



Home Join PTO Donate



This communication is developed and distributed by Friends of Ray School Board of Directors. This newsletter is not edited and/or reviewed by the staff at Ray Elementary. Please visit the <u>Ray school</u> website for direct communication and updates from the school.

CPS Calendar





Self-Care Awareness for Parents & Students

Taking care of ourselves is just as important as taking care of schoolwork, sports, and family responsibilities. Here are a few simple ways students and parents can practice self-care every day:

For Students:

- Take brain breaks during homework or study time.
- Play, run, or move your body for at least an hour daily.
- Talk to a parent, teacher, or friend when you're stressed.
- Try calming activities like deep breathing, journaling, or drawing.
- Get 9–12 hours of sleep each night to stay focused and energized.

For Parents:

- Prioritize rest—even short breaks can reset your energy.
- Keep healthy routines with balanced meals, movement, and sleep.
- Stay connected with friends and loved ones to ease stress.
- Model self-care for your children—they learn by watching you.
- Give yourself grace.

Remember: Self-care isn't selfish. When parents and students feel balanced and supported, the whole family



* HEALTHY RAY WARRIOR PRACTICES

ESTABLISH SET ROUTINES

- Aim for 9-12 hours of sleep each night.
 Go to bed and wake up around the same time daily.





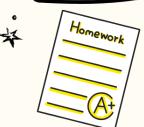
BE ON TIME

- Arrive at school ready to learn—being on time helps you start the day calm and prepared. Pack your backpack the night before with homework, lunch, and supplies.



- Practice sharing, listening, and being kind to friends. Try deep breaths or drawing when feeling upset.





HOMEWORK HABITS

- Use a folder or planner for homework and reminders. Do homework in a quiet spot with few distractions.
- Break tasks into smaller steps if they feel big.



ASK FOR HELP

If something is hard, ask your teacher or parent— learning is about growing, not being perfect.



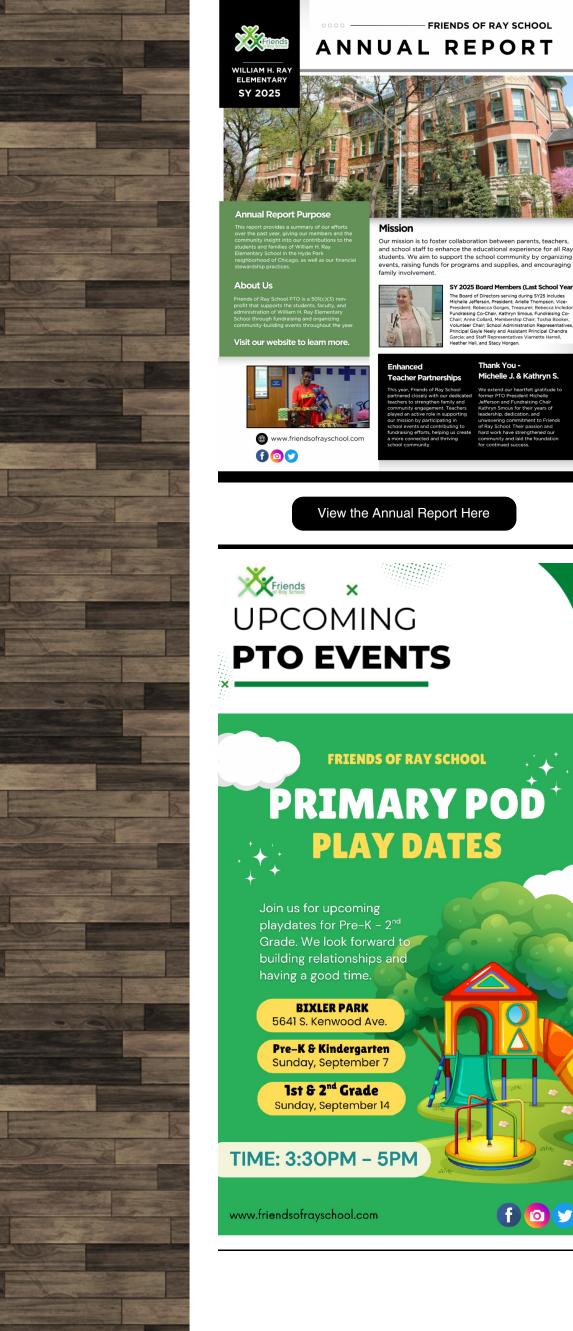


CELEBRATE ALL WINS

- Finishing a reading chapter or solving a tough math problem deserves a high five! No goal achieved is too small. Always celebrate your progress!



















Raise a Glass for Ray Committee Kickoff Meeting Friday Sep 5, 4-5PM Ray North Playground picnic table

Come learn more about Ray's largest fundraiser and parentsnight-out event, Raise a Glass for Ray, and ways to plug in. If you're enthusiastic about building community at Ray and have some time and energy to give back, please join us. Light snacks will be provided to fuel kids while we meet.

Doubting that a PTO event can be fun? Here are photos from last year's event (yes, it was 90's themed): Raise a Glass for

Ray 2025 | Flickr.

Questions or can't make it but want to get involved?

Text Katie Yocum Musisi (202-413-0120) or Bill Housewright (312-550-5065).

View Photos Here

RAY WARRIOR GEAR & MERCHANDISE



PURCHASE YOUR GEAR TODAY!



