

THREE RIVERS SCHOOL

Principal: Mrs. Kavich
Office Phone: 467-4313
Absence Hot Line: 521-1991
Website: <http://www.csd17.org>

Click on the link to see
community events through
our
[virtual backpack](#).

April 26, 2018

News You Can Use

“Teaching Responsible Scholars”

April

26th... [School Supply Kits on Sale Now](#)
27th... [Family Movie Night](#)

May

1st ... Music Boosters 7:00@TRS Art Room
2nd ... [PTO Coffee&Donuts 9:00@Public Library](#)
8th ... Little Caesar's Pizza Pickup 6-8@NBG
10th ... [PTO Meeting 6:30@NBG](#)
11th ... School Improvement Early Release 11:00
7th ... [Mom Yoga Night with Robin 7:00@TRS](#)
18th ... Yearbooks Distributed
21st ... Board Meeting 7:00@Pioneer Path
24th ... 8th Grade Graduation 6:30@MCHS South Campus
28th ... Memorial Day No Student Attendance
29th ... Class Picnics
30th ... Last Day Student Attendance Release@12:50pm



Young Innovators Camp

We are once again hosting Young Innovators Camp this summer. **Students entering 5th-8th grade** can register for this 1 week camp from July 9-13 from 8:30-3:30 for only \$100. Campers will work to solve a problem using design thinking principles culminating in a showcase for parents at the end of the week. Learn more and register at bit.ly/CSD17YI.

MUSIC BOOSTERS NEWS

Just a few reminders:

All Bowling/Golf Outing permission slips are **due back Friday, April 27th**.
All Music Camp Scholarship applications are **due Friday, April 27th**.

River Clean Up at Four Rivers Environmental Center-**Saturday, May 12th from 10:30am-12:30pm**. This volunteer opportunity helps offset the permit cost for our Forte 5K fundraiser. Long pants/sleeves advised in case of poison ivy. Anyone interested text/call/email Janeen Barloga at jbarloga@sbcglobal.net or 815.212.5662.

Next Booster Meeting: **Tuesday, May 1st at 7pm** in the Art room at Three Rivers School.



NURSE SHOTS

Healthy Drinks for Healthy Kids

We know it's important to get kids to eat healthy foods, but what about getting them on board with healthy drinks? What kids drink can greatly affect how many calories they consume and the amount of calcium (needed to build strong bones) their bodies get.

Serve Water and Milk

For kids of all ages, water and milk are the best choices, so let them flow. Besides having zero calories, water is a no-sugar thirst-quencher. And 1 cup of milk has 300 milligrams of calcium, so it's a big contributor to a child's daily needs.

Here's how much calcium kids need each day:

toddlers (ages 1 to 3 years): 700 milligrams of calcium daily

kids (ages 4 to 8 years): 1000 milligrams

older kids (ages 9 to 18 years): 1,300 milligrams

The current dietary guidelines for milk or equivalent dairy products or fortified soy beverages are:

- Kids ages 2 to 3 should drink 2 cups (480 milliliters) every day.
- Kids 4 through 8 should have 2½ cups (600 milliliters) per day.
- Kids 9 and older should have 3 cups (720 milliliters) per day.

Choose fat-free (skim) or low-fat (1%) milk products most of the time.

When kids drink too much juice, juice drinks, sports drinks, and soda, these beverages can crowd out the milk they need. Sugary drinks also can pile on the calories.

Put Limits on Juice

If your child likes juice, be sure to serve 100% juice. Also follow these recommended limits:

up to 6 months old: no juice

- 6-12 months old: no more than 2-4 ounces (120 milliliters) per day, always served in a cup
- 1-6 years old: 4-6 ounces (120-180 milliliters) of juice per day
- 7-18 years old: 8-12 ounces (240-360 milliliters) of juice per day

Say No to Soda

Soft drinks are commonly served to kids, but they have no nutritional value and are high in sugar. Drinking soda and other sugared drinks can cause tooth decay. Colas and other sodas often contain caffeine, which kids don't need. In addition, soft drinks may be taking the place of calcium-rich milk.

One study found that, on average, preschoolers drank less than the recommended 16 ounces of milk each day while drinking 8 ounces of soda and fruit drinks (not including 100% fruit juice).

If soda habits start when kids are little, chances are they will drink increasing amounts as they get older. In older kids and teens, drinking soda has been linked to excessive weight gain and other problems.

That said, many kids like soda and will request it. As a rule, don't serve it to babies, toddlers, or preschoolers. With older kids, let them know it's a once-in-a-while beverage. Don't ban it entirely if your kids like it now and then — that's likely to make it more appealing and they will be more inclined to overdo it when they get the chance!

http://kidshealth.org/parent/homework/school_food/drink_healthy.html#



Tech Talk

Cyberbullying Laws in Illinois

Cyberbullying isn't just mean or inappropriate behavior online; it could cross the line into illegal behavior.

Because of this, it is important to understand what laws exist in the state of Illinois that relate to cyberbullying. [The Cyberbullying Research Center](#) has a nice state by state summary on their website of laws that pertain to cyberbullying. Illinois law includes a definition of what constitutes bullying and cyberbullying; requirements and responsibilities of schools related to cyberbullying; and an explanation of the harassment through electronic communication law. [Click here to read a more detailed summary of Illinois's laws.](#)

OUR DRUG-FREE PLEDGE

The faculty and staff at Three Rivers School are committed to promoting the safety and well-being of our students through our ongoing anti-drug efforts. We believe that we are blessed with some great students and an outstanding community, however, the impact of drug abuse can be felt in all areas. Students are aware that the possession, distribution, or use of drugs at school or any school related function is absolutely prohibited. The school reserves the right to search school property and equipment owned or controlled by the school (such as lockers, desks and parking lots). Although we believe that our students make good choices in regards to drug usage, we also believe in being diligent in the deterrence of any and all drug abuse. We also intend to allow local law enforcement to conduct drug-dog searches to help ensure a safe and drug-free environment at least once every school year