



CANTRALL INTERMEDIATE SCHOOL
WARRIOR WEEKLY



THURSDAY, MARCH 9, 2017

Stacey Binegar, Principal

“Success isn't always about greatness. It's about consistency.
Consistent hard work leads to success. Greatness will come.”

~ Dwayne Johnson

PARCC Testing Begins Next Week

Well, the time has come and it has quickly snuck up on us.... It's time for state PARCC testing. At CIS each grade level will be testing during one week over the course of 3 weeks. The schedule is as follows:

Week of March 13: 6th Grade

Week of March 20: 4th Grade

Week of March 27: 5th Grade

The test itself will usually be given in about 3 days; two sessions per day. All grade levels are tested in language arts and math. Fifth grade will also be taking the Illinois Science Assessment during that week. Students will still be participating in the exploratory and PE classes, but may have slightly adjusted schedules. Each grade level is planning to build in some incentives for students who are working hard and giving their best effort. We have a lot of accomplishments by our students that we hope shine through on our PARCC results. Although it is a State test, it is always good practice to review and reflect on our scores, continuously making efforts to improve. Please encourage your child to do his/her best.

There are a few important things that I'd like to remind you of prior to testing.

- **Attendance** is critical. It is such a benefit to students when they are here each day, on time, for testing. Being here helps students feel ready and less overwhelmed versus having to be pulled at later dates for make ups. Please do what you can to support your child in being at school each of his/her testing days.
- **Breakfast** is important. Please ensure that your child has a healthy breakfast that will sustain him/her through their morning tests. Proteins, such as eggs, cheese, nuts, and/or Greek yogurt provide a nutritious stable start to their day!
- Get a good night's **sleep!** It is so helpful when students are rested as they begin their assessments. Best case, students get 9 – 11 hours of sleep for 4th through 6th graders.
- Be **Positive!** Staying calm will help your child stay calm. If s/he gets nervous about tests or is likely to experience anxiety during the tests, help him/her practice some relaxation techniques that s/he can try once s/he is taking the test!

Finally, remember that standardized tests and grading systems are not perfect. As you help your child do their best on the tests they take and in all of their schoolwork, also remind them that testing is just one part of their education. With your support and involvement, your child will be well on her way to a bright future.

If you have any questions regarding the content or procedures for PARCC testing, please do not hesitate to contact me or your child's teacher(s). Thank you for your support!

Mrs. Binegar ☺

Athens PTO BIG RAFFLE! One more weekend to sell!

Tickets have been sent home with each student and sales started March 1st and will end March 13th. Purchase your tickets today from any student at CES, CIS or AJHS or email PTO at athenspto213@hotmail.com.

Tickets are 1 for \$10 or 3 for \$25.

Student incentives are:

If you sell 1 ticket = doughnut, sell 6 tickets = \$5 movie card and TOP 3 Sellers = Pot of Gold!!

Prizes are \$1000, \$500, or \$250. **Winners will be drawn on March 17th.**

All money earned through this fundraiser is put back into the schools through field trips, assemblies/plays, technology, teacher supplies and much more!

Our new "Rising Star" student corner will feature students who participate in interesting and fun non-school related activities or sports outside of school. If you would like to feature a student in our newsletter, send a short paragraph about the student's activity and a photo of the student doing the activity to lwood@athens-213.org. We know we have students doing things we don't know about!

"Rising Star": Molly Adams

Molly Adams has been in competitive gymnastics for five years. She practices four days a week for a total of 11 1/2 hours per week. Molly recently placed 2nd All-Around at the St. Louis Classic. Molly competes on beam, bars, floor, and vault. Her favorite event is beam. She loves the sport and the friends she has made over the years.



