

# BULLDOG BULLETIN



## WEEKLY NEWSLETTER & MENU

Germantown Elementary School, District #60  
401 Walnut St., P.O. Box 400, Germantown, Illinois 62245  
(618)523-4253 Fax-(618)523-7879 www.germantownbulldogs.org

**Mrs. Robin Becker**

School Board Meeting, second Wednesday of each month at 7pm,  
Everyone welcome.

## WEEK OF FEBRUARY 11, 2019

### MENU

**MON:** Bosco Sticks, Marinara Sauce, Broccoli/Cheese, Grapes, Milk  
**TUE:** Chili, Crackers, Cooked Carrots, Pineapple Chunks, Milk  
**WED:** Country Fried Steak, Roll, Mashed Potatoes/Gravy, Peaches, Milk  
**THR:** Chicken Nuggets, Bread, Celery/Dip, Applesauce Cup, Milk  
**FRI:** NO SCHOOL

### SALAD BAR GRADES 1-8

February Lunches: 48.45

Extra Milk: .35

Ala Carte: 1.50 GRADES 5-8

### MRS. BECKER'S NOTES

We are partnering with Kris Fulkerson from Coping 4 Kids ~ Coping 4 Life to offer the following parent workshops in the school cafeteria:

**February 20 from 6:30-7:30 Better Parents Equal Better Kids**

As parents, we know the importance of self-care. We hear it, read about it, and see it every single day. Ads, Facebook stories, and our friends are constantly telling us that self-care is important. But, how many of us truly understand how important self-care is for our children? The better you feel, the better your child will feel. This presentation will outline the relationship between your mental health and your child's mental health and behaviors. It will offer suggestions and ideas to put into practice for managing your own stress – simple tools that can be used anytime, anywhere, as well as long term strategies for self-care.

**March 18 from 6:30-7:30 Kids and Technology**

Kids today relate to each other and the world markedly different than their parents' generation. In fact, while technology was a novelty just twenty years ago, today's children are growing up in a social world driven by technology. This presentation will discuss kids' typical uses of technology from a social perspective, as well as parental suggestions for guiding our kids in this technologically driven world. Parents will leave this presentation with a general understanding of the risk factors associated with technology use by kids, tips on how to manage kids' technology use, and behaviors that are typical of kids social behaviors today.

We hope to see you there.

Germantown Library would like to begin monthly storytimes for children ages 1-5. Our first one will be held Wed. Feb. 27 at 11am. If interested, please bring the child/ren in your life for a few stories read by volunteers. Based on interest and attendance, we'll continue storytimes on the last Wed. of each month. If you can't make the first date, but are interested, please call the library at 523-4820 or stop in and let us know when would be a good time for you and your youngster.

### CALENDAR

**Feb. 15-Teacher Institute-NO SCHOOL**

**Feb. 18-NO SCHOOL**

### SPORTS NEWS

**Feb. 11-VB-Bartelso-A**

**Feb. 12-VB-ASA-H**

**Feb. 14-VB-District 12-H**

### SCOUTING NEWS

**Can Drives-Feb. 23**

### BAND NEWS

**Feb. 14-Uniform Fitting**

**Feb. 23-Solo/Ensemble @ Highland**

**Apr. 6-Full Band Contest @ Triad**

**Apr. 27-State Full Band Contest @ Triad**

**May 7-Spring Concert**

### PTA NEWS

Our fifteenth \$100 PTA raffle drawing was held on Friday, February 1. The week 15 drawing was sponsored by Southern OB/GYN Associates. The winner was Kristi Deerhake. The winning ticket was sold by Brylee Deerhake.

The sixteenth \$100 raffle drawing will be held on Friday, February 8. This drawing will be sponsored by Rolfindsmeyer Remodeling. A video of the drawing will be posted to the district Facebook page, Germantown Elementary SD #60.

It's not too late to enter tickets in the drawing. Tickets are available in the school office.

February 24<sup>th</sup>, 2019: Tee-ball / Baseball / Softball  
Registration in the School Cafeteria 8:30am - 11:00am for children that **will enter Kindergarten** next year thru the **current 8<sup>th</sup> grade** students. Registration will **ONLY** be held on February 24<sup>th</sup>. If you are unable to attend on the scheduled date; call, text or email Ron Arentsen at 618-806-0248; [ron.arentsen@att.net](mailto:ron.arentsen@att.net) PRIOR to this sign-up. Please make sure your child(ren) is present for registration to select uniform and size(s).

NOTE: There will be a late fee (\$50 per family) for anyone who registers after March 1<sup>st</sup>.

Mater Dei Baseball sign-up sheets in the office.