

HOME SCOOP



Seasons Greetings from Skokie School



As we reflect on the first part of the school year, we can't help but feel deeply thankful and proud to be a part of the Skokie School community. We marvel with true appreciation at the gifts that our students have contributed to the school community.

Our students bring mature voices and creative thinking that reflects a deep interest in not only a kind and just community, but the well-being of others throughout the world. Whether they are forging partnerships with students in Africa through REACH, extending a warm hand to help families in need during the holiday season, or striving to treat one another with empathy and understanding, our students are contemplating ways to make the community and the world an inclusive place for everyone. We thank them for their hard work, and the respect and caring they have extended to one another, to the community, and to us.

We say a special thank you to you, their parents, for your many kind words of support and encouragement. We appreciate your dedication to partnering with us to make your child's educational experience one of innovation, discovery, and love for life-long learning. We value the time you invest in your children and look forward to continuing our dialogue to further support their growth.

Finally, we are thankful to the PTO and the Winnetka Public Schools Foundation for being champions of the rich educational experiences we value so deeply. Their gifts support our mission to model life-long learning for our students, to share the passion of discovery, and to be innovative in ways that foster and honor creativity.

We wish you the merriest of holiday seasons, and a healthy, happy
New Year!

The Next Two Weeks

Dec.19- Jan. 2	Winter Break
Tues. Jan. 3	Classes Resume
Mon. Jan 16	No Classes
	Dr. Martin Luther King, Jr. Day

THE SKOKIE SCHOOL
520 Glendale Avenue
Phone: 847.441.1750
Fax: 847.441.2193

THE INSIDE SCOOP

-Page 1-

Season's Greetings from Skokie School
The Inside Scoop
The Next Two Weeks
Looking for Community News Updates?

-Page 2-

Winter Reflections from the Health Office

-Page 3-

From the Health Office
Resources continued

-Page 4-

From the Resource Center



Looking for Community News Updates?

To access updates to community news, events, and partnerships please go to:
[http://www.winnetka36.org/
communitynews](http://www.winnetka36.org/communitynews)



Winter Reflections from the Health Office

Marianne Siegel, RN
Skokie School Nurse 847.441.2194

Winter is, for many of us, a time to relax and look forward to a new year with all the possibilities of good things that will happen in the coming months. We may spend more time indoors, and have a chance to visit with family, friends, and neighbors around an inviting fireplace or share warm cups of cocoa.

We can reflect on the past year and take a few moments to ponder our hopes and wishes. The new year means a new start for many, and can also allow us to renew our efforts in reaching goals that we wish to keep.

Winter can also be a season with challenges in weather and health. It is important we take care of ourselves; to keep our focus on what we consider important. There may be others who could benefit, even in small ways, in caring for themselves and their families by using local resources they may not have known were available.

With this in mind, I spoke with our local Social Services Administrator from New Trier Township, Jeanne Winsted Rosser. She has a wealth of information to share. Included below is a list of resources touching on a variety of subjects that are available to New Trier township residents. For any questions, she is available at 446-8201. Additional information may also appear on the township website, www.newtriertownship.com.

- ❖ Emergency Assistance is available for many daily needs. These include food, housing, utilities, clothing, and other daily necessities.
- ❖ There is a Children's Dental Clinic in Evanston that is not restricted to residents of Evanston. The number there is 847-866-2953 or email at dental@cityofevanston.org
- ❖ For health care, there is the "North Shore Health Center" in Highland Park that is not restricted to residents of Lake County. The phone number is: 847-984-5300. Evanston Hospital also has a Clinic that is available based on financial eligibility. Contact Patient Financial Counseling at (847) 570-2000, extension 2700, Room 1222, 1st floor. Heartland Health Center in Lincoln Square, 2645 West Lawrence (Lawrence & California) offers a comprehensive health services clinic with a sliding scale (including dental and mental health services). Visits, including labs, can be as low as \$30.00.
- ❖ Josselyn Center in Northfield, 405 Central Street, offers mental health services on a sliding scale. (847) 441-5600. Family Service of Winnetka-Northfield is another resource for supporting families with their mental health needs. They also have sliding scale fees. Their number is 446-8060.
- ❖ The "All Kids" program is a statewide option/alternative for health care insurance coverage that also can include adults. This is especially helpful for families that do not have current health insurance coverage. The website is: www.allkidscovered.com The Hotline number is: 1-866-255-5437.

Please see the bottom of the next page for additional resources.