From the Nurse's Desk.....Head Lice Information

This is a reminder that even though HEAD LICE is always around we see an increase in the winter months. Please be checking your student at home. If you should find any signs of head lice please treat anyone who has it, your house and your car. I know it is a lot of work but, with everyone's help hopefully we can keep others from getting it. If a student gets head lice they are to stay home until treatment is complete. Students will be sent home if live lice are found. All nits need to be removed also in order to fully get rid of the lice. There are cases of "super" lice in Illinois which are not killed with some of the over the counter products. There are other options to try if your home should get the "super bug". There is also a Lice Clinic in Springfield who may also be able to help. Their website is www.LiceClinicSpringfield.com and phone number is [217-546-0532](tel:217-546-0532). If you have any questions feel free to contact me at 487-7312/487-9082 or akreynolds@athens-213.org.

Thank you for all your help to protect your student and others during this time.

Boys 7th Grade Basketball Meeting

Coach Brandon Grimsley met with 6th grade boys interested in basketball today during lunch with information about 7th grade basketball. There will be parent meeting on **Monday, March 13th at 8:00 pm** (to avoid practices, etc.) in the high school library with Coach Grimsley who will also give parents necessary information on 7th grade boys basketball. You can email him at bmgb_boy@yahoo.com.

Track season begins!

6th grade boys and girls: Please sign up for track in the office. Practice starts March 13th. A mandatory parent meeting will be at CIS in the library at 5:15 after the first practice. Ms. Abbey Schlindwein, Jr. High teacher, is the head coach and you can contact her by email at aschlindwein@athens-213.org.

AYSA Baseball, Softball, and T-Ball

Registration is now open for the AYSA 2017 baseball, softball and t-ball season. Games will start early May and finish up in early July. Ball games will be played at the Athens park and surrounding towns. T-Ball will start at the end of May and will be played Saturday mornings at the Athens park. Spring is just around the corner, so sign up today at www.aysa.info.

March Character Trait:

TRUSTWORTHINESS

Think ``true blue`` • Be honest • Don't deceive, cheat, or steal • Be reliable — do what you say you'll do • Have the courage to do the right thing • Build a good reputation • Be loyal — stand by your family, friends, and country.

Set-Free Reading Program

Mrs. Linda O'Toole, retired Reading Specialist in the Athens School District and director of the Set-Free Reading program, and her husband, Greg, will be moving to Phoenix, Arizona to live near their two sons and their families! However...Mrs. O'Toole will continue as director and oversee the Set-Free Reading program in the Athens, Williamsville and Springfield areas along with qualified staff and volunteers. A farewell reception will be held on Sunday, April 2 from 9-10:30am at the Family Life Center at the Athens Christian Church. Please stop by to wish Greg & Linda farewell in their big move! To learn more about the Set-Free Reading program and to get information, go to setfreereading.org or visit their Facebook page. (see invitation attached to this newsletter)

Set your clocks forward one hour Saturday night, March 11th.



IMPORTANT DATES

Friday, March 10—Report Cards sent home
Saturday, March 11—Litchfield Solo & Ensemble Contest (see information from Mrs. Anderson/Mr. Ernst)
Saturday, March 18—Choir Contest--TBA
Thursday, March 23—Mulan Jr. performance 7:00pm
Friday, March 24—Mulan Jr. performance 7:00pm
Saturday, March 25—Mulan Jr. performance 7:00pm
Sunday, March 26—Mulan Jr. performance 3:00pm

APRIL

Thursday, April 6—*CIS Student Spring Pictures by Inter-State Studios (forms will be sent home March 23rd)*
Friday, April 7—Spring Break begins! Early out 2:00
April 10-14—No School, Spring Break
Monday, April 17—School Resumes from break
Thursday, April 27 – 5th Grade Mark Twain Field Trip

MAY

Wednesday, May 24—CIS Fun Day with Inflatables! (Full day of school)
Thursday, May 25—Last Day of School—Early Out at 2:00 (tentative depending on snow/emergency days)
Friday, May 26—Teacher Workshop (tentative depending on snow/emergency days)
Friday, May 26—AJHS 8th Grade Promotion
Saturday, May 27—Athens High School Graduation