



Longfellow Longhorns

"A Great Place to Learn"

Rick Herrejon, Principal

BOARD OF EDUCATION INFORMATION

RECOGNIZING DISTINCTION

Dr. Hyland and the Board of Education acknowledged the hard work and outstanding service of educational support staff with the District's Recognizing Distinction award. The honorees were recognized for demonstrating and advancing District 21 values and the characteristics of a Professional Learning Community. The individuals honored this year were Teresa Keane and Franca Cirrincione from Cooper Middle School, Anne Krzoska from Riley Elementary School, Steve Hixson from Hawthorne Early Childhood School, and Char Lemke from the Gill Administration Center.

MONITORING STATE AND FEDERAL LEGISLATION

Members of the Board of Education shared about their recent advocacy efforts at the state and national level. Board member Phil Pritzker recently traveled to Washington D.C. to meet with elected officials and advocate for public schools. Pritzker serves as president of the statewide Illinois Association of School Boards. Representatives from CCSD21 also met with legislators in Springfield to advocate for adequate funding from the state for schools. CCSD21 continually monitors legislative changes that could impact the District.

FACEBOOK & TWITTER

CCSD21 is on Facebook ([facebook.com/ccsd21](https://www.facebook.com/ccsd21)) and Twitter (@CCSD21).

NEXT MEETING

March 16, 2017 – 7:30 PM
Gill Administration Center

Dear Longfellow Parents and Guardians,

March has arrived and with that comes the changing of the weather. Around here we are never sure if the weather is changing from cold to warm or the other way around. Nevertheless, spring is just around the corner and so is spring break. We recently reviewed with all students our behavioral expectations. We usually do this prior to spring break, as little bodies want to move more than ever as the warm weather approaches. Please ask your children to review those expectations with you. The PTO after school programs are a huge hit. Students are staying after school to participate almost every day...Legos, chess and cooking are just some examples of activities students can engage in. Big shout out to our fabulous PTO for spearheading the after school programs. If you are not a member of our PTO, please consider joining. The PTO is a wonderful way to contribute to Longfellow School so that our children can continue to have opportunities for learning and fun. Call the school for details or check out the PTO website at bglongfellowpto@gmail.com.

Respectfully,

Rick Herrejon

Teach Your Elementary Schooler the Different Aspects of Respect

Schools teach students about respect, but it's parents who have the most influence on how respectful kids become. To instill respect, tell your child to:

- **Practice the Golden Rule.** How does your child want to be treated? That's how she should treat others.
- **Speak politely.** Your child should say kind things and use good manners. It's never too early to teach your child the "simple things" like saying "please" and "thank you" and making eye contact when adults are speaking to them. Avoid inappropriate language and mean comments.
- **Appreciate diversity.** All people deserve fair treatment, no matter what makes them an individual – age, race, beliefs and more.
- **Resolve conflicts peacefully.** Encourage your child to express feelings with "I statements," not blame. "I was angry when you borrowed my pencil without asking."
- **Distinguish right from wrong.** Talk to your child about values such as honesty, courage, generosity and learning from mistakes. Talk about how to respond when others are being disrespectful.
- **Respect herself.** Self-respect is the foundation for respecting others. Help your child take pride in her skills, accomplishments and good decisions.

"Respect for ourselves guides our morals; respect for others guides our manners."

Notable Quotes

"If you want something you never had, you have to do something you've never done."

Dates & Events

March

3/14- Battle of the
3/15 Books-4th Grade

3/16- Battle of the
3/17 Books-5th Grade

3/22 Battle of the
Books Final
Competition

3/24 All School
Luncheon

3/27-
3/31 Spring Break

Give Your Child the Tools Needed for Learning

A carpenter would never come to a job site without a box of tools. He knows that he can't do his best work without the proper tools for that task. That's a good way to think about how your child can do her best in school. She needs to show up with the right tools to do the job. Here are a few:

- **Enough Sleep.** A good night's sleep is essential to your child's health-and her success in school. Doctors say that children between the ages of seven and 12 need 10 to 12 hours of sleep per day. Without proper rest, she won't be able to concentrate in school.
- **A healthy breakfast.** Cars can't run without fuel, and kids' brains are no different. Many studies show that children who eat breakfast do better in class, earning higher grades and test scores. They are better able to focus and have fewer behavior problems. Don't worry if your child doesn't like "breakfast food." Peanut butter on a tortilla or a slice of veggie pizza will give her a great start.
- **High expectations.** When you believe your child can do her best, she'll believe it too. So send her off with an "I know you can do it!" and she'll have the confidence she needs to tackle another day.

Short Notes

Encourage a **Growth Mindset**...**Growth mindset** is a concept developed by Carol Dweck, a Professor of Psychology at Stanford University. It is the belief that a person's abilities and intelligence can be developed through practice, hard work, dedication and motivation. Children who have a growth mindset are more likely to:

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| - Learn from their mistakes | - Take risks |
| - Be motivated for success | - Seek feedback |
| - Put forth more effort | - Learn more |
| - Take challenges head on | - Learn faster |

Schoolhouse Divas

BE SAFE....BE RESPECTFUL...BE RESPONSIBLE

Health Office Notes

March is National Nutrition Month! Use MyPlate to build your healthy eating habits and maintain it for a lifetime by visiting choosemyplate.gov. National guidelines recommend the following:

- make half your plate fruits and vegetables
- make half your grains whole grains
- move to fat-free, low-fat, or soy milk or yogurt
- drink water instead of sugary drinks
- vary your protein routine by switching between seafood, beans, peas, eggs, lean meats and poultry

