



Prairie Knolls Falcon Flyer January 2018

Important Dates

- 15 No School-MLK Day
- 17 Sports Pictures
- 17 Girls Basketball (H)
- 19 End of 2nd Quarter
- 22 3rd Quarter Begins
- 22 Wrestling (H)
- 23 Girls Basketball (H)
- 23 Erin's Law
Presentation at CT
- 30 Girls Basketball (H)

**PTO Painting Party
Feb. 2, 2018**

**Spring Break
March 26-30**

**Please Check Out The
Community Flyers
At The End Of The
Newsletter**

Hello and welcome to a New Year!

2017 was a very good year for Prairie Knolls Middle School! As you may have seen from the Principal's Message on our PKMS website, our middle school (along with Central Middle School) took top honors in the Fox Valley when comparing student achievement results with middle schools from Kaneland, Batavia, Geneva, and Saint Charles. In fact, looking at PARCC three-year trend data among all of these schools, only PKMS/CMS showed significant improvement in scores year-to-year, whereas the other middle schools in the Fox Valley did not demonstrate these kinds of results. These results are supported by positive staff and student responses from the 5Essentials Survey in which strong feelings from students that they are challenged by rigorous instruction and experience a supportive environment in their schools. We are very proud of our middle school teachers and their students for the consistent, hard work that they put in towards teaching and learning. Your efforts are reflected in your successes!

As we move into 2018, Quarter 2 will come to a close quickly on Friday, January 19th. When students return on Monday, January 22nd, they will move to their new Encore classes for Quarter 3. We will do our Winter MAP testing on Tuesday and Wednesday of that week so that staff and students can gauge their progress on Math and Reading concepts from the beginning of the year to now.

Thank you to all of our parents who have begun using the full parking turn-around in the front of the building during afternoon pick-up times. By having all cars pull around the circle, we are helping to alleviate some of the congestion on Nesler Road at our driveway. Also, the students are using the sidewalk along that circle to enter their cars so that a safe environment is created. We encourage you to use that same system in the mornings to drop your students off for school. By pulling all the way around the circle, and having the students walk to the building on the sidewalk, we once again facilitate a smoother exiting process onto Nesler.

Don't forget about the PTO Family Painting Party on Friday, February 2nd, at 7:00 p.m. in the PKMS Cafeteria. Costs are \$10.00 per person (parent + child) and each will walk away from the evening with their own piece of artwork that can be displayed individually, or together. We had a great time last year at this family event and look forward to it being another fun time.

Dr. Matthew Haug

Announcements

News from Nurse Grote

Staying hydrated is the key! I often see students in the nurse's office for headaches. When asked how much water they've had to drink, like most of us, the amount consumed is far less than what our body requires. A few common signs and symptoms of dehydration include:

- Increased thirst
- Fatigue
- Dizziness
- Headache

Water is one of the body's most essential nutrients and is the cornerstone for all body functions. Please encourage your student to bring a water bottle to school and drink throughout the day.

As a reminder, proof of the required dental examination for all 6th grade students must be provided to the school by May 15, 2018. The dental exam must be conducted within 18 months prior to May 15 of the school year.

PKMS News

Recognition Breakfast

Each quarter PKMS recognizes some of our most outstanding students at our PKMS Recognition Breakfast. The Quarter 2 Recognition Breakfast will be held on February 8, 2018. Each grade level team selects recipients for recognition in the areas of academics, effort, character and leadership. Parents of our Quarter 2 recipients will be invited to the breakfast by mail.

Encore Team News

Health Class

6th grade students learned how unhealthy eating, alcohol and smoking affects their developing bodies. We also learned how to decrease our risk of developing diseases (i.e. heart disease, high blood pressure, diabetes). Dr. Nazneen Ahmed (PKMS parent) gave a presentation on the risk of disease and the importance of taking care of our bodies. She reinforced the importance of developing healthy habits while they are young.

