



Mills Moments

John Mills School

"...going on..."

December 16, 2011



2824 N. 76th Avenue
Elmwood Park, IL 60707
www.epcusd401.org

Peter M. Herbert, Principal
Donna J. Kutrubis, Assistant Principal

IMPORTANT DATES TO REMEMBER:

- Dec 19 TAP, 8:00 a.m.; Spanish Class, 3:05-4:05 p.m.; Dodgeball Intramurals, 3:15-4:15 p.m.
- Dec 20 6th Gr Band, 7:45 a.m.; Dodgeball, 3:15-4:15 p.m.
- Dec 21 Late Start, student entry at 9:12 a.m.
- Dec 22 End of 2nd Grading Period; **NO Young Rembrandts**
- Dec 23-Jan. 8 **No School – Winter Break**

Principally Speaking

I would like to take this time to thank Mrs. Fang and our PTA for the very informative assembly last week in which our students were educated on the "do's and don'ts" while on the internet and on cell phones. If you weren't able to attend the parent meeting that evening, ask your child what they learned.

Our primary grade students did a fantastic job entertaining their families and friends who came to watch the "North Pole Musical". Once again, Ms. Iovinelli, kudos for another enjoyable show!

The second grading period ends on **Thursday, December 22nd**. Report cards will be sent home on **Friday, January 13th**.

There will not be a Mills Moments next week. Mrs. Kutrubis and I, along with the John Mills staff, would like to wish everyone a happy and safe holiday season.

A Message from the Nurse

This is a reminder for all parents and guardians of second and sixth grade students that it is mandatory for your child to have a dental exam. Please use our 2-week winter break to schedule your child's appointment if you haven't already done so.

Leyden Food Pantry

During these tough economic times, many families are seeking support in the community. The Leyden Township Food Pantry is one place that provides some needed assistance. Here are the details: Leyden Food Pantry, 10200 Grand Avenue, Franklin Park (847) 455-5688

They are open Mondays-Tuesdays-Wednesdays-Fridays from 12:00-4:00 p.m. Families need to show an ID for every member of the family receiving food. For students, a school ID card or library card is all that is needed.

For additional information and assistance, please check the school district website for a link to *Social Services* under School Resources.

A class picture has been sent home to anyone who ordered a picture package in September.

Parenting Tips by Mrs. Kutrubis

May you see the wonder of this holiday season through the eyes of a child.
May you find peace and joy and happiness throughout the coming year.
Happy New Year!

All I want for Winter Break is...A little less stress!

Ah the holidays! So many fun things to do: the parties, the gifts, the shopping, the wrapping, the cards, the tree, the baking, and planning. And now...the kids are home for the next two weeks! It's all a little overwhelming.

According to a recent survey by the American Psychology Association, more than half of all Americans report being concerned about the level of stress in their everyday lives. Most people are feeling overscheduled, overextended, and overstressed. Many studies are showing a link between chronic diseases and stress. We have to work on getting rid of some of that stress.

During the next three weeks, try keeping your family's schedule as routine as possible. You might simplify plans or discuss sharing responsibilities with family members and friends. Make sure everyone, including you, is getting enough sleep, eating healthy, and finding some "down time". Even kids need some quiet time to relax and regroup in this busy season.

For families that have experienced a significant change or loss this year, it is important to recognize and honor each person's feelings. This is a time to plan whether you want to keep holiday rituals the same, or do something different and create new traditions. Let family and friends support you.

Most importantly, try to relax with your kids and enjoy!



Patti Faldani, School Social Worker

COMING IN JANUARY 2012!

Six Flags Great America Read to Succeed Program
District Spelling Bee

Happy New Year!

Classes Resume on January 9th



REMINDER

Dear Parents,

Lifetouch has provided gift items with your child's picture for you to purchase. The cost for the package is **\$5.00**. **Please send payment to your child's teacher or return the package immediately.** We can accept cash only.

Queridos Padres,

Lifetouch ha proveido artículos de regalo con el foto de su niño para que usted compre. El costo para el paquete es **\$5.00**. **Por favor envíe su pago a la maestra de su niño o regrese el paquete inmediatamente.** Sóamente podemos aceptar dinero efectivo.

Drodzy Rodzice,

Lifetouch zaoferował nam w tym roku drobny upominek. Koszt tego zestawu to **\$5.00**. **Proszę wysłać pieniądze do nauczyciela Państwa dziecka lub odesłać pakiet z powrotem natychmiast.** Prosimy o placenie gotowka.