From the Health Office

Strategies to Stay Well

Marianne Siegel, RN
Skokie School Nurse 847.441.2194



Here's a Bundle of Health and Safety Tips for the Holidays
Have a fabulous winter break! See you next year!

- ❖ Wash your hands often to reduce chances of not feeling well.
- ❖ Bundle up to stay warm.
- ❖ Wear your hats and gloves, warm socks, scarves and zippered jackets
- ❖ Stay as dry as you can when outside. This means your feet, too!
- ❖ Find balanced ways to manage your free time.
- ❖ Talk with a trusted adult if you need help figuring out a concern.
- ❖ Keep screen time in check with other non-screen hobbies and activities.
- ❖ Wear your seat belts.
- ❖ Wear helmets when participating in winter sports.
- ❖ Use toys for their intended purposes.
- ❖ Keep small objects out of your mouth.
- ❖ Be careful around stoves, candles, and fireplaces.
- ❖ Make healthy choices when eating and drink plenty of water each day.
- ❖ Set a goal of one hour of active play or exercise on most days.
- ❖ Tell your parent or an adult if you are injured or don't feel well.
- ❖ Listen to music set to volumes below the halfway point on the dial.
- ❖ Cross streets carefully at the corners, especially on dreary days or evenings.

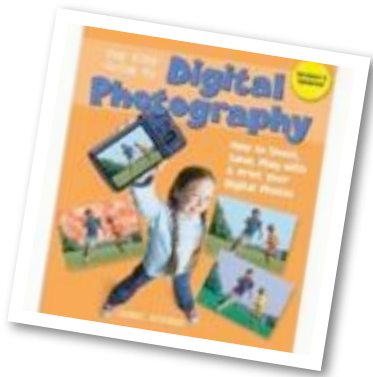
(Resources continued from previous page)

- ❖ At our North Shore Senior Center, 161 Northfield Road, Northfield, there is assistance with heating costs for families regardless of age. Call 847-784-6040 for more information on the LIHEAP Program (runs from September through May). The Social Services Department can book an appointment.
- ❖ Scholarships are available through the township for local day camps for children. Many camps open registration in the winter, so this may be a viable alternative when planning the family budget in the months ahead. Application forms will be available online at www.newtriertownship.com. The Township partners with the Winnetka Park District. Scholarships are also available for Before/After School childcare. Applications are available online at www.newtriertownship.com
- ❖ The Township distributes Target gift cards to assist with the purchase of school supplies. Families receiving financial assistance from District 36 are eligible. Please contact Jeanne Rosser.
- ❖ The Township offers a Community Support Grant program to residents with family members who have a physical, mental, and or/emotional disability. Grants of \$1500 are awarded on a lottery basis. Applications are now being accepted and are available on the Township website, www.newtriertownship.com. Deadline for application submission is December 30th.

From the Resource Center

Mrs. Candy Gordon, Director

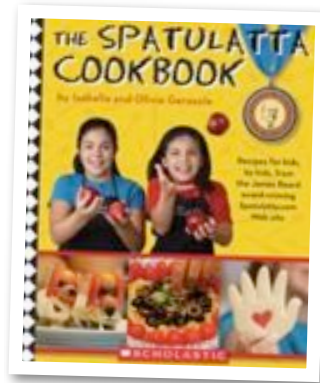
The holidays and vacation are almost here. It's time to think about presents and fun activities for the holidays. Borrow a book that demonstrates how you can be creative and generous this year. Homemade presents are so appreciated, so make the perfect gift for your parents, siblings and friends.



**The Kids' Guide to Digital Photography:
How to Shoot, Save, Play with and Print your Digital Photos**

By Jenni Bidner

Improve your photography skills! Learn how to take great pictures. Then use your computer skills to improve those pictures. This book also includes suggestions that will inspire you to make great gifts with your images.



**The Spatulatta Cookbook:
Recipes for Kids, By Kids from the James Beard Award-Winning Spatulatta Web Site**

By Isabella and Olivia Gerasole

Do you want to give a delicious gift to your family? Try making some food! This book contains easy to follow recipes. Directions for main courses, sides and even desserts are accompanied with lots of pictures. After you've cleaned your plate, remember to clean the kitchen.



**Cool Crafts with Old Wrappers, Cans and Bottles:
Green Projects for Resourceful Kids**

By Carol Serrine

You can create a great gift and be kind to the environment too! This book presents directions for 9 gift worthy crafts. Make lovely picture frames, jewelry, boxes and other items from old wrappers, bottles and other recyclable materials. Great illustrations accompany the step-by-step instructions.