

THE GALLOWAY GAZETTE

WEEKLY NEWSLETTER FROM N.B GALLOWAY SCHOOL



Principal: Dacia Cobarrubias
Office Phone 467-4311
Absence Line: 521-3191
Website: www.csd17.org

upcoming dates

11/15 - REPORT CARDS VISIBLE TO PARENTS

11/25 - NO SCHOOL
PARENT/TEACHER CONFERENCES

11/26 - 11/29 - NO SCHOOL
THANKSGIVING BREAK



Parent/Teacher Conferences are on November 25, 2024 from 10:00am to 8:00 pm.

If you would like to meet with a "specials" teacher, they are available by appointment.

Please contact to schedule:

ART - Ms. Schaeflen
lschaeflen@csd17.org

PE - Mrs. Bosman
abosman@csd17.org

MUSIC - Mrs. Pettigrew
cpettigrew@csd17.org

STEM - Mrs. Ragain
kragain@csd17.org

SANTA'S Secret shop AND VENDOR FAIR

DECEMBER 7TH
9AM - 1PM

CHANNAHON JR. HIGH
24817 W. SIOUX DR., CHANNAHON

At Santa's Secret Shop, Santa's Elves help children pick out & wrap small gifts for their loved ones!

How it works

- Have your child make a list of people they want to purchase gifts for.
- Include a hint with each name (age, relation etc).
- Most children will want something for themselves, so consider adding them to the list!
- Place the list & \$3 for each person in an envelope.



Children can shop & wrap gifts, while families indulge in a bake sale featuring delicious treats, alongside vendors & crafters! Complimentary coffee & hot cocoa included



hosted by the Channahon PTO

Cash and cards, as well as checks made payable to Channahon PTO, will be accepted.



Wear your CREW shirts every Thursday!

How much CREW CASH has your crew earned?



TECH TALK

SEASONAL STEM

It's dark by 5 pm. The kids have already played outside, had sports practice, rehearsals, and a snack and you still have a few hours before bedtime! Although it is tempting (and enjoyable) to spend each night watching a new movie or scrolling through your phone, might I suggest getting the kids together for a fun STEM activity! STEM stands for Science, Technology, Engineering, and Math and focuses on:

Problem solving: students learn to solve real-world problems creatively

Critical thinking: students learn to analyze problems and make predictions

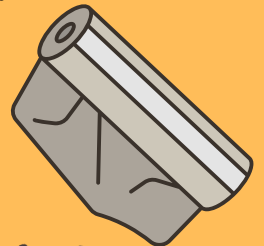
Communication: students learn to share their results and work with others

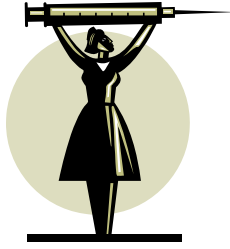
Creativity: students learn to be innovative and think independently

These activities aren't just about the end result. So much learning and developing happens throughout the process of problem solving, brainstorming with others, and persevering through the challenges. I highlighted activities that don't require special materials, don't make a huge mess, and, depending on the age of your kids, require minimal adult facilitation. Consider printing out a few options and pull these activities out on those nights you're looking for something different to do as a family or when you need 30 minutes to finish dinner.



[Balloon Car](#)
[Invisible Ink](#)
[Popsicle Stick Catapult](#)
[Paper Rocket](#)
[Aluminum Foil Boat](#)
[Paper Bridge](#)
[Shadow Puppets](#)
[See More](#)





NURSE SHOTS

The Benefits & Tricks to Having a Family Dinner

Eating at least three family meals together each week is associated with healthier kids, according to a study published in *Pediatrics*. This was a large meta-analysis of more than 180,000 children, a well-designed study for those of us that like science and data. But trying to put together a healthy meal between all your kids' extracurricular activities and the business of family evenings can be very challenging.

Here are 5 ways that family meals keep kids healthy:

