



Inside the Pack

From the Desk of Principal Lockenvitz

Important dates ahead:

Report Cards will be sent home January 12, 2012

Carnival is April 13 from 5:30 to 8:00

Book Fair is April 26

Weather Closings - Please listen to WJBC AM 1230 for weather related closings/cancellations. Remember, we only serve the city of Bloomington and have no rural routes, so District 87 will frequently have school when other districts close.

Be kind to our walkers – If you live within walking distance of Washington school, please shovel your sidewalks so our walkers can make it to and from school safely. For more information on sidewalk ordinances, please see the Bloomington City Code Chapter 38, Section 71 at www.cityblm.org.

Children should not be to the school prior to 8:45 am unless they participate in the school breakfast program. Breakfast begins at 8:30 am.

Inside the Pack is published monthly by the Washington School PTO to promote communication between the PTO, school, and parents. The newsletter includes PTO updates, committee news, notes from the school office and general school information. Submissions are welcome and should be sent to Rajiv Shah via email: rajiv.shah@alumni.illinois.edu or using the submission form available in the school office. The deadline is the first FRIDAY of each month.

PTO EXECUTIVE BOARD 2011-2012

PRESIDENTS

Amie Keeton 827-8871

Courtney Turnbull 661-2020

CO-VICE PRESIDENTS

Stephanie Reed 662-3257

Amanda Mateer 531-3873

TREASURER

Danny & Diane Uhls 664-0589

SECRETARY

Angie Baker 820-0392



PTO Calendar

Rebecca Francois, Director of Special Education for District 87 [presentation](#) at the January PTO Meeting

February 6th - PTO Meeting, General Business

March 5th - PTO Meeting, 6:30 PM, General Business

April 2nd - PTO Meeting, 6:30 PM, General Business

April 25th & 26th - Spring Book Fair & Discovery Days!



Parent Teacher Conferences

Parent Teacher conferences for students in grades K-5 will be conducted similarly to the fall conferences and held February 6 – 10, 2012. Parents are encouraged to contact their child's teacher if they desire a conference.



School Nurse

Please welcome Kim Crutcher as a new part time nurse at Washington School. Nurse Jenny and Nurse Kim will split the nursing duties with Nurse Jenny working 2 days per week and Nurse Kim working 3 days per week. This is a win-win for everyone as we get to have 2 excellent nurses and each of them will also be able to keep their hospital jobs. They work very well together and have worked out a system to make sure they communicate constantly. Nurse Jenny also works at OSF St. Joseph's in the Ambulatory Care Unit and the operating room. Nurse Kim works at Advocate BroMenn in the Cardiac and Pulmonary Rehab department.



Nutrition Matters

Julie McCoy MS, RD, LDN, School Nutrition Director

Living a Healthy Life!

The Live Healthy 100 Day Wellness Challenge is a team centric weight loss and physical activity program that will assist you and your teammates in making positive changes that lead to a healthier lifestyle. By competing in Live Healthy you will begin to form healthy habits through physical activity and improved nutrition.

Friends, families and coworkers form teams that track weight loss and/or minutes of activity.

- Step 1: Start a Team! Form a team of 2-10 people **(Must be over 18 years of age)**. Gather your team's email addresses and t-shirt sizes.
- Step 2: Choose a Team Name and Team Captain! Team captain must have an e-mail address.
- Step 3: Register online at www.livehealthyillinois.org website on Jan. 3rd.

The Challenge runs from January 23-May 1, 2012. The District 87 staff had 12 teams last year; please join us as we work towards a healthier lifestyle with you!



Have your students tried these foods yet?

Julie McCoy MS, RD, LDN, School Nutrition Director
Greetings parents! Here are a few menu items to encourage your children to eat!

Bean & Cheese Chalupa: This product is served every 3rd Friday! It provides a healthy serving of legumes, or "beans." These are packed high in fiber and nutrients. The shell is whole grain, packing another punch of fiber. It is also vegetarian! Your student may not be used to beans, so please encourage him/her to try them the next time they are served:

- December 16
- January 6 and 27

Italian Beef: This product has savory beef on a whole wheat bun, served with sweet potato fries. The orange sweet potato fries look different than regular French Fries, but are full of vitamins and minerals. Definitely worth a try!

- December 21
- January 11
- February 1



Home of the Wolves!
WORKING TOGETHER...LEARNING FOR LIFE



Locks for Love 2012 is tentatively set for the 3rd Sunday in May. Complimentary hair cuts provided by Fox & Hounds. Locks for Love is looking for 10 inches of any kind of hair, even dyed. No bleach products, but perms and the like are acceptable. Start growing your hair out now for a great cause!

Thanks to everyone at Washington School who helps our organization by ordering your Market Day each month!!

Here is a list of which grade profits each month from Market Day. Please help volunteer!

- Mon 2/27-1st**
- Fri 4/6-3rd**
- Mon 5/14-Specialists**

BOX TOPS

Please cut the Box Tops for Education from the General Mills products you use and bring them in to school. Ask your family to save them for you as well!

We earned \$281 for November from Box Tops for Education!

