

BULLDOG NEWSLETTER

Apollo School 10100 Dee Road, Des Plaines, IL 60016

Phone # 847-827-6231 Fax # 847-827-1785

Office Hours 7:30 AM—3:00 PM



Feb. 3, 2012

Dear Apollo Families,

I am so excited to announce that we received the Safe Routes to School Grant for \$167,000! The money will be used to build a sidewalk on Harrison and buy new bike racks. We will also be able to install or improve the signage, including school zones, speed limits, and crosswalks. In addition, we received funding for community-wide training and for the walking/biking to school events.

We began the work for this grant during the 2009-2010 school year with the Active Transportation Alliance and a group of community members. Heather Schady is the Safe Routes to School Manager, and we couldn't have done it without her help! I want to thank the parents that participated: Mrs. Gordon, Mr. Tomlin, and Mrs. Bajorek. I am also very grateful to Doriene Prorak, Assistant Maine Township Supervisor; Robert Provenzano, Maine Township Highway Commissioner; and Mr. Anthony Brzezniak, Cook County Sheriff Commander. Mr. Figueroa, Apollo's head custodian, also participated in the work, and I want to thank him. Finally, I can't thank Mrs. Kosiba, Apollo's Physical Education Teacher, enough for finding the grant and putting so much work into it!

Have a nice weekend!

Ms. Hall

IMPORTANT DATE

- **Feb. 6—Market Day pick-up**
- **Feb. 7—100th day of school**
- **Feb. 20—No School all students**
- **March 5—ISAT's begin**



Fridays are Spirit Day
Wear Green!

Phone Numbers

Attendance	847-827-6242
Band Dept.	847-493-8673
Orchestra	847-493-8446
District 63	847-299-1900
Septran Bus	847-392-1252
Sodexo Lunch or breakfast	847-493-8560
TLC Office	847-493-8438

Kindness is like a flower;
it grows into a beautiful thing!



MOVING?

If you have moved or are moving in the near future, please let the school office know. We need a copy of the new lease or mortgage papers. Students will be able to continue at Apollo if you move out of our area, but will not be able to ride the bus. We need current phone numbers as well.

IMPORTANT INFORMATION FOR PARENTS/ GUARDIANS



MORNING ANNOUNCEMENTS

During our Morning Announcements our Physical Education Teacher, Mrs. Kosiba, gives us a healthy tip for the day. Ask you student what she informs us about. One of the things she informed us about is how our bodies need water, so we should **Rethink our Drink**. Did you know....Soda and sweetened beverages are often the most common source of young people's sugar intake. The average teenage male drinks an estimated 868 cans of soda pop each year. Overall, Americans are consuming twice as much soda pop as they did 25 years ago. And they're spending \$54 billion a year on it. **That's twice what we spend on books**. Soda drinkers are less likely to get sufficient vitamin A, calcium, or magnesium. Sugar depletes magnesium, and the high levels of phosphoric acid in soft drinks can combine with calcium and magnesium in the gut to cause a loss of these vital minerals. So next time you are thirsty Rethink Your Drink.

BULLIES AND THOSE THEY BULLY

MaineStay Youth and Family Services presents "Bullies and Those They Bully" with Michael P. Maniaci, Psy.D. A must see event with clinical psychologist and published author emphasizing helping individuals get what they want without becoming the bully or bullied. **Date: March 14th, Time: 7-9 pm, Location: Maine Township Hall 1700 Ballard Rd. Park Ridge (847)297-2510. CEU's: 2 CEU's available for counselors and social workers, Registration: Free, Must Register: www.maintownship.com and fill out a form, or call Oksana @ 847-297-2510 x 271.**

SIBSENSATIONS: WINTER/SPRING 2012

Advocate Lutheran General Children's Hospital is hosting a program for brothers and sisters of children with Special Needs (ages 8-13). **SIBSENSATIONS** offers support for healthy siblings of children with developmental disabilities, physical disabilities and selected chronic illnesses. Children meet peers with similar experiences in a fun and friendly atmosphere, where they can discuss their common joys and concerns. They learn how to handle situations they all face regularly and discuss the implications of having a brother or sister with special needs. This is accomplished through games, activities, crafts and age appropriate discussion. **WHEN: Saturdays: 2/11, 3/17, 4/21, 5/12. TIME: 9:00—11:30 A.M. WHERE: Yacktman Children's Pavilion—1675 Dempster Park Ridge, IL Room Y2109 / Second floor COST: \$10.00 for each session/\$5.00 each additional family member. Registration is required. To RSVP please contact Katheryn Smart, MS RN at 847-723-9484 or e-mail Kathryn.Smart@advocatehealth.com**

TLC SPRING FLING

TLC Spring Fling is coming! Plan ahead for your students to have an exciting, safe, and fun-filled week, March 26-30th. **Who: 1st through 8th graders, When: March 26th — March 30th from 8:00 AM—6:00 PM, Where: Apollo School,**

Cost for Program: \$95 for TLC Members, \$145 for Non-TLC Members. (For your convenience, we now accept Mastercard and Visa) The fee includes all activities, supplies, materials plus an afternoon snack. Children must bring a sack lunch and drink daily. **IMPORTANT: Parents must drop off and pick up their children— there is no bus service!** Our 5th—8th graders will be able to visit the TLC Teen Center, located directly behind Apollo School in the mobile units. For further information please call the TLC Office at 847-493-4137, visit our website: www.emsd63.org/tlc.

