



## THE BUZZ AT WESTBROOK...

mpsd57

December 2, 2011

In his November 30 Op-Ed article in the New York Times, Thomas Friedman writes about of recent international study. A group of researchers studied the results of an assessment of high school students from around the world. Students from Singapore, Finland and Shanghai had the highest scores. The researchers interviewed the parents of the 5,000 test takers and asked them how they raised their children and then compared their answers with the test results. Here are their findings:

- Fifteen year old students whose parents often read books with them during their first years of primary school showed markedly higher scores than students whose parents read with their children infrequently or not at all.

The difference in scoring after this simple action was very significant.

The score point difference in reading that is associated with parent involvement is largest when parents read a book with their child, when they talk about things they have done during the day, and when they tell stories to their children.

The score point difference is smallest when parental involvement takes the form of simply playing with their children.

- Monitoring homework; making sure children get to school; rewarding their efforts and talking up the idea of going to college are parental actions linked to better attendance, grades, test scores, and preparation for college.

So Westbrook parents, keep doing what you're doing: reading with your children; monitoring homework; staying in touch with what's going on in school. This all leads to strong student achievement.

## Winter Celebrations

1st Grade: Our 1st grade students will have their party at 3:00 p.m.!!!

at 11:00 a.m. and 3:00 p.m.!!!

Kindergarten: Our kindergarten students will enjoy a movie in their classroom parties

Circle of Friends: These classes will be having a pajama party and enjoying a movie!!!



LET IT SNOW!!!

Spread the Word!

Kindergarten Registration will take place on Monday, January 23, 2012.

More info to follow!

### Recess

***Our students will be enjoying recess outdoors unless the temperature outside is 15 degrees or lower including wind chill.***

***Please remember to dress your student s appropriately.***

***Also, remember to label coats, hats, boots, etc. We have quite a collection in our lost & found.***

***Thanks for your help with these matters!***





## LRC Hews

### Scholastic Book Fair

Thank you to the Westbrook Community for supporting our Scholastic Book Fair Fund-raiser. Based on student requests, we'll be purchasing more chapter books, and developing our collection of non-fiction.

A special thanks to the following Westbrook volunteers who made this event possible:

Caroline Aldworth, PTA Chairperson, Cathy Anast, Cathy Bauer, Karen Bouzas, Monica Brouillette, Annie Chung, Janet Cook, Shelly Christesen, Dena Conway, Danielle Davis, Sunna Farraday, Joanne Greenwald, Lorae Harold, Erin Isbell, Cheri Kelleher, Cindy Mosley, Jen Munao, Nancy Palomo, Amy Pappas, Anna Pentikainen, Jill Permanian, Kisch Whalen and Tracy Wyatt.

A big Lincoln "Roar!" to students who volunteered their time & talents at Westbrook School over the Thanksgiving Break: Jackson Doughty who dressed up as Clifford the Big Red Dog. Drew Compton, who served as Clifford's 'Dog Handler.' Grace Berry, Caylie Griebenow, Maddie Kintzler, Diana Leane, Mickey Smolenski and Brooke Wilson who worked as cashiers and helped us re-stock & re-shelve books.

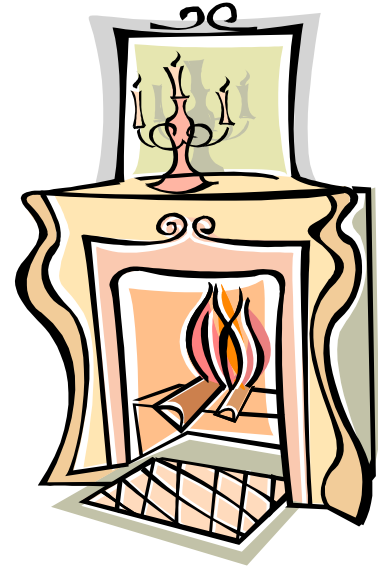
Thanks to #214 students: Becky Kriedler (PHS) and Maddie Pellikan (HHS) who helped out, too!

