stags!!!! Contact Melanie Wright at (217)841-2163 with any questions.