7th grade students learned how different types of drugs affect their growing bodies and the effects on their physical, mental, and social health. They researched, presented, and debated topics in today's news and latest information regarding illicit drugs in society. S.W.A.T. officer Chuck Crumlett (PKMS parent) spoke with 7th grade about his career in law enforcement and the steps taken to make the public aware of the dangers of drug abuse

Talk to your child about the risk of disease and drug abuse! It's important to have conversations early and often. Ask your child what they are learning in Health and how they feel about the topic.

6th Grade Team News

Math - Math is wrapping up the equations unit and will have a test scheduled before the end of the quarter. Students will start to explore and learn about ratios! Students will learn how to apply ratios to recipes, learn about percentages, as well as deepen their understanding of fractions. This unit has a lot of hands on exploration and application to real world topics!

ELA - ELA is jumping into our 3rd unit, Change. We will be reading a whole class novel, *Touching Spirit Bear*, over the course of this unit as well as focusing on argument writing which is new to 6th graders. We will spend some time on figurative language as well as connotation and denotation in both fiction and nonfiction texts. Keep up the independent reading, and make sure you always have a book of choice to read with you at all times!

Social Studies - Social studies has been learning about the Golden Age of Athens and what advancements were made in the Greek society and the legacies of those days that still continue today! Alexander the Great will be studied and determined by the students if his actions and philosophy truly made him to be an effective leader. Stay tuned!

7th Grade Team News

7th grade students will have a very exciting 2018! Science classes are concluding the first semester with their germs unit. The 7th graders had a blast growing their own germs and participating in Virus Day! During third quarter, students will be learning about ecology and how organisms interact with each other in different environments. Students will then take a look at both positive and negative ways in which humans impact the environment.

In the month of January, Math7 classes will be starting the expressions unit and will be using positive and negative rational numbers to expand and simplify expressions by combining like terms. PreAlgebra students recently had the opportunity to be graphic designers for a day! Using their expertise on geometric transformations, they created a logo that a drone company could use as their marketing tool. This coming month, they will work with linear and non-linear functions. Students may use the Tenmarks website as a resource to aid in their endeavor.

In ELA, 7th graders are continuing our Freedom Unit and will be further connecting to Social Studies through reading biography books about 5 important people from the Revolutionary War. Students will read about George Washington, Thomas Jefferson, Samuel Adams, Abigail Adams, or Ben Franklin. They will culminate this unit by creating freedom newscasts.

Social studies students will be wrapping up the Revolutionary War unit by looking into the war itself and the Treaty of Paris from which America fulfilled their independence. We will then be moving into our Constitution unit! After studying the Constitutional Convention itself, students will begin to analyze all seven articles of the Constitution and eventually, the twenty-seven amendments. Students are expected to learn an immense amount of information throughout this unit and therefore, it is crucial that they study every single night. The final, state mandated test will be given on Friday, March 23.



Falcon Athletics

Prairie Knolls Falcons Athletic Website

For everything Falcon, check out the PKMS Athletic Website at [PKMS Athletics](#)

STAR Thank You

Hello PK families! STAR would like to thank you for your support of our community service projects this year. We started the school year with the Hurricane Harvey drive to raise money for the Houston Food Bank. It was very successful! We ended the semester with our Holiday Fundraiser, and we were able to raise almost \$600 in gift cards for PK families during the holidays. Of course we continued to supply and maintain a food pantry that is accessible to all Central 301 families. STAR students are already working on their next project: Send a hug...send a card....send a bear. It will be an awesome surprise for some senior citizens in the Elgin area.

Emergency Closing Info.

In the event that a decision is made to close school, dismiss early or start late because of weather conditions or for some other reason, please tune your radio and/or television station to any of the following stations that serve our area: AM TV FM WGN – 720 WBBM - Channel 2 WONU - 89.7 WBBM – 780 WGN - Channel 9 WJKL - 94.3 WLBK – 1360 CLTV - Channel 19 WDKB - 95 WRMN – 1410 FOX - Channel 32 Should an emergency or severe weather cause school to be closed, the District #301 will also notify parents via the School Reach phone system. Please update your phone numbers whenever you have a change. Information will also be available on our school web site: <http://central301.net/> It is important that parents advise their children as to what procedures to follow in the event that parents are not home when there is an emergency closing of school.