*Don't forget, you can still order books online through December 7th.*

*You can visit Westbrook's Online Book Fair at [www.scholastic.com/schoolbookfairs](http://www.scholastic.com/schoolbookfairs).*

*The online fair offers an extended selection of books, and all orders ship for FREE.*

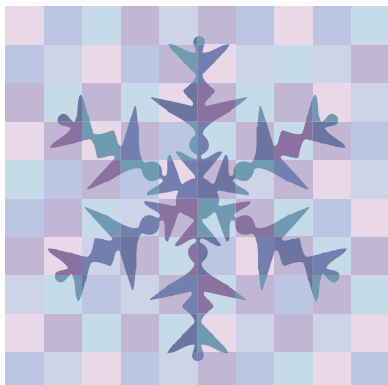
*Happy reading!*



### Golden Apple Nominations-K-3 Teachers

The **Golden Apple Awards for Excellence in Teaching** is currently accepting nominations for outstanding K-3<sup>rd</sup> grade teachers. To nominate a teacher, fill out the form found on this link:

[http://www.goldenapple.org/pages/nominate\\_a\\_teacher/21.php](http://www.goldenapple.org/pages/nominate_a_teacher/21.php)



#### Did you know?

Little Pim [click here to use](#)

Little Pim (powered by Mango Languages) is an online language teaching system that introduces children to foreign language in a way they can understand – even at the youngest ages. It's specifically designed for babies, toddlers, and preschoolers.



## Notes from the Nurse

*If your child has an acute respiratory infection (a cold), sore throat, earache, upset stomach, diarrhea, or an elevated temperature, please keep him/her at home. Children should remain at home for 24 hours following any episode of fever, vomiting, or diarrhea to help ensure a full recovery. Thank you for your cooperation with these standards. Feel free to call me with any questions at 847-394-7340 x2003. Also attached is the December Nutrition Nuggets.*



**Pam Biasco**

## Circle of Friends Openings

Our Circle of Friends Pre-School Program has a few openings for the 2011/12 school year. This program provides a naturalistic early childhood environment that is rich in language and literacy experiences and recognizes children as active learners. Our program combines children with and without special needs in a developmentally appropriate pre-school class.

Please stop by the Westbrook office to fill out the application. An application is complete only when a completed application form, a completed Home Language Survey, an original birth certificate (will copy and return original), a completed enrollment form and a registration fee of \$100 are all received in our office. We are also asking that proof of residency (state-issued picture ID, one of the following lease/mortgage statement/current tax bill, and 2 consecutive months of 2 different utilities) be provided at this time. If your child is three years old at this time, they can join our program.

Holiday  
Hotcakes

Anyone attending the above event tomorrow morning, please note that it will be held at Lions Park School, 300 E. Council Trail.  
8:00-11:00 a.m.



# Emergency School Closing Info

Westbrook School  
103 South Busse Road  
Mount Prospect, IL 60056

Phone: 847-394-7340  
Fax: 847-394-7349



*There is a tab on the District website specifically for the reporting of emergency school closing information. The information on this page will be updated as necessary. During the winter months (through April), we will enable quick access to this page so parents and staff will be better informed about the status of our schools during questionably inclement weather.*

*For further information, please tune to local media outlets, including AM radio stations WMAQ (670), WGN (720), and WBBM (780), and TV stations CBS (2), NBC (5), WGN (9), Fox (32), and CLTV News on cable. A facility search is available at the on-line Emergency Closing Center at <http://www.emergencyclosings.com>.*

## Calendar of Events

- December 8.....PTA Meeting, Holiday Party
- December 15.....Board of Education Meeting, Fairview, 7:00 p.m.
- December 16.....Winter Celebrations
- December 17-January 2.....Winter Break
- January 3.....Classes Resume
- January 4.....1st Grade Special Lunch
- January 16.....No School-MLK Birthday
- January 18.....PTA Meeting, 7:00 p.m.
- January 19.....Board of Education Meeting, Fairview, 7:00 p.m.
- January 23.....No School-Staff Institute Day  
Kindergarten Registration 9-3:30 p.m.



I hope everyone enjoyed the Thanksgiving Holiday. November was a busy month at Westbrook.

Our latest fundraiser included Fannie Mae candy. We decided to sell the candy in the winter instead of the spring this year to take advantage of the many holiday choices. Thank you to all who participated for your generous support. Orders will be shipped next week.

Our kindergarden friends enjoyed a special movie night on Friday, November 18th. Thank you to Kim Grana for organizing such a fun event.