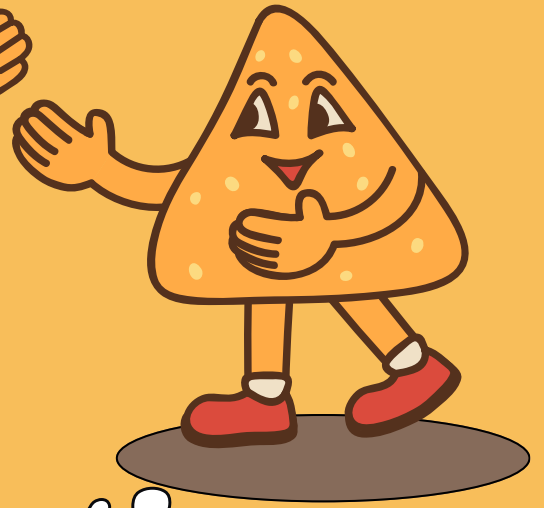
1. **Family meals prevent excessive weight gain:** Eating 3 or more family meals (*meaning at least one parent is present and the meal is prepared at home*) results in a 12% lower likelihood of children being overweight.
2. **Family meals teach healthy food choices:** The eating habits of childhood often last a lifetime. Families that ate at least three meals together each had a 20% decrease in unhealthy food choices. Teaching your children to enjoy healthy foods rather than junk foods is a gift that will stay with them through adulthood.
3. **Family meals prevent eating disorders:** Children and adolescents who ate family meals at least three times per week had a 35% reduction in disordered eating habits such as anorexia and bulimia.
4. **Family dinner improves social-emotional health, too:** The ability to understand emotions, express empathy, demonstrate self-regulation, and form positive relationships with peers and adults is called social-emotional health. Young children with high social-emotional health adapt well to the school environment and perform well academically, even in long term studies. Guess which kids had the best social-emotional health? The ones who ate family dinner together regularly and talked about their day, told stories, etc.
5. **Family dinner can help kids deal with cyberbullying:** About one-fifth of adolescents are victims of cyberbullying, putting them at risk for depression, substance abuse, and a host of other concerns. But adolescents who eat regular family dinners handle cyberbullying better and are less likely to engage in substance abuse or develop psychiatric health concerns, even after their involvement in face-to-face bullying is taken into account.

Trying to get the dinner on the table between sports practices and evening meetings is hard to balance. It's so easy to just pick up fast food and have a picnic dinner at the soccer field. But, fast-food bad habits are easy to start and hard to break.

Here's some tried-and-true tricks to keep family dinner a reality on busy evenings:

- **Freezer cooking:** On nights when you are making an all-out dinner, double it and freeze the other half. If you know that Thursday nights are always crazy, but Tuesdays are easier, plan to shop for and cook a double meal on Tuesday that you can eat again on Thursday.
- **Love your crock pot:** Get all your cooking done earlier in the day, plug it in, and have it all ready to go at dinner time.
- **Use paper plates:** Don't be afraid to use disposable plates and cups at home. One of the appeals of fast food is easy clean-up and no dishes. It's better to eat healthy food on paper plates than buy fast food.

<https://www.healthychildren.org/English/family-life/family-dynamics/Pages/Mealtime-as-Family-Time.aspx>

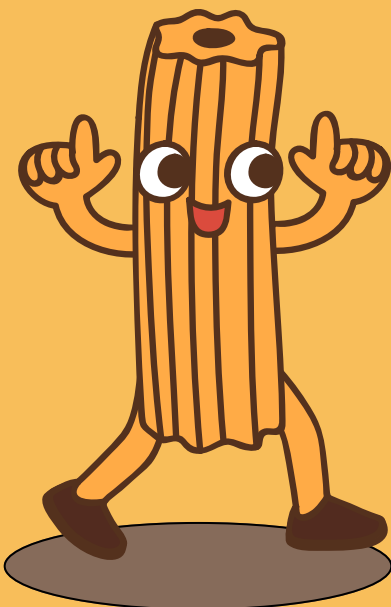


Snack Donations Needed

Show our amazing faculty and staff some love and sign up below to donate snacks or drinks for Parent Teacher Conferences.

Drop off donations by November 22nd

[Sign up here](#)





WE ARE EXCITED TO
ANNOUNCE OUR
SANTA'S SECRET SHOP
CRAFT AND VENDOR
FAIR

DECEMBER 7, 2024
FROM 9AM TO 1PM
Channahon Junior High

INTERESTED IN SETTING UP A BOOTH?
Please fill out the Crafter and Vendor
Interest form below!
A volunteer will respond to you with
the next steps within 48 business hours.

[CLICK HERE TO COMPLETE
THE FORM](#)

Volunteer Your
Time For



Santa's Secret Shop

Spread holiday cheer
and be a part of the magic!

12/06/2024

12/07/2024

HOW CAN YOU HELP?

- FRIDAY, DEC. 6TH FOR SET UP
- SATURDAY, DEC 7TH FOR THE MAIN EVENT

Spread the Joy!

[Sign up here](#)





SANTA'S SECRET SHOP ANNUAL BAKE SALE!

DROP OFF FOR
BAKED GOODS

Friday, Dec 6th 3pm-5pm
&

Saturday, Dec 7th 8am-8:45am
Channahon Junior High

Homemade or store-bought,
we would love them all!

[Please sign up here](#)

