

# Coyote Call

FRIDAY, NOVEMBER 15, 2019

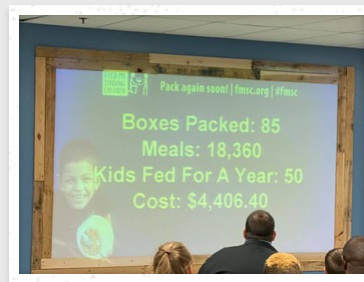
## 5ESSENTIALS SURVEY – PLEASE COMPLETE

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.



## KINDNESS

in your daily life

## THERAPY DOGS

Some of our students with one of the therapy dogs.

## FEED MY STARVING CHILDREN

Several staff members celebrated World Kindness Day at Feed My Starving Children.

# EVERY FRIDAY IS SPIRIT DAY! WEAR LAKEWOOD CREEK SHIRTS!

## ACES FOCUS

We are changing things up a bit this week in order to share some information about ACEs (Adverse Childhood Experiences).

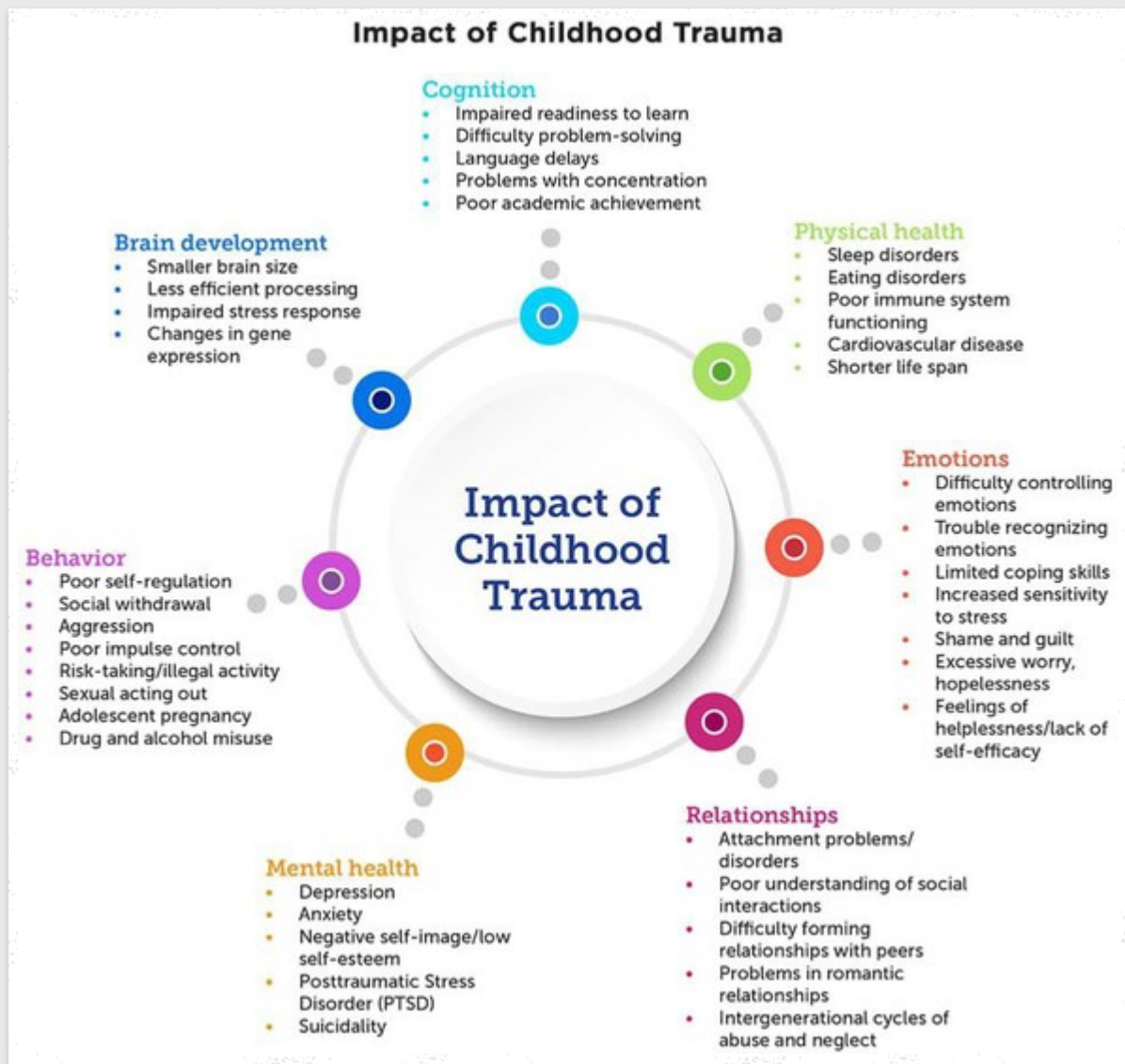
Childhood trauma is strongly linked to mental and physical health problems over the lifespan. It negatively impacts brain development, cognitive development, learning, social-emotional development, the ability to develop secure attachments to others, and physical health; it is also associated with a shortened lifespan!

A considerable body of research demonstrates that children suffer the most severe, long-lasting, and harmful effects when trauma exposure begins early in life, takes multiple forms, is severe and pervasive, and involves harm by a parent !!

Children and youth with trauma may re-experience the trauma through intrusive memories, nightmares, and flashbacks; avoid situations or people that remind them of the trauma; and feel intense anxiety that disrupts their everyday lives.

In addition, they may engage in aggressive, self-destructive, or reckless behaviour ; have trouble sleeping; or remain in a state of hypervigilance, an exaggerated state of awareness and reactivity to their environments.

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



## MONDAY, NOVEMBER 18TH IS AN 'E' DAY FOR SPECIALS.

### PLAN AHEAD!

November 19: 3rd Grade Musical, 6:30-7:30pm (Gabris & Miller)

November 21: 3rd Grade Musical, 6:30-7:30pm (Kral, Zahir, & Lockwood)

November 27-29: No School - Thanksgiving Break

Thursday, December 5: HSO Meeting 7:00 in the LRC

Monday, December 9: Alma Mater Monday

Friday, December 13: Holiday Shoppe, 6:00-8:00pm

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

### 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.

 2301 Lakewood Creek Drive, M...  630-636-3200

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