



Important Dates

- Nov. 5** 1st Quarter Recognition Breakfast
- Nov. 7** ½ Day
- Nov. 8** No school
- Nov. 11** Scholastic Bowl Tryouts
- Nov. 18** Scholastic Bowl Parent Meeting
- Nov. 25** Parent/Teacher Conferences
- Nov. 26** Parent/Teacher Conferences

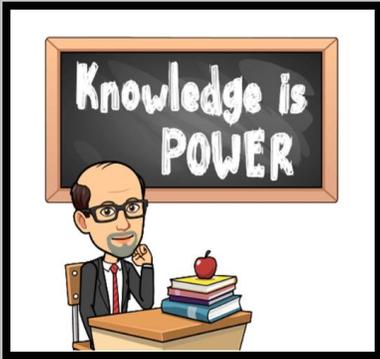
**Fall Break
November 25-29**

Prairie Knolls Middle School November 2019 Falcon Flyer



**Congratulations Cross Country
13th Place at the State Meet!**

Dr. Haug's Message



Can you believe that it is already November and we have had our first snow storm? The year is flying by, we are firmly settled in Quarter 2, and the staff and students are busy with a variety of learning activities and projects.

As many of you probably aware, the 2019 Illinois School Report Cards are now public. An emailed letter was sent to all of our PKMS families on Friday, November 1, 2019, explaining the purpose of this report and our PKMS Summative Designation. If you missed this email, you can click on the link for a copy of this information: [PKMS School Report Cards Letter](#).

On November 11th, we will celebrate Veteran's Day by having several former members of the Armed Forces in our Social Studies classes to speak to students about their experiences and the importance of Veteran's Day in their lives. We have done this for several years now and the students enjoy listening to the speakers and learning about their lives and the importance that they have placed in service to our country. We still have a few openings, so if you are a Veteran who would like to share your story, please log onto my Principal's Message (under the Communication tab of our school webpage) to find a link that you can use to sign up. This year, we will also hold a school-wide assembly in which Veteran Dan Carlson will speak to our students, our PKMS Band will perform, and students who have purchased small decorative American Flags will be able to display their flags in honor of a family member or friend who has served in the military. Flags are being sold by our S.T.A.R. (Students That Accept Responsibility) Club during lunches and at basketball games through November 6th. All proceeds collected will be donated.

One of the important elements of a school's success is the communication and partnership that we form between our teachers and families. Parent-Teacher Conferences will take place on Monday, November 25th, from 8:00 a.m. to 8:00 p.m., and on Tuesday, November 26th, from 8:00 a.m. to 12:00 p.m. As part of our middle school philosophy, we will conduct Team conferences to provide parents and guardians with a comprehensive picture of student performance in the classrooms. On Wednesday, 11/13, we will send directions for signing up for conferences via Skyward. On that same day, at 12:00 noon, we will open the portal for parents to sign up for conference slots that have not been previously assigned by the Team members.

Finally, with November comes colder and wetter weather. On mornings of inclement weather, please exercise patience as more of our walkers and bike riders will be driven to school. That means increased traffic in the front drive and on Nesler Road. Please remember to pull all the way around the front drop-off circle, which will be cleared of snow, when you drop them off. Also, for the safety of our students, we ask that you do not have your children run into the football parking lot to get into cars at the end of the day.



News from Nurse Tracy Grote

The Influenza (flu) season is here once again. People who have the flu experience some or all of these signs and symptoms and the onset is often sudden:

Fever* or feeling feverish/chills

Cough

Sore throat

Runny or stuffy nose

Muscle or body aches

Headaches

Fatigue (very tired)

Some people may have vomiting and diarrhea, though this is more common in young children and adults.



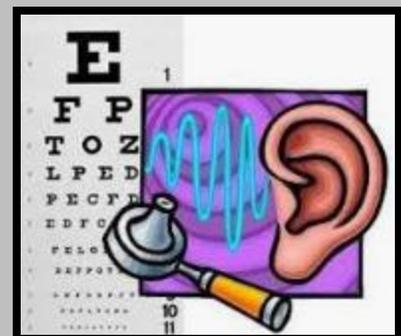
***It's important to note that not everyone with flu will have a fever.**

If your student presents with a fever of 100 or higher and a sore throat or cough, please refrain from sending them to school. Because the flu is a contagious illness, your student should remain home until symptom free for 24 hours. As always, it is our goal to provide a healthy learning environment for all our students.

Vision and Hearing Screening

During the months of November and December we will be conducting vision and hearing screenings. At the 6th and 7th grade level, screenings are mandated by Illinois law for new students and Special Education students. If there is concern regarding your student's vision or hearing, you may request a screening.

Please note, a vision screening is not a substitute for a complete eye and vision evaluation by an eye doctor. Your child is not required to undergo a vision screening if an optometrist or ophthalmologist has completed and signed a report indicating an examination has been done within the previous 12 months.



1st Quarter Recognition Breakfast

Each quarter PKMS recognizes some of our most outstanding students at our Recognition Breakfast. The Quarter 1 Recognition Breakfast will be held on Tuesday, November 5, at 7:30 am. Each grade level team selects recipients for recognition in the areas of academics, effort, character and leadership. Parents of our Quarter 1 recipients will be invited to the breakfast by mail.

Veteran's Day – November 11, 2019

As in past years, PKMS is looking for Veterans of the Armed Forces who would be interested in sharing their story in a social studies classroom setting on Veteran's Day. Each class period on this day is 30 minutes long and about 15-20 minutes would be given for our guests to talk and for students to ask questions of the speakers. We are looking for Veterans to share the following: their story, what life was like for them before and after they served, what was their assignment, what it was like for them when they served and what it is like for service members now, and end with why Veteran's Day is special to them. Please complete the following Google Form if you are interested in this opportunity for our students:



2019 Veteran's Day Volunteers

Fall Parent/Teacher Conferences

Parent-Teacher Conferences are again set for Thanksgiving Week, Monday and Tuesday, November 25th and 26th. On Wednesday morning, November 13th, you will receive an e-blast containing instructions for scheduling parent-teacher conferences for your child. A "Teacher Conference" tab, in Skyward, will be made available for appointments at 12:00 p.m. on Wednesday, November 13th. As in the past, conferences will take place from 8:00 a.m. to 8:00 p.m. (Monday, 11/25) and 8:00 a.m. to 12:00 p.m. (Tuesday, 11/26) and will be conducted in a team format. We look forward to seeing you at these informative meetings.

Community Information

In an effort to make communication more efficient and effective, District 301 has created a Digital Bulletin Board page on the district website. All approved flyers will be posted under "Communications" on the main district page or at this link:

Digital Bulletin Board



Cocoa Café December 5th and 6th



Student Council is excited to announce that we will be running Cocoa Cafe on December 5th and 6th this year. We can't wait to celebrate with both students and families the successes of 1st quarter academics. If your son or daughter qualifies, please look for an invitation via email in November. To qualify for this event, students should not have received any D or F grades or had any discipline issues for the first quarter. This year we will be taking reservations via Google Forms. The link to the form will be included in the invitation email. Please reach out to Jan Maas (in the office), with any scheduling questions or Hallie Munao, Student Council adviser,

with any other general questions. We look forward to some cookies, cocoa, and conversation!



LIBRARY OVERDUE FINES

There will no longer be fines assessed for overdue books in the library, but old fines are expected to be cleared. Just bring in one food pantry donation and all old overdue fines will be cleared. This does not apply to fees for lost or damaged books.

301 Cares School Safety Tip Line

Central 301 has launched the 301 Cares School Safety Electronic Tipline. It is a top priority to provide a safe, equitable, and non-hostile learning community for all, and this tipline offers an additional means to share safety concerns with the district. If you witness or learn about a situation you perceive as unsafe or believe that someone has acted or has plans to act in an unsafe way, please reach out to PKMSCares@central301.net. This includes but is not limited to: use or possession of drugs, knives or guns, assault and/or a threat to injure, assault or bully/cyberbully.

The 301 Cares School Safety Tip Line is monitored during school hours. If you witness or suspect a serious emergency or crisis situation, please dial 911.

All reports through the 301 Cares School Safety Tip Line must be made in good faith and messages received are confidential. If you email our School Safety Tip Line, please provide as many details as possible including type of activities alleged, when they occurred/may occur, location of activity or alleged activity and name(s) of the person or people involved. The [301 Cares School Safety Tip Line](#) can be found on our website.

Thank you for your support in making Prairie Knolls Middle School and D301 a safe learning environment for all students.

Assistant Principal's Corner



One afternoon at PKMS, I shared with one of our teachers in passing (Ms. Minehart), that I was interested in doing an article for the November Newsletter that was focused on thankfulness and gratitude. As we were chatting, I shared with her that I couldn't quite wrap my mind around how I would share my philosophies on the concepts. A few days later, I received an email from Ms. Minehart sharing an article she found related to fostering gratitude in our schools, "How to Foster Gratitude in Schools", by Jeffrey J. Froh and Giacomo Bono. According to the article, students who practice gratitude are more likely to report improved moods, mental health, and life satisfaction. The article went on to share ways to incorporate gratitude into practices into teachers' classrooms. As I read the strategies, I thought one of the practices was something families could implement within their homes. Here is how it works: Have every member in the family keep a gratitude journal. In this journal, each person will list five things everyday that they are grateful for. Do this for two weeks. Studies show that this practice can increase optimism, life satisfaction, and fewer complaints about physical ailments, and can show a reduction negative emotions. These side effects can last for up to three weeks. In order to get the ball rolling, I am going to commit to keeping my own gratitude journal for two weeks, starting November 1st. Here is my first entry:

I am grateful for:

1. My supportive parents.
2. My loving husband.
3. My amazing sister.
4. My fantastic group friends.
5. My home.

Encore Department News

The 6th and 7th Grade Bands and Choirs are busy preparing for their upcoming December Holiday concerts. The 7th Grade Band will also be performing at the PKMS Veteran's Day assembly. They are very excited to be honoring veterans through their performance of patriotic songs at the assembly.

PKMS is doing a musical this year! An informational meeting for students will be November 6th after school. All students interested in participating in the musical should attend this meeting. Auditions will be held November 12th and 13th.

6th Grade Team News

ELA- In ELA, we are in our second unit called Perseverance. The students will get to choose a nonfiction book to read. Students will write narratives as well as write explanatory pieces along the way. We have started a historical fiction read aloud called *Prisoner B-3087* by Alan Gratz. Students will continue drawing in graffiti books to visualize what is happening in *Prisoner B-3087*.

Math- Our upcoming unit sets the foundation of algebra and will introduce variables. Students will begin a study of exponents and expressions in real-world situations. They will also learn about using the distributive property and order of operations. Be sure to check with your child about the difference between an expression and an equation! **Try it! Evaluate the following expression when $a=7$ and $b=3$. $4a-b+12$**

Science- In Science our Earth's History adventure continues in and around the Grand Canyon. We learned why the Grand Canyon appears to have stripes, the difference between Weathering and Erosion, and how/why material moves from one location to another. Now we will interpret the different layers of rock in order to determine the past environment that was present during the rock layer's formation. This will involve the introduction of fossils and index fossils. Eventually we will cover Volcanoes and Earthquakes which are student favorites. But until that time, if you are looking for some dinner time fun...ask your student "why did the rock cross the road?" When they look at you strangely, or expect a punch line, simply reply.... **EROSION!**

Social Studies- We just finished up learning about the dynasties of Ancient China. Next up we'll be traversing along the Silk Road where we'll see how items, cultures, and beliefs were exchanged. Following this, we'll be getting into Ancient Greece and begin debating whether Alexander was really 'great' or 'not so great.'



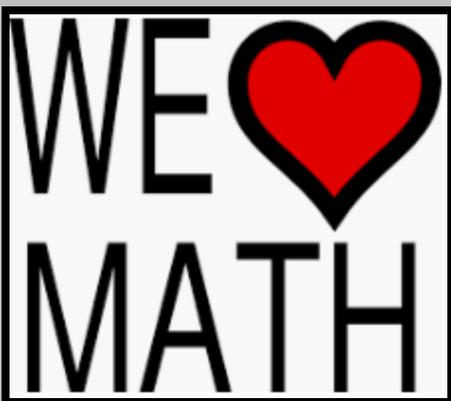
7th Grade Team News

Science- In Science students will be learning about the Plant and Animal kingdoms. We will explore how plants grow, get their energy, reproduce, and respond to their surroundings. With the animal kingdom we will gain a deeper understanding of all the various groups of animals there are all over the world. Students will then take their information and create their own unique animal and plants at the end of each unit.

ELA - In ELA class, all students will be reading a verse novel entitled *Beanball* as an ending to our Determination Unit. Students will engage in several different types of activities including character analysis, reading nonfiction companion articles, and trying their hand at writing their own verse reaction to what is happening in the book. Book Club will also be starting up again and students will have another opportunity to meet with a group of their peers to discuss their independent reading novels and draw some connections between their books. At the end of the month, students will take the unit summative assessment and after the Thanksgiving break, we will begin our Responsibility unit.

Social Studies - This month in Social Studies we will be working toward understanding the events that led to the American Revolution, how those events are still impacting our country today, and then looking at the events of the war itself. We will also be finishing our read aloud book, Johnny Tremain. All of this will prepare us for the upcoming beginning of our study of the Constitution and the workings of our government.

Math- During the month of November, the Math 7 students will build on what they have learned in the first quarter when solving multi-step equations. As we explore real world math situations, the students will begin to use variables to represent and create equations with rational numbers. As the unit continues, we will dive into solving and graphing multi-step inequalities.



Pre-Algebra - The students are just starting an eighth grade unit on functions. This unit builds on and strengthens proportional reasoning as they explore the slope of lines and applications of slope in the real world. They will be graphing equations and then writing equations from graphs.



Falcon Athletics



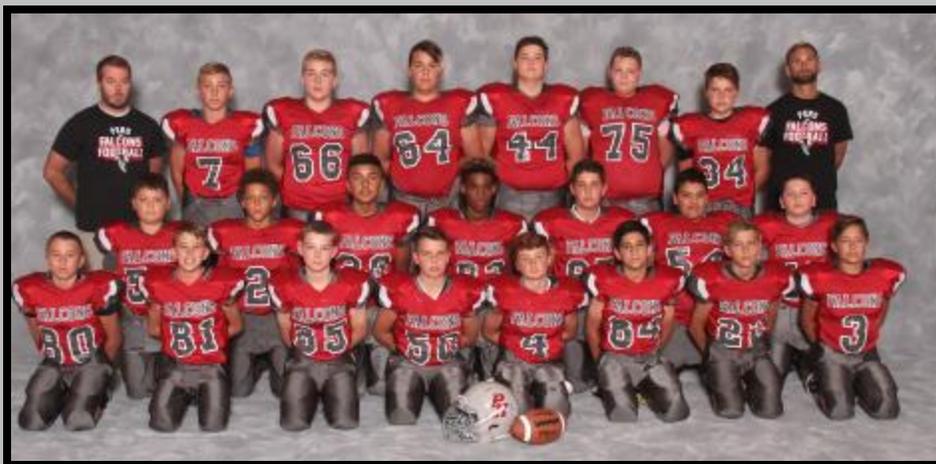
For the first time ever, Prairie Knolls has an IESA Sectional Championship team! The 2019 Girls Cross Country team won their IESA Sectional competition and advanced to the State Tournament in Bloomington-Normal. The girls finished 13th at the state meet out of 27 teams. This is the first time that a Prairie Knolls team has won a Sectional Championship in any sport. Great job girls!



Congratulations to our PKMS Volleyball Team for a great season and 2nd Place at the NCJC Conference Tournament!

Falcon Pride!

PKMS Football 7-2 (Overall)
4-1 (Conference)



2019 Fall Sports (Cross Country, Football, Volleyball)

Thanks to all of our athletes, coaches, and parents for a great fall athletic season. We would like to congratulate our 7th grade Volleyball for taking 2nd place in our NCJC Tournament. Our Girls Cross Country teams also won some hardware this season. Our Girls were NCJC Champs and the first ever IESA Sectional Champs for our school! Our Boys Cross Country took 3rd in the NCJC Meet and our Boys Football team took 2nd in Conference! It was a very successful fall season at PK. If you have any uniform items in your possession please turn them in immediately.

2019 Winter I Sports (Boys' Basketball & Cheerleading)

Boys' Basketball and Cheerleading are off to a great start. Thank you to all parents and athletes for coming to the mandatory parent meeting held in October, we greatly appreciate your support. Let's continue to cheer the boys and girls on to safe and successful seasons. Make sure to check 8to18 for driving directions, schedules and announcements. If you have any questions please contact Brody Hamel (Athletic Director).

2019-2020 Winter II & Spring Sports (Wrestling, Girls' Basketball, Scholastic Bowl)

Scholastic Bowl tryouts will be coming up in November. Information from the coaches will be sent out soon. If you have any questions regarding tryouts contact Kim Paulus or Amy Bender. **Girls' Basketball** tryouts will be held before winter break, but full practices won't begin until the first week of January after we return from winter break. An informational meeting will be held during lunch in early December. **Wrestling** starts December 9th. There will be an informational meeting during lunch in mid-November. Contact Joseph O'Donnell for more details. Our last sport of the year is **Boys' and Girls' Track and Field** which begins in March. Information for track will be posted in the February newsletter. **All 2019-2020 PKMS sports schedules are posted on 8to18 as well (except for track which will not be available until the end of January 2020).**

Scholastic Bowl Coaches – Coach Bender and Coach Paulus
Girls Basketball Coaches – Coach Valentini and Coach Minehart
Wrestling Coaches – Coach O'Donnell, Coach Titock and Coach Mariano



NOVEMBER, 2019

Mon	Tue	Wed	Thu	Fri
				1 BREADED CHICKEN SHAPED DRUMMIES (4) MASHED POTATOES With Gravy TENDER PEAS JUICY ORANGE WEDGES
4 SLOPPY JOE On A WG Bun OVEN FRENCH FRIES GREEN BEANS MIXED FRUIT CUP	5 CHEESE QUESADILLA OR CHICKEN QUESADILLA W/Salsa & Sour Cream FIESTA BLACK BEANS GOLDEN CORN CHILLED APPLESAUCE	6 CHEESE or PEPPERONI PIZZA SLICE FRESH BROCCOLI FLORETS With Ranch Dip TENDER CARROTS CHILLED PEACHES	7 <i>School Improvement Day</i> <i>Students Half Day</i> <i>No Lunch Served</i>	8 <i>Teacher Institute Day</i> <i>No Students</i> <i>No Lunch Served</i>
11 BEEF HOT DOG On A WG Bun OR TURKEY CORN DOG BAKED VEGETARIAN BEANS CARROTEENIES With Ranch Dip MIXED FRUIT CUP	12 EGG, CHEESE & CHICKEN SAUSAGE MUFFIN SANDWICH TRI-POTATO PATTIES (3) POWER PUNCH JUICE BOX FRESH APPLE SLICES	13 ROUND 5" CHEESE PIZZA FRESH GARDEN SALAD With Cherry Tomatoes - Br w/Assorted Salad Dressing TENDER PEAS CHILLED PEACHES	14 CHEESY LASAGNA ROLL-UP (Meatless) IN MARINARA SAUCE with Breadstick CARROT & CELERY STICKS With Ranch Dip GREEN BEANS CHILLED PEARS	15 CHICKEN NUGGETS (5) With Dinner Roll OVEN FRENCH FRIES GOLDEN CORN JUICY ORANGE WEDGES
18 BREADED CHICKEN PATTIE On A WG Bun CARROTEENIES With Ranch Dip GREEN BEANS CHILLED APPLESAUCE	19 BBQ RIB SANDWICH On A WG Bun SWEET POTATOES FRIED FRESH BROCCOLI FLORETS With Ranch Dip CHILLED PEACHES	20 BOSCO CHESSE STICKS (2) With Marinara Sauce FRESH GARDEN SALAD W/ Cherry Tomatoes & Sliced Cucumbers w/ Asst. Salad Dressing TENDER CARROTS FRESH APPLE SLICES	21 BAKED POTATO Topped with Broccoli & Cheese Sauce And Dinner Roll CRUNCHY CELERY STICKS With Ranch Dip CHILLED PEARS	22 HAMBURGER OR CHEESEBURGER On A WG Bun OVEN BROWN FRENCH FRIES BAKED VEGETARIAN BEANS MIXED FRUIT CUP



Value Meal Lunch Price: \$3.00 (Meal includes Choice of Milk)

Reduced Meal Lunch Price: \$0.40 (Meal includes Choice of Milk)

Milk: \$0.40

Menu Subject to Change Due to Market Conditions and Product Availability





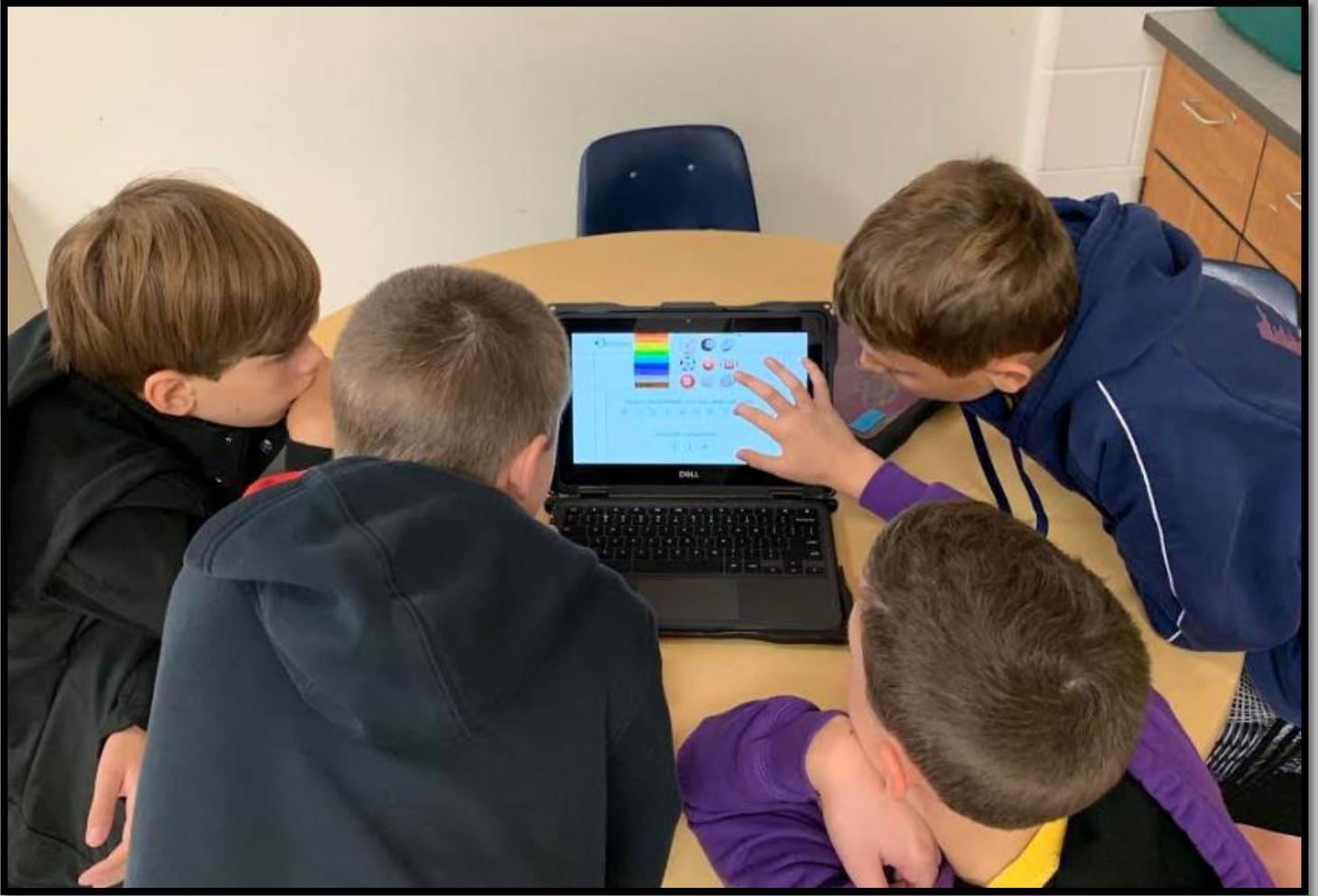
Want to discover cool things happening across the district? Discover The 301, a podcast hosted by instructional coaches Stacy Reagan and Michael Doyle. We travel the district to interview interesting people and events happening across Central 301. Listen in your car or on your phone!

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Author Jasmine Warga visited PKMS!





Break Out Box Fun in Dr. Benders' Class