PRICE LIST

Short Sleeve Tees \$17
Long Sleeve Tees \$23
Trucker Hats \$23
Yard/Window Sign \$5





SCAN THE QR CODE OR VISIT OUR WEBSITE TO ORDER!



Show Your Ray Warrior Pride!

Families, it's time to represent the Ray Warriors of William H. Ray Elementary with spirit wear that celebrates our amazing school community! We've got a great selection of shirts, hats, and more!

Let's fill the halls (and the neighborhood!) with Ray Warrior spirit. Please complete the form below to order your Ray gear.

A confirmation email with next steps for payment/pick up will be sent once the order form is submitted.

In-Person purchase date: Thursday, August 28th at 4PM

Order Here



Shop for holiday cards, photo gifts, and more. With code "FUNDRAISEFRIENDS OFRAY", you'll receive a 20% discount and Friends of Ray School will receive 15% back on every purchase.

Visit our Website

mabel's labels.

Search for Friends of Ray School PTO. Each order of labels, return address stamps, ornaments, and more, Friends of Ray School will receive 20% of the purchase price.

Visit our



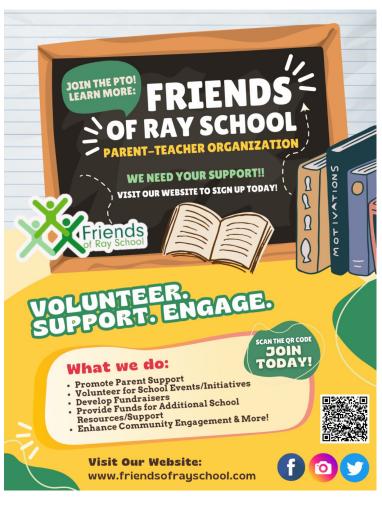


Ray Warrior parents are the heart of our school community. Each event is made brighter and more successful thanks to the time, energy, and care our volunteers give. This spotlight is our way of saying thank you for showing up, pitching in, and helping our students and staff thrive. Together, we make Ray stronger!

"INVESTING IN CHILDREN IS INVESTING IN A BRIGHTER TOMORROW."

WWW.FRIENDSOFRAYSCHOOL.COM





Join the Friends of Ray School Parent-Teacher Organization and make a meaningful impact in our school community!

As a member, you'll have the opportunity to connect with other





parents, collaborate with teachers and staff, and support initiatives that directly benefit our students.

While there is a suggested membership donation of \$20, this contribution is not required to join as a general member. However, it is necessary for voting privileges and eligibility to serve on the board.

Your support—financial or otherwise—helps fund essential programs, events, and resources that enrich the educational experience at Ray School.

Get involved and help us make a difference!

Membership Form Here





Interested in volunteering for school-based and/or PTO school events? We would love to have you on our team! Please click the button below to complete the Friends of Ray School Volunteer Interest Form.

Please note that you will also need to complete the CPS Volunteer Application. Once we receive your interest form we will contact you with additional details for the volunteer process.

Volunteer Interest Form

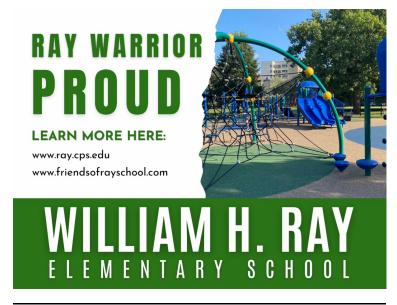








Visit the Website







2025 - 2026 Board of Directors

Arielle A. Thompson
President
Marketing/Communications

Janasha Eakins **Vice President**

Rebecca Gorges **Treasurer**

Elizabeth Edwards **Secretary**

Rebecca Incledon Fundraising Co-Chair

Jantelle Jackson Fundraising Co-Chair

Anne Collard **Membership Chair**

Toshia Booker **Volunteer Chair**

Benjamin Walker **Website Co-Manager**

Gayle Harris-Neely **Principal**

> Stacy Horgan **Teacher**

Heather Hall **Teacher**

Ciara Weaver **Teacher**

FRIENDS OF RAY

501 (C) (3) PARENT TEACHER ORGANIZATION

VOLUNTEER | SUPPORT | ENGAGE

JOIN THE PTO TODAY!

WHAT WE DO:

- Promote Parent Support
- Volunteer for School Events/Initiatives
- Develop Fundraisers
- Raise Funds to Provide Additional Resources/Support
- Enhance Community Engagement & More!

VISIT OUR WEBSITE

FOR MORE DETAILS ON HOW YOU CAN JOIN/SUPPORT!

SCAN HERE





Interested in joining the Friends of Ray School Board of Directors? Email us today for more details! We need your support!



Our Website

School Website

Ray Gear

Contact

GoCPS

Friends of Ray School PTO is a non-profit, 501 (c) (3) that supports the students, faculty, and administration of William H. Ray Elementary School through fundraising and organizing community-building events throughout the year.

All Ray families and community members are welcome and encouraged to join the Ray PTO in supporting our school. Our mission is to supplement the limited funding allotted to Ray through the Chicago Public School system. All funds raised are used to support recess, enrich the curriculum at each grade level, purchase classroom supplies, and sponsor community events and meetings.

Interested in unsubscribing? Click the <u>'Unsubscribe'</u> link at the bottom of this email!









<u>Unsubscribe</u> | <u>Update Profile</u> | <u>Constant Contact Data Notice</u>

