

Coyote Call

Friday, December 6, 2019

5Essentials Survey - Every Voice Matters!

As of today, we have **157 completed surveys (26%)**.

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.

5th Grade Musicals are Tuesday (5A, 5B, 5R) and Wednesday (5F, 5T) at 6:30.



Holiday Shop

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



Kindness Circles

Students in Mrs. Martin and Mrs. McKenzie's class met together to give compliments and practice kindness.



Maker Spaces in the LRC

Jaiden and Mrs. Bialas finished the puzzle in the LRC! We have several Maker Spaces for students to try out various STEAM activities.

Every Friday is SPIRIT DAY! Wear Lakewood Creek shirts!

Zones of Regulation

What are the ZONES?

Self-regulation is something everyone continually works on whether or not we are cognizant of it. We all encounter trying circumstances that test our limits from time to time. If we are able to recognize when we are becoming less regulated, we are able to do something about it to manage our feelings and get ourselves to a healthy place. This comes naturally for some, but for others it is a skill that needs to be taught and practiced. This is the goal of The Zones of Regulation (or Zones for short).

The Zones can be compared to traffic signs. When given a green light or in the Green Zone, one is "good to go". A yellow sign means be aware or take caution, which applies to the Yellow Zone. A red light or stop sign means stop, and when one is in the Red Zone this often is the case. The Blue Zone can be compared to the rest area signs where one goes to rest or re-energize. All of the zones are natural to experience, but the framework focuses on teaching students how to recognize and manage their Zone based on the environment and its demands and the people around them. For example, when playing on the playground or in an active/competitive game, students are often experiencing a heightened internal state such as silliness or excitement and are in the Yellow Zone, but it may not need to be managed. However, if the environment is changed to the library where there are different expectations than the playground, students may still be in the Yellow Zone but have to manage it differently so their behavior meets the expectations of the library setting.

Go to <https://zonesofregulation.com> or www.socialthinking.com for more information.

The ZONES of Regulation®

BLUE ZONE Sad Sick Tired Bored Moving Slowly	GREEN ZONE Happy Calm Feeling Okay Focused Ready to Learn	YELLOW ZONE Frustrated Worried Silly/Wiggly Excited Loss of Some Control	RED ZONE Mad/Angry Terrified Yelling/Hitting Elated Out of Control

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Strategies to Get in the Green Zone

<ul style="list-style-type: none"> • Stand up • Stretch • Ask your teacher for help 	<p>Great Work! Do your best to stay GREEN</p>	<ul style="list-style-type: none"> • Count to 10 • Breath deeply • Use a fidget • Sit away from your friends 	<ul style="list-style-type: none"> • Back away from all other people. • Find an adult for help.



Monday, December 9th is a 'B' Day for specials. It's also Alma Mater Monday. Have your child wear college, career, military, or trade school spiritwear!

Plan Ahead!

- 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) or Angie (angelamlovero@gmail.com)

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

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) or Angie (angelamlovero@gmail.com)

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

World Hunger Project

Once again Mrs. Jamie Glaser is working with students in completing the Students Rebuild Challenge. This year the focus is a Hunger Challenge, helping kids around the world to have access to meals. The project involves students bringing in and decorating recipes. Each recipe raises \$3 for this cause. Mrs. Glaser would like to take this a step further and have students bring in recipes to decorate. She then she plans to compile a Lakewood Creek cookbook. Watch the video to learn more:

World Hunger Project Lakewood Creek 2019



Have you "liked" our Facebook page?

<https://facebook.com/lakewoodcreek308>

Give us a positive review while you're there!

Room Party Parents **NEEDED!**

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