The Six Flags READ TO SUCCEED Program will be starting next week for all **6th grade students**. Between now and February 26 if they read for 360 minutes (6 hours), they will receive a free ticket to Great America. Students may pick up their reading log from their ELA teacher or in the library. If you have questions please contact Mrs. Inkinen - pam.inkinen@central301.net

Central Music Boosters



We're always looking for people throughout the school year to help with concessions! There are perks to go along with volunteering:

Preferred seating at the events you work!

Preferred parking at the events you work (subject to availability)!

The satisfaction of knowing your helping our district music students!

And... a HUGE thank you from our concessions coordinators!

Signing up is EASY

Click on the link below to signup for any event at the particular venue the event is held:

[ALL EVENTS AT CENTRAL HIGH SCHOOL](#)

[ALL EVENTS AT CENTRAL MIDDLE SCHOOL](#)

[ALL EVENTS AT PRAIRIE KNOLLS MIDDLE SCHOOL](#)

2018 Baseball Registration

Registration is open to anyone residing within the boundaries of Central School District 301



Central District Baseball League

PO Box 5551 Elgin, IL 60121-5551

www.cdbaseball.org

CDBL is a non-profit youth baseball organization dedicated to serving the community of Central School District 301. We strive to provide quality instruction in the development of baseball skills, sportsmanship, & competitiveness to foster the love of the game and have fun while doing it.

Tee Ball (Ages 4, 5, & 6) - Learn the basic skills needed to become a young ball player! Boys and girls can be part of this instructional league designed where everyone has fun. Parent participation at practice & games is encouraged, so come out and be a part of your little slugger's intro into to baseball!

Pinto (Ages 7 & 8) - Watch your child develop his/her skills for the next level! Players will continue to have fun learning the fundamentals of baseball and in no time will catch, throw and hit like the "big kids". Games the first half of the season are all coached pitch. In the second half, we will introduce kid pitch and will be a mix of coach pitch and kid pitch.

Mustang (Ages 9 & 10) - Dirt on the uniforms & bubble gum in the dugout. This is youth baseball at its best. The Mustang division introduces full-time "kid pitch" & score-keeping at every game. Watch young players expand their love for the game & build lasting friendships with teammates.

Bronco (Ages 11 & 12) - The field gets bigger and the players faster. lead-offs and pick-offs add a new element as youth players have fun learning strategies of the game. Developing skills and knowledge is the cornerstone for all at this level. CDBL has partnered with Algonquin Area Youth Organization (AAYO) and Lake in the Hills (LITH) to bring more teams and a more diverse level competition to teams in this division. Games are split between our home fields and the AAYO/LITH home fields.

Pony (Ages 13 - 15) - CDBL has partnered with Algonquin Area Youth Organization (AAYO) and Lake in the Hills (LITH) to bring more teams and a more diverse level competition to teams in this division. Games are split between our home fields at Stonecrest and the AAYO/LITH home fields.

TWO WAYS TO REGISTER	Online	Register online at www.cdbaseball.org
	Walk-In Registration <i>Saturday, February 3rd</i>	Come visit our walk-in registration on Saturday, February 3rd from 8am to 12pm at Country Trails School during basketball. Walk-in registration can be paid for by check or credit/debit card.
Please make checks payable to CDBL. There will be a \$35 late fee for all registrations received after February 26th.		

