

FEBRUARY 2, 2023

NEWS YOU CAN USE

Teaching Responsible Scholars



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SAVE
THE
DATE

Three Rivers School-
Upcoming Important Dates

February

- 3 FIA Meeting
- 8 Early Dismissal @11a- School Improvement Day
- 10 FIA Meeting
- 20 No School- Presidents' Day
- 24 End of Trimester 2
- 27 School Board Meeting- 7p @ PP School

March

- 3 Trimester 2 Report Cards Sent Home
- 9 Early Dismissal @11
P/T Conferences 12:30-6:30p
- 10 No School- P/T Conferences 8-11a

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School starts at 7:58AM

Dismissal is 2:32PM

Channahon School District Kindergarten Round-Up 2023-2024

Channahon School District 17 would like to identify all prospective kindergarten students for the 2023-2024 school year. If your child will be five years old on or before September 1, 2023, and lives in the Channahon school district boundaries, please provide the following information so we can add you to our email list and forward registration information to you as it becomes available.

Child's Name (Last, First) Child's Date of Birth Parent/Guardian Name(s) Address Phone Number Email Address

This information can be emailed to lbartuch@csd17.org. If you have any questions, please contact Barb Sweet or Lisa Bartuch at (815) 467-4311.

According to a survey done in 2021, 31% of 8 year olds owned their own smartphone. Parents buying cell phones for their children at a young age has been trending upward since 2015 for reasons such as safety, convenience, and in case of emergencies. But parents need to do much more than just put the phone in a child's hands. Some things to consider:

- Managing and monitoring accounts and passwords for your child
- Setting parental controls on the phone
- Establishing guidelines for using the phone at home (only using in public areas of the house, not keeping the phone in the bedroom overnight, time limits, etc.)
- Discussions about sharing personal information, either online or with other people (including email addresses, cell numbers, etc.)

Kids today are labeled “digital natives” because technology has always been a part of their lives (unlike their parents), but that doesn't mean they automatically understand how to use technology devices safely. For more insight and ideas on how to help kids manage their cell phones, [check out this article](#).



Eight intrepid 6th graders participated in our annual 6th Grade TRS Spelling Bee this week. Emerging victorious by a narrow margin with the word “commemoration” was Brayden Franson, followed closely by Carter Andersen. The pair will next compete in February at the CJHS Spelling Bee, and then represent our school at the Will County Regional Spelling Bee at Joliet West in March!

Congratulations and thank you to ALL brave spellers who participated! Start studying for next year!

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TRS Testing Week

IAR testing week is coming up March 20-24. Please be sure to send headphones to school, as every student will need headphones to take the tests. If you have not already purchased them, please do, as soon as possible.

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Athletics



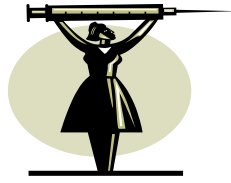
- ~ 6th Girls Volleyball & Wrestling are currently under way.
- ~ 5th Grade Boys Basketball Tryouts will begin Monday, February 13th. They will be right after school from 3-4:30p @ CJHS. Sign-Ups are now in the commons area.
- ~Parents just a reminder, sports physicals must be on file with the nurse before your child can participate.

You can access the Channahon Jr High Athletics site [HERE](#)

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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.



NURSE SHOTS

Don't Let Delivery and Takeout Foods Fumble Your Super Bowl

February 12 marks Super Bowl LVII and Americans from coast to coast will gather with friends and family to cheer on their team, enjoy the halftime show and partake in traditional football foods. While foods prepared at home remain a popular option, delivery and takeout options are convenient alternatives. Since this event can last up to four hours, harmful bacteria have ample time to develop in your favorite dishes, which increases the possibility of foodborne illness.

The U.S. Department of Agriculture's (USDA) Food Safety and Inspection Service (FSIS) wants to keep you in the game with some tips on how not to get benched by foodborne illness.

"Many Americans enjoy delivery and takeout foods during the Super Bowl for convenience, but food safety precautions are the same as food prepared at home," said USDA Under Secretary for Food Safety Dr. Emilio Esteban. "To prevent foodborne illness, food should not be left out for over two hours without proper heating or cooling and should be placed out in small amounts and replenished as needed to keep your family and friends safe."

Follow some tips from the food safety playbook to tackle foodborne illness head on throughout the game:

Play 1: Boost your Food Safety Defense Strategy with Four Simple Steps for Preparing Foods

You can't see, smell or taste harmful bacteria that may cause illness. When preparing food, follow the four guidelines below to keep food safe:

- **Clean** — When handling raw meat and poultry, wash your hands for at least 20 seconds and clean and sanitize surfaces often with soap, water and a sanitizer.
- **Separate** — Don't cross-contaminate. Use separate cutting boards, plates and utensils to avoid cross-contamination between raw meat or poultry and foods that are ready-to-eat.
- **Cook** — Cook to proper internal temperatures, checking with a food thermometer.
- **Chill** — Refrigerate promptly and do not leave food out at room temperature for over two hours.

Play 2: Block Foodborne Illness and Bacteria by Staying out of the Danger Zone

Leaving takeout and delivered foods out too long at room temperature is not safe. Dangerous bacteria can grow most rapidly in the range of temperatures between 40 F and 140 F (the Danger Zone), doubling in number in as little as 20 minutes.

- If you order food and it's delivered or picked up in advance of the big game, divide the food into smaller portions or pieces, place in shallow containers and refrigerate until ready to reheat and serve. You can also keep the food warm (above 140 F) in a preheated oven, warming tray, chafing dish or slow cooker.
- Perishable foods, such as chicken wings, deli wraps and meatball appetizers, should be discarded if left out for longer than two hours without something keeping them hot or cold. To prevent food waste, refrigerate or freeze perishable items within two hours.
- Leftovers should be reheated to an internal temperature of 165 F as measured with a food thermometer. If using a microwave to reheat, cover and rotate the food for even heating. Food should be placed evenly in a covered microwave safe glass or ceramic dish with the lid or wrap vented to let the steam escape.

Play 3: Get in the End Zone – Store Your Leftovers Safely

- To prevent bacterial growth, it's important to cool food rapidly so it reaches a safe temperature of 40 F or below as fast as possible. Divide large amounts of food into shallow containers and cut large items of food into smaller portions to cool.
- Place leftovers into airtight containers to help keep bacteria out and retain moisture.
- Leftovers can be kept in the refrigerator for 3 to 4 days or frozen for 3 to 4 months. Although safe indefinitely, frozen leftovers can lose moisture and flavor when stored for longer times in the freezer.

Stay food safe year-round with our free magnet with safe internal temperatures, available in English and Spanish. Contact the FSIS Outreach team at FSIS.Outreach@usda.gov to order yours today!

If you have food safety questions, call the USDA Meat and Poultry Hotline at 1-888-MPHotline (1-888-674-6854), email MPHotline@usda.gov or chat live at ask.usda.gov from 10 a.m. to 6 p.m. Eastern Time, Monday through Friday.

<http://USDA.gov>



CHANNAHON MUSIC BOOSTERS

CHANNAHONMUSICBOOSTERS@GMAIL.COM

5th Grade

BEGINNING BAND CONCERT

Tuesday, February 28th, 2023
6:30pm
Three Rivers School

5TH GRADE BEGINNING BAND CONCERT

Tuesday, February 28th

5th Grade Beginning Band Concert is Tuesday, February 28th, 6:30pm at the Three Rivers School.

Come out and support our new band members as they perform in their first concert!

Music Boosters will serve refreshments after the concert.

Upcoming Events!

Tuