

# Coyote Call

Friday, November 22, 2019

## 5Essentials Survey - Every Voice Matters!

The Illinois 5Essentials Survey provides a comprehensive picture of a school's organizational culture in an individualized report measuring five "essentials" critical for school success:

- Effective Leaders
- Collaborative Teachers
- Involved Families
- Supportive Environment
- Ambitious Instruction

The parent survey will be open from **November 4, 2019** through **February 14, 2020**. Your participation in the parent portion of the survey will help us understand the conditions at your child's school and guide improvement. Your identity and survey responses will be kept completely confidential and will never be connected to you or your child. These surveys will serve as an opportunity for schools to reflect on progress since the last statewide implementation. If at least twenty percent of parents from each individual school complete this survey, a parent supplement report will also be generated.

To participate as a parent, please visit <https://survey.5-essentials.org/Illinois/> and select the appropriate survey to begin.



### Holiday Shop

We need your help! Please see below for more information.



### What's your heritage?

We want to represent your heritage! If you didn't yet put a dot on our new World Map, please let your child's teacher know where we should put one!



### Thankful!

We are thankful for all of you. Thank you for your support and allowing us to work with your children.

Every Friday is SPIRIT DAY! Wear Lakewood Creek shirts!

## ACEs Focus

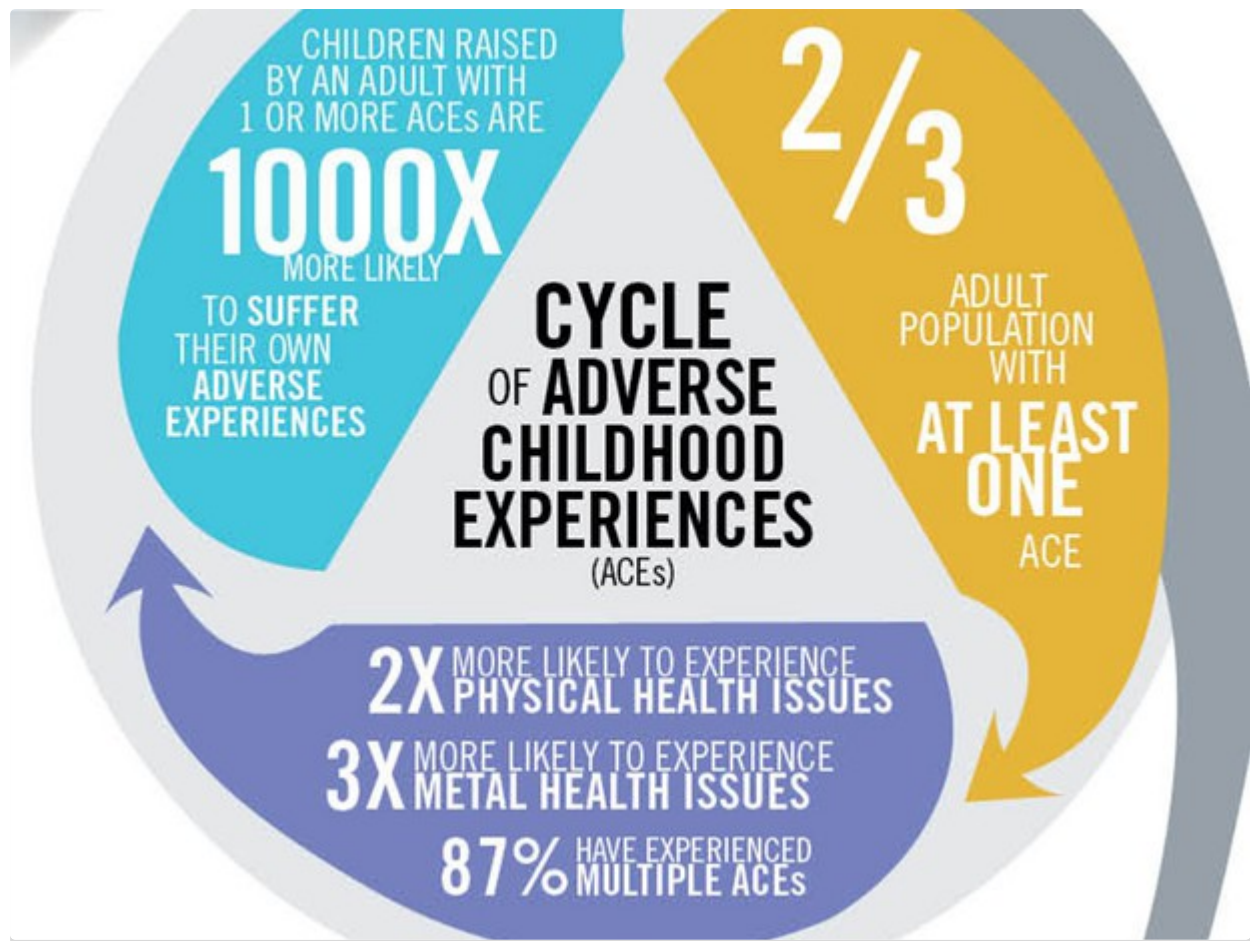
### Why are ACEs significant?