Our Book Fair was a resounding success thanks to the many teacher and parent volunteers. A special thank you to Caroline Aldsworth for organizing such an amazing event.

*Mark your calendars:*

Our first grade friends will be treated to a light show on January 27th (more details to come).

Have a Happy Holiday and a Fantastic 2012!

Lisa Smorzewski  
Co-President  
lisa@suncom.us



Thank you so much to the Westbrook Community for supporting our LRC during the Scholastic Book Fair. This year's sales reached nearly \$5,000! From our share of the profits, Mrs. Walsh already has begun expanding our collection of library books. Our children will be thrilled to check out new fiction and nonfiction titles!



The book fair would not have been such a success without the help of our many volunteers, which included parents and students from Lincoln Junior High and Prospect High School. Thank you, Westbrook Faculty, for being so flexible with your schedules so that the students could preview and shop at the fair during the school day. Most importantly, thank you, Mrs. Walsh and Mrs. Shah, for running the fair and helping all the volunteers, students, and families!



Caroline Aldworth  
ctaldworth@yahoo.com

Thank you to everyone for making the Fannie May Candy fundraiser a huge success. We sold over \$9600 and 30% will go to Westbrook PTA! Your orders will be shipped directly to you the week of December 5th!



Our Character Counts Initiative will be focused on collecting money for school supplies to send to Miss Senn in the Dominican Republic. As many of you probably know, Miss Senn worked as a devoted first grade teacher at Westbrook last year and is now volunteering her teaching talents to the children in the Dominican Republic. We will be sending out additional information about this worthy cause over the next couple of weeks. In the meantime, if you have any questions, please feel free to contact me.

Kathy O'Brien  
k.obrien71@comcast.net



# MT. PROSPECT PARK DISTRICT

## WINTER BREAK CAMP 2011

COME ON OVER TO REC PLEX TO HAVE FUN ON SOME OF THE COLD WINTER DAYS!!

PARENTS CAN DROP OFF THEIR K-5TH GRADE CHILD(REN) AS EARLY AS 7:00 AM AND PICK UP

AS LATE AS 6:00 PM. SIGN UP BY DEC. 12 TO GET THE

EARLY BIRD FEE-\$30 1st CHILD/\$25 2nd CHILD FOR EACH DAY.



Mon. Dec 19: AM- Gymnastics facility in Mt. Prospect for open gym fun PM- games & activities

Tues. Dec. 20: AM: Family Entertainment place in Arlington Heights participants receive 24 tokens & a pizza lunch PM-Swim @RecPlex

Wed 21: AM-Games & activities.

PM-Schaumburg Water Works



Thur Dec. 22: AM-Bowling in Arlington Heights. PM swim @RecPlex



Tues. Dec 27: AM-Magician/Juggler/Comedian

PM-Swim @RecPlex



WED., DEC. 28: All day trip to Nature Museum in Chicago. Bring bag lunch.

THURS., DEC. 29: AM-Indoor Mini Golf in Norridge.

PM-Swim @RecPlex



FRI., DEC. 30 AM-Theater in Park Ridge for new release movie & popcorn/soda. PM-Studio for fab projects

Please provide a lunch and beverage everyday(except 12/20), afternoon snack will be provided.

Register & pick up camp info at CCC, RecPlex or Lions: soon space is limited!!!!

For more information call 847-640-1000 x235. Registration begins on Nov. 22

# WINTER SEASON MEANS

## HOCKEY SEASON!

ROLLING MEADOWS  
RENEGADES  
YOUTH HOCKEY



**GIVE HOCKEY A TRY!**  
**TRY OUR FREE HOCKEY CLASS**

### FREE HOCKEY CLASSES:

December 19 <sup>th</sup>	2:50p-3:50p	WM
December 28 <sup>th</sup>	10:50a-11:50a	SC
December 29 <sup>th</sup>	10:50a-11:50a	SC
December 30 <sup>th</sup>	11:30a-12:30p	SC
January 16 <sup>th</sup>	10:30a-11:30a	WM
January 17 <sup>th</sup>	1:10p-2:10p	WM

WM –West Meadows Ice Arena 3939 Winnetka Ave Rolling Meadows, IL  
SC – Nelson Sports Complex 3900 Owl Drive, Rolling Meadows, IL

**Ages 3 to 10 years old only**

**New skaters and current hockey tot skaters only please!**

**No experience necessary**

**Skates, sticks and helmets available at the rink**

Instructors will be present to assist new skaters and organize practice time. Free play time is included as well.