Nurse Notes

We will be having our dental clinic on February 22nd. Permission forms have been sent home. Please return them as soon as possible as to whether or not you would like to participate. Please write "no" and your child's name on the form if you do not wish to participate. This clinic exam qualifies for the state required dental exam for K, 2nd, and 6th grade. This exam would fulfill this year's requirement for K and 2nd grade, and next year's requirement for current 1st and 5th graders.

Please remember all the preventative steps we've been stressing all year: wash your hands, cover your cough, keep your child home if he/she has a fever greater than 100 degrees, or if he/she cannot control their cough or generally doesn't feel well.

Stuffed Animals Needed

Gently used stuffed animals bearing a graduation cap are needed. They can be of any size.

Many thanks, Patti Scheets, Washington School Para-Professional

Reading Wolves

If you signed your student up, please have them bring a sack lunch and drink on those days.

Coming up in March

- March 5-16 ISAT Testing
- March 15-PE program 2/3grade 7:00 p.m.
- March 22- Spring Pictures
- March 23-30 Spring Break

January 2012

HAPPY NEW YEAR

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 	2 <i>Winter Break</i>	3 <i>Winter Break</i>	4 <i>Winter Break ends</i>	5 <i>Return from winter break</i> <i>Market Day pickup 3:45</i>	6	7
8	9 3:15 Brownies 3:20 Spanish Club 6:30 PTO Meeting	10 6:00 Cub Scouts 6:00 Volleyball 8:00 Cub Scout Committee meeting	11 3:15 Chess club 6:00 Cub Scouts 6:00 Daisy scouts	12 5:00 Daisy Scouts 6:00 Girl Scouts 6:00 Volleyball 6:30 Cub Scouts	13	14
15	16 <i>Martin Luther King Jr Bday</i> NO SCHOOL	17 <i>School Improvement day</i> NO SCHOOL	18 3:15 Chess club	19 6:00 Volleyball	20 5:00 Cub Scout Pack meeting	21
22	23 3:15 Basketball 3:15 Girl Scouts 3:20 Spanish Club 6:00 Daisy Scouts	24 3:15 Science Club 3:15 Basketball 6:00 Cub Scouts 6:00 Volleyball	25 3:15 Chess Club 3:15 Basketball 6:00 Cub Scouts	26 3:15 Basketball 5:00 Daisy Scouts 6:00 Volleyball	27	28
29	30 3:15 Basketball 3:20 Spanish Club 3:45 Market Day Pickup	31 3:15 Science Club 3:15 Basketball 6:00 Volleyball				

February 2012



Sun	Mon	Tue	Wed	Thu	Fri	Sat	
			<p>1 3:15 p Chess Club-café 3:15 p Basketball</p>	<p>2 3:15 p Basketball 6:00 p Volleyball</p>	<p>3 3:15 p Talent Show Rehearsals</p>	<p>4</p>	
5	<p>6 Parent Teacher Con- ferences 3:15 p Basketball 3:20 p Spanish club 6:00 p Daisy Scouts 6:30 p PTO Meeting</p>	<p>7 Parent Teacher Conferences 3:15 p Science Club 3:15 p Basketball 6:00 p Volleyball 6:00 p Cub Scout 8:00 p Cub Scout Committee meeting</p>	<p>8 Parent Teacher Conferences 3:15 p Chess Club 3:15 p Basketball 6:00 p Cub Scout Den meeting</p>	<p>9 Parent Teacher Conferences 3:15 p Basketball 5:00 p Daisies #1430 6:00 p Girl Scouts #1138 6:00 p Volleyball</p>	<p>10 No School Parent Teacher Confer- ences</p>	<p>11</p>	
12	<p>13 3:15 p Brownie Meeting 3:15 p Basketball 3:20 p Spanish Club</p>	<p>14 1:30 p Valentines Parties 3:15 p Science Club 3:15 p Basketball 6:00 p Cub Scout 6:00 p Volleyball</p>	<p>15 3:15 p Chess Club 3:15 p Basketball</p>	<p>16 3:15 p Basketball 6:00 p Girl Scouts #1083 6:00 p Volleyball 6:30 p Cub Scouts</p>	<p>17 6:30 p Talent Show</p>	<p>18</p>	
19	<p>20 Presidents Day NO SCHOOL</p>	<p>21 3:15 p Science Club 3:15 p Basketball 5:00 p Cub Scout Pack meeting 6:00 p Volleyball</p>	<p>22 Dental Clinic 3:15 p Chess Club Café 3:15 p Basketball 6:00 p Cub Scouts</p>	<p>23 3:15 p Basketball 5:00 p Daisies #1430 6:00 p Volleyball</p>	<p>24</p>	<p>25</p>	
26	<p>27 3:15 p Basketball 3:15 p Brownie Meet- ing 3:20 p Spanish Club 3:45 p Market Day pick up 6:00 p Daisy Scouts</p>	<p>28 3:15 p Science Club 3:15 p Basketball 6:00 p Cub Scouts 6:00 p Volleyball</p>	<p>29 3:15 p Chess Club Café 3:15 p Basketball</p>				