REGISTRATION FEES

Registration includes Jersey, Pants, Socks, Belt, Hat & Team Picture

League	League Age	If Birthday Is Between	Cost	League	League Age	If Birthday Is Between	Cost
T-Ball	4	September 1, 2013—August 31, 2014	\$150	Bronco	11	September 1, 2006—August 31, 2007	\$225
	5	September 1, 2012—August 31, 2013			12		
	6	September 1, 2011—August 31, 2012					
Pinto	7	September 1, 2010—August 31, 2011	\$175	Pony	13	May 1, 2004—April 30, 2005	\$235
	8	September 1, 2009—August 31, 2010			14	May 1, 2003—April 30, 2004	
					15	May 1, 2002—April 30, 2003	
Mustang	9	September 1, 2008—August 31, 2009	\$205				
	10	September 1, 2007—August 31, 2008					

COACHING INFORMATION

Are you interested in managing or coaching your child's team? Please sign up online at the 2018 Coaches Registration program under Registration. Attendance at the February 3rd walk-in registration is recommended for all new potential managers and coaches to complete a background check form unless one was completed & approved the prior year. Contact Jeff Atkins with any questions at (847) 350-9141 or @ atka1971@gmail.com

FAMILY/BUSINESS SPONSORSHIPS

If you would like to be a family sponsor for CDBL, please select the dollar amount you wish to contribute at the time of player registration. For a Business Sponsorship, please contact Randy Mariani at 847-878-3897 or mariani@vipvaletservices.com.

Please contact Chuck Rutke with registration questions at (630) 688-2378 or crutkeiii@yahoo.com



CENTRAL COMMUNITY USD 301
Prairie Knolls Middle School
JANUARY 8 - FEBRUARY 2, 2018