**Please RSVP at least 1 week in advance**

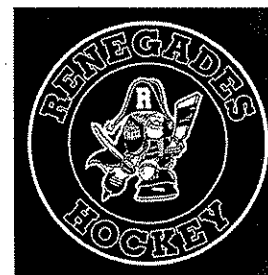
so we can have the appropriate amount of instructors, skates and helmets available

Rolling Meadows Renegades Hockey is the proud youth hockey affiliate for Palatine, Arlington Heights, Inverness, Rolling Meadows, Lake Zurich, Mount Prospect and Elk Grove residents

CALL PAM OR KARIN AT WEST MEADOWS ICE ARENA  
TO RSVP OR IF YOU HAVE ANY QUESTIONS  
(847) 398-2700 x100

NEW 10 WEEK HOCKEY CLASSES BEGIN THE FIRST WEEK  
OF JANUARY 2012, HOCKEY TOT IS ONLY \$75

[www.rmrenegadeshockey.com](http://www.rmrenegadeshockey.com)



# Nutrition Nuggets

Food and Fitness for a Healthy Child

December 2011

Coletta Hines-Newell, SFNS, FMP - (847) 758-4904

**BEST BITES**



## The gift of cooking

Cooking is a wonderful hobby—and life skill—that parents and children can learn together. At holiday or birthday time, consider giving your youngster cooking lessons that you can take with him. You might find classes at a community center, the library, or a local cooking school.



**DID YOU KNOW?**

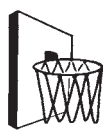
Foods that are rich in nutrients will keep your youngster feeling full longer. Plus, getting vitamins and minerals through food (rather than supplements) helps her body absorb them better. Nutrient-rich foods include fruits, vegetables, whole grains, lean meats, fish, beans, nuts, and low-fat or fat-free dairy products.

## Dress for PE

Encourage your child to dress for activity on PE days. He should wear loose-fitting clothes that are comfortable to move in and sneakers that have good support. Also, be sure he takes a jacket, a hat, and gloves or mittens so he can enjoy outdoor PE or recess.

## Just for fun

**Q:** Why did the coach want the kangaroo on the basketball team?



**A:** Because he was good at jump shots.

## Grocery store fun

Have a bingo game... play I Spy... make a map. Where are you? At the supermarket!

Games and activities can make food shopping fun—and help teach your youngster about healthy eating. Here's how.

### Play bingo

Before leaving home, help your child use your grocery list to create a bingo game. Together, make a bingo card with the food groups (fruits and vegetables, dairy, grains, meats and beans) across the top. Have him write food items from your list underneath their headings (*example:* milk in the dairy column). Then, as you put each item in the cart, he can mark off the box on his bingo card.

### Spy healthy foods

Let your youngster take along a pair of binoculars and play I Spy. For instance, when you're picking out produce, you might say, "I spy a vegetable that is purple and shaped like a big pear." He can use his binoculars to search for the answer (an eggplant). As you play, he'll build observation skills and learn more



about foods. *Tip:* Pick a healthy item you'd like him to try—once he "spies" it, he might be more interested in sampling it at home.

### Draw a map

Have your child pack a pencil, markers, and paper (a sketch pad or blank paper on a clipboard). While you shop, he can make a map of the grocery store. He might draw rectangles for each aisle and label them with the foods found there. Suggest that he add symbols so he can see the sections at a glance (a banana for fruit, a loaf of bread for grains). He'll learn how the grocery store is organized and where the healthiest foods are. ♥

## Positive feedback

When your child chooses nutritious foods, let her know that you notice. Your praise can encourage her to keep making similar decisions. Here are some things you could say:

- "Good idea to have carrots for a snack!"
- "I'm happy to see you trying pomegranate seeds. They're so good for you!"
- "Wow—I see lots of yummy vegetables on your plate!"
- "I'm glad you and Tami decided to turn off the TV and go shoot baskets."
- "I like the way you're cutting the fat off the meat. That's what I do, too."
- "I appreciate your clearing the table. With you helping, we'll finish sooner and be able to play outside." ♥