1. The ACE Study revealed six main discoveries:

- ACEs are common...nearly two-thirds (64%) of adults have at least one.
- They cause adult onset of chronic disease, such as cancer and heart disease, as well as mental illness, violence and being a victim of violence
- ACEs don't occur alone....if you have one, there's an 87% chance that you have two or more.
- The more ACEs you have, the greater the risk for chronic disease, mental illness, violence and being a victim of violence. People have an ACE score of 0 to 10. Each type of trauma counts as one, no matter how many times it occurs. You can think of an ACE score as a cholesterol score for childhood trauma. For example, people with an ACE score of 4 are twice as likely to be smokers and seven times more likely to be alcoholic. Having an ACE score of 4 increases the risk of emphysema or chronic bronchitis by nearly 400 percent, and attempted suicide by 1200 percent. People with high ACE scores are more likely to be violent, to have more marriages, more broken bones, more drug prescriptions, more depression, and more autoimmune diseases. People with an ACE score of 6 or higher are at risk of their lifespan being shortened by 20 years.
- ACEs are responsible for a big chunk of workplace absenteeism, and for costs in health care, emergency response, mental health and criminal justice. So, the fifth finding from the ACE Study is that childhood adversity contributes to most of our major chronic health, mental health, economic health and social health issues.
- On a population level, it doesn't matter which four ACEs a person has; the harmful consequences are the same. The brain cannot distinguish one type of toxic stress from another; it's all toxic stress, with the same impact.

What's particularly startling is that the 17,000 ACE Study participants were mostly white, middle- and upper-middle class, college-educated, and all had jobs and great health care (they were all members of Kaiser Permanente).

Go to [www.acestoohigh.com](http://www.acestoohigh.com) for more information.



Monday, November 18th is an 'E' Day for specials. Monday, December 2nd is a "B" Day for specials.

## Plan Ahead!

November 27-29: No School - Thanksgiving Break  
 Monday-Friday, Dec 2-6: Grades 4 & 5 STAR Testing  
 Thursday, December 5: HSO Meeting 7:00 in the LRC  
 Monday-Friday, Dec 9-13: Grades 2 & 3 STAR Testing  
 Monday, December 9: Alma Mater Monday  
 Friday, December 13: Holiday Shop, 6:00-8:00pm  
 Monday-Friday, Dec 16-20: Grade 1 STAR Testing  
 Friday, December 20: Holiday Parties 11:15-12:15  
 Friday, December 20: SIP Day, Dismissal at 12:30, no lunches served  
 Monday, January 6: Return to school

## Calling all BAKERS!

We're looking for donations of baked goods for the Cake Walk at Holiday Shop on December 13th. Donations can be dropped off at the school or to 2527 Deer Point Dr starting Thursday December 12th. Please divide your baked good into small groups (ie 6 cookies in a zip lock bag or 3-4 brownies on a plate covered in plastic wrap). If you have any questions, please contact Gina ([gina@dpcollaboration.com](mailto:gina@dpcollaboration.com)) or Angie ([angelamlovero@gmail.com](mailto:angelamlovero@gmail.com))

## Volunteers Needed!

Our Holiday Shop is coming up and we're looking for volunteers to help make it successful. We have spots available for adults and students (middle & high school). Need volunteers hours? Sign up your student and get credit. If you can help please take a look and sign up. If you have any questions, please contact Gina ([gina@dpcollaboration.com](mailto:gina@dpcollaboration.com)) or Angie ([angelamlovero@gmail.com](mailto:angelamlovero@gmail.com))

<https://www.signupgenius.com/go/20F0F48AEAA2AA4FD0-holiday3>

## Have you "liked" our Facebook page?

<https://facebook.com/lakewoodcreek308>

Give us a positive review while you're there!

*Want to join a room party? Sign up here!!!*

Log in to find sign ups for room parties, Breakfast Buddies, yearbook information, and LOTS more!

## HSO MEMBERSHIP TOOLKIT:




Did you sign up for the Membership Toolkit yet? Our amazing HSO will use Membership Toolkit this year for room parties, spirit wear sales, sign ups, volunteers, school directory, news, updates, and much more. Be sure to create your account at <https://lakewoodcreekhso.membershiptoolkit.com/>



## About Lakewood Creek

 Facebook

Lakewood Creek Elementary School, home of the Coyotes, is located in Montgomery, Illinois. It is part of Oswego School District 308. We proudly serve around 700 students.

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 [sd308.org/lakewoodcreek](https://sd308.org/lakewoodcreek)