Value Meal Lunch Price: \$2.90

Meal Includes Choice of Milk

Reduced Price Lunch: \$0.40

Meal Includes Choice of Milk

Milk \$0.40

*Choices are: Skim, 1% Unflavored,
FF Chocolate & FF Strawberry*

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p>  <p>Visit MYSCHOOLBUCKS.COM Make payments, check account balances and view purchase history.</p>	<p>WINTER BREAK December 25 - January 5</p>			<p>2</p> <p>Menu Subject To Change Due To Market Conditions and Product Availability.</p> 
<p>8</p> <p>CHICKEN NUGGETS (5) <i>with Dinner Roll</i></p> <p>OVEN FRENCH FRIES SEASONED CORN PINE APPLE TIDBITS</p> 	<p>9</p> <p>CINNAMON FRENCH TOAST <i>w/Chicken Sausage Pattie and Maple Syrup Cup</i></p> <p>TRI - POTATO PATTIES (2) POWER FRUIT PUNCH JUICE BOX FRESH APPLE CREAMY FRUIT YOGURT</p>	<p>10</p> <p>BOSCO CHEESE STICKS (2) <i>with Marinara Sauce</i></p> <p>FRESH GARDEN SALAD <i>with Cherry Tomatoes & Sliced Cucumbers</i> <i>w/Assorted Salad Dressing</i> GREEN BEANS CHILLED PEARS</p>	<p>11</p> <p>BEEF HOT DOG <i>On A WG Bun</i> Or TURKEY CORN DOG</p> <p>BAKED VEGETARIAN BEANS SWEET POTATO FRIES MIXED FRUIT CUP</p>	<p>12</p> <p>WALKING TACO <i>with Cheese & Salsa Cup</i></p> <p>FIESTA BLACK BEANS CRUNCHY CELERY STICKS <i>with FF Ranch Dip</i> JUICY ORANGE WEDGES</p>
<p>15</p> <p align="center"><i>Martin L King's Birthday</i></p> <p align="center"><i>No School</i></p>	<p>16</p> <p>BBQ RIB SANDWICH <i>On A WG Bun</i></p> <p>OVEN FRENCH FRIES STEAMED BROCCOLI CHILLED PEACHES</p>	<p>17</p> <p>CHEESY FLATBREAD</p> <p>VEGETABLE TRAY <i>w/Celery Stick-GreenPepper-Cauliflower w/FF Ranch Dip</i> TENDER CARROTS CHILLED APPLESAUCE</p>	<p>18</p> <p>SOFT SHELL CHICKEN TACO <i>w/Cheese, Lettuce, Salsa</i></p> <p>REFRIED BEANS SEASONED CORN JUICY ORANGE WEDGES</p>	<p>19</p> <p>CHEESY LASAGNA ROLL-UP <i>(meatless) in Marinara Sauce with WG Breadstick</i></p> <p>FRESH GARDEN SALAD <i>with Cherry Tomatoes & Sliced Cucumbers</i> <i>w/Assorted Salad Dressing</i> TENDER PEAS CHILLED PEARS</p>
<p>22</p> <p>CHICKEN NUGGETS (5) <i>with Dinner Roll</i></p> <p>OVEN BROWN TATER TOTS GREEN BEANS CINNAMON APPLESAUCE</p>	<p>23</p> <p>ORANGE CHICKEN <i>over Brown Rice</i></p> <p>ORIENTAL BLEND VEGGIES FRESH BROCCOLI FLORETS <i>with FF Ranch Dip</i> MANDARIN ORANGES</p>	<p>24</p> <p>ROUND 5" CHEESE PIZZA</p> <p>FRESH GARDEN SALAD <i>with Cherry Tomatoes & Sliced Cucumbers</i> <i>w/Assorted Salad Dressing</i> TENDER PEAS FRESH APPLE</p>	<p>25</p> <p>MINI PANCAKES <i>w/Chicken Sausage Pattie and Maple Syrup Cup</i></p> <p>STRING CHEESE STICK</p> <p>HASH BROWN PATTIE (1) TROPICAL TWISTER JUICE CHILLED PEACHES</p>	<p>26</p> <p>TWIN BEEF TACOS <i>w/Cheese, Lettuce, Salsa</i></p> <p>WHOLE KERNAL CORN REFRIED BEANS CHILLED PEARS</p>
<p>29</p> <p>CHEESE QUESADILLA Or CHICKEN QUESADILLA <i>w/Salsa & Sour Cream</i></p> <p>FIESTA BLACK BEANS CARROTEENIES <i>with FF Ranch Dip</i> CHILLED PEACHES</p>	<p>30</p> <p>CHICKEN PARMESAN SANDWICH <i>On A WG Bun</i></p> <p>FRESH GARDEN SALAD <i>with Cherry Tomatoes & Sliced Cucumbers</i> <i>w/Assorted Salad Dressing</i> SEASONED CORN MIXED FRUIT CUP</p>	<p>31</p> <p>CHEESE FRENCH BREAD PIZZA</p> <p>VEGETABLE TRAY <i>w/Broccoli -Cherry Tomatoes -Pea Pods w/FF Ranch Dip</i> GREEN BEANS PINE APPLE TIDBITS</p>	<p>1</p> <p>ITALIAN MEATSAUCE <i>Over WG Spaghetti with WG Breadstick</i></p> <p>TENDER PEAS CRUNCHY CELERY STICKS <i>with FF Ranch Dip</i> CHILLED APPLESAUCE</p>	<p>2</p> <p>HAMBURGER <i>On A WG Bun</i> Or CHEESEBURGER <i>On A WG Bun</i></p> <p>OVEN FRENCH FRIES STEAMED BROCCOLI JUICY ORANGE WEDGES</p>

Offered Daily: Small Salad, Sun Butter & Jelly Sandwich, Assorted Fresh Fruit

ROCKETTES



DANCE CLINIC

CLINIC DATES:

Feb. 6th & Feb. 7th
4:30 PM - 6:30 PM

PERFORMANCE DATE:

Feb. 8th @ 4:30 PM

Enjoy dinner with the Rockettes along
with a halftime performance at the
CHS Rockets basketball game.

WHO: Grades K-8

COST: \$30

Includes:
Registration
Snack
Clinic t-shirt

WHERE:

Central High School

REGISTER HERE:

<https://goo.gl/forms/BrkrmkCi8Cakx1Cr1>



QUESTIONS:

Contact Coach Sybrant at
central.rockettes@gmail.com



STEPS DANCE Academy

Free Trial Class



Tuesday, January 23rd!