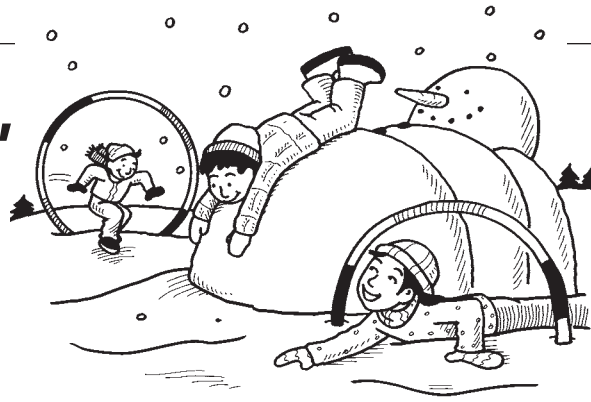


# Over, under, around, and through

Inside or outside, obstacle courses are a fun way for your child to get exercise. With these three ideas, she'll find that winter weather is no obstacle to fun!

## 1. Soft landing

Push back furniture in the living room or family room, or use an open space in the basement. Then, set up a course with soft objects such as pillows to jump over, rows of stuffed animals to crawl through, sofa cushions to weave around, and a beanbag chair to land in at the end.



## 2. Snow

Half the fun—and half the exercise—of a snowy obstacle course is making it. Together, form snow mounds of different sizes and shapes to climb or jump over. Make deep footprints to walk in. Add hula hoops to jump in and out of, and create a trail of stones in an “S” shape to walk along.

## 3. Activities

On separate index cards, write directions for activities. *Examples:* Do jumping jacks while saying the alphabet. Do forward rolls to the next obstacle. Stomp on bubble wrap. Then, set up an obstacle course with an activity card at each stop. Have two players start at opposite ends and do the activities along the way. The first player to the opposite end wins. ●

## PARENT TO PARENT

### Handling holiday sweets

When holiday season rolls around, I always have the same problem. There are treats everywhere, and I'm not sure how much to let my kids eat.

This year I asked my neighbor Barbara, who is a dietitian, for advice. She agreed this is a tricky problem—if we don't let our children have *any* cookies and cake, they'll want them even more. And, she said, weight gained over holidays tends to stay on children *and* adults.

Barbara recommended letting our kids have some treats but talking to them about “moderation.” We could decide on something like one sweet a day, and they get to pick it.

She also suggested other ways to make the holiday season healthier, such as drinking water instead of soda or punch and taking a family walk after meals. I know the holidays will be challenging eating-wise, but I'm happy to have a plan. ●



## ACTIVITY CORNER

### Family time

Getting together with family this month? Build in active fun with these ideas.

**Find the pennies.** Hide pennies around the house or yard. Announce how many are hidden, set a timer, and start hunting. The person who returns with the most wins that round—and gets to hide the pennies next.

**Have an orange race.** Team up in pairs, and mark start and finish lines. Have each pair face each other and, with their hands behind their backs, hold an orange forehead-to-forehead. Then, the pairs race against each other—the first to reach the finish line without dropping their orange wins.

**Skate inside.** Create an indoor rink by taping plastic (picnic tablecloths, trash bags cut open) to an uncarpeted floor. For “skates,” tape wax paper to sneakers, glide in empty shoeboxes, or slide on paper plates. *Idea:* Play “freeze skate.” Turn on music, and when you switch it off, the skaters have to freeze. If they don't, they're out. ●



## IN THE KITCHEN

### Pancake house

Pancakes are a favorite breakfast for most children. Here are ways to make them a healthier breakfast, too:

- Have your youngster top his pancakes with his favorite flavor of nonfat yogurt and fresh or frozen fruit like sliced strawberries or peaches.
- When making your own pancakes, add fiber by using whole-wheat flour. Also, you can substitute

applesauce for the oil to make pancakes that are not as high in fat.

- Stir fruit into pancake batter. In addition to blueberries, you could try diced apples or mashed bananas. The pancakes will be naturally sweet—so your child can use less syrup.

- When cooking pancakes, spray the skillet with a cooking spray. You'll save calories and fat by not frying them in butter or oil. ●



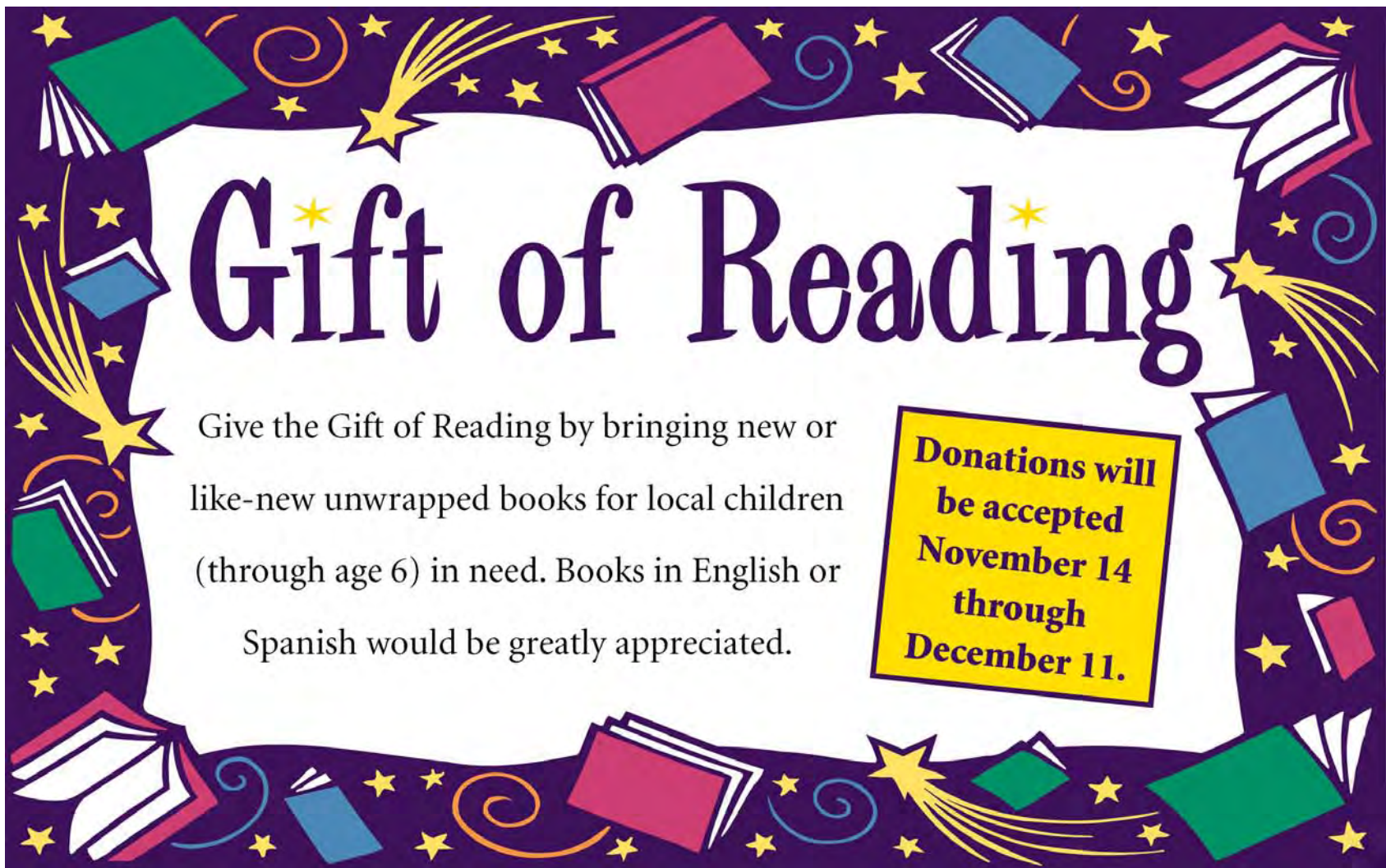
## OUR PURPOSE

To provide busy parents with practical ways to promote healthy nutrition and physical activity for their children.

Resources for Educators,  
a division of CCH Incorporated  
128 N. Royal Avenue • Front Royal, VA 22630  
540-636-4280 • rfeustomer@wolterskluwer.com  
www.rfeonline.com

Nutrition Nuggets™ is reviewed by a registered dietitian. Consult a physician before beginning any major change in diet or exercise.

ISSN 1935-4630



Give the Gift of Reading by bringing new or like-new unwrapped books for local children (through age 6) in need. Books in English or Spanish would be greatly appreciated.

**Donations will  
be accepted  
November 14  
through  
December 11.**

The Mount Prospect Public Library is collecting books for children in need. Can you help?

Drop off books any time during the Library's regular hours, Mon - Fri 9 a.m. - 10 p.m.,  
Sat 9 a.m. - 5 p.m., and Sun noon - 5 p.m.



**Mount Prospect Public Library**  
explore the opportunities



# DECEMBER

## 2011 Youth Program and Activities Calendar

Mount Prospect Public Library ☎ 847/253-5675 📠 TDD 847/590-3797 🌐 www.mpppl.org

10 South Emerson Street, Mount Prospect, IL 60056

*The Library requires at least a one-week notice if special accommodations are needed.*

\*This program requires advance registration (R); no registration necessary (NR).

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Teddy Bear Walk</b> 	<p><i>Don't miss the ultimate BEAR BASH!</i></p> <p>Bring your favorite teddy bear and see Chris Fascione act out best-loved stories. We will also sing along with Mark Dvorak as he brings your favorite tunes to life. Ted E. Bear will then lead the march over to the Village Hall to welcome the arrival of Santa and Mrs. Claus, escorted by our own Mount Prospect Fire Department. <i>This program is sponsored by the Friends of the Library.</i></p> <p style="text-align: center;"><b>Saturday, December 3 • 10 a.m.-noon</b></p>			1 *KinderTales - 4:45 p.m. *Bibs to Books - 6 p.m.	2 *Bibs to Books 9:30 a.m. Open Storytime 10:30 a.m.	3 <b>SUPER Saturday! (R)</b> <b>Teddy Bear Walk</b> 10 a.m.-noon
4 <b>MONDAY</b> is the first day to enter the Winter Storytime Lottery! 	5 *Story Tots - 9:30 a.m. *Story Tots - 11 a.m. *On My Own - 11 a.m. <b>POLISH HOLIDAY STORYTIME (R)</b> 6:30-7:30 p.m.	6 *Bibs to Books - 11a.m. *On My Own - 11 a.m. *On My Own - 1:30 p.m. Open Storytime 6:30 p.m.	7 Open Storytime 9:30 a.m. *Bibs to Books - 11a.m. *Story Tots - 6 p.m.	8 *KinderTales - 4:45 p.m. *Bibs to Books - 6 p.m.	9 *Bibs to Books 9:30 a.m. Open Storytime 10:30 a.m. <b>Create-a-Craft (NR)</b> <b>HOŁOBY HULABALO</b> 11:30 a.m.-5 p.m.	10 <b>Infant Massage (R)</b> 10-10:45 a.m. <b>Friends Children's &amp; Christmas Book Sale</b> 11 a.m.-3 p.m.
<b>Give the Gift of Reading</b> Through December 11 Give the Gift of Reading this holiday season by bringing new or like-new unwrapped books for local children in need through age six. Donations of books in English and Spanish are greatly appreciated.	12	13	14	15	16	 17
	 <b>POLISH HOLIDAY STORYTIME</b> Children ages 3-7 and their families are invited to a special holiday storytime in Polish and English. Reserved for Mount Prospect residents. (R) <p style="text-align: center;"><b>Monday, December 5 ☀ 6:30-7:30 p.m.</b></p>			 <b>INFANT MASSAGE</b> • FOR INFANTS AGE 7 MONTHS AND YOUNGER WITH A CAREGIVER A Certified Infant Massage instructor will introduce a variety of gentle ways to “get in touch” and relax with your babies. <i>This program is sponsored by Friends of the Library and priority registration will be given to Mount Prospect residents.</i> (R) <p style="text-align: center;"><b>Saturday, December 10 10-10:45 a.m.</b></p>		
25 <b>CHRISTMAS</b> <i>the Library is closed!</i>	26	27	28	29	30	31 <b>NEW YEAR'S EVE</b> 