Is your Pre-Schooler in need of a morning activity?

Join Ms. Chelsea
on Tuesdays

from 9:30-10:30 for
Hip Hop/Jazz combo class!

****Boys and girls are both welcomed**

Added Bonus: Bowka Fitness Class for mom at the same time!

Online registration available for January 23rd's free trial!

www.taylorymca.org -> Program Registration -> FREE TRIAL -> Hip Hop/Jazz Combo

Looking for Evening and
Weekend Classes?
Try a Tap, Ballet or
Jazz class.
Free trials throughout
January!



All classes close in February to begin preparing for the June recital
Some classes are full and already closed — Don't procrastinate — Sign up today!

Need more information? Want to register?

Register with Parvathi at the front desk: M/F 9:00-5:00, T/TH 1:00-7:00 | Email: parvathik@gcfymca.org

Contact: Amy DeVries, STEPS Academy Coordinator | Email: amyd@gcfymca.org | Phone: 224.760.7012

Taylor Family YMCA 50 N. McLean Blvd, Elgin, IL 60123 | Website: www.Taylorymca.org

If you want to rule the world,

you need

heart
& sole



WHAT is Girls on the Run?

Girls on the Run is a program that gives girls the opportunity to build confidence and healthy habits. Our Heart & Sole curriculum helps middle school girls develop life skills to guide them through adolescence and beyond. Each week, you will also take part in training and activities that will help build endurance for a celebratory 5k running event.

HOW do I join?

Register on our website for either the spring or fall season.

WHO can join?

Middle school girls like YOU!

WHERE can I learn more?

On our website at www.gotrchicago.org.

WHEN do we meet?

Twice a week after school for 75-90 minutes with your team. The program is held at the school and is led by trained, volunteer coaches.

Financial assistance available via website!

Contact Information	Practice Days & Times	Program Fee, Start Date & 5k Date
Shelby Sloniger (847) 989-3915 shelby@margnet.com	Monday and Wednesday 3pm - 4:15pm 10-12 weeks long	Starts in March \$205 per student 5k date TBA

Girls on the Run is a non-profit, after-school program that uses the power of running to educate girls for a lifetime of self-respect and healthy living. The program combines training for a 5k event with interactive lessons that encourage positive physical and social-emotional development.





Register now!
www.nwmachinelax.com

2018 NORTHWEST MACHINE YOUTH LACROSSE CLUB

SPRING CLUB TEAMS – IBLA SPRING LEAGUE

Northwest Machine youth lacrosse club, a nonprofit organization, has been designed to provide competitive Spring season club teams for each level of play (grades 1st – 8th).

What to expect from Spring season play:

- Indoor practices start February 24th at LifeZone 360, *practices move outdoors in April*
- Season starts early April with a minimum of 8 Games
 - 2-3 practices a week during season play in April, May, and June
- Playoffs are first 2 weekends of June

Tournaments Optional

- League will notify teams of possible tournament participation

THE COACHING STAFF

Head Coach:

- Former and/or current collegiate lacrosse players for each team
- Paid position

Assistant Coaches:

- 3 volunteer coaches/parents
- Coaching clinics sponsored by LifeZone 360 to ensure all coaches follow the same structured curriculum to provide consistent training for our players

Registration fee:

\$375 (\$425 after January 1st)

Includes: indoor practice facility and professional coach (uniform additional \$75)

www.nwmachinelax.com



Batavia Special Education Parent Network

**Batavia Special-Education Parent Network's
Fifth Annual Parent Resource Fair**

Thursday, February 22, 2018

6:00-8:00 pm

**Batavia High School
1200 Main St., Batavia**

**Learn about community resources for students from
early childhood through age 22, including recreational
opportunities, therapy providers, educational
consultants, transition planning, and advocacy/support.**

Admission Free

**BSPN welcomes anyone interested in improving and supporting special
education. For more information, visit our website:**

<http://bspn-batavia.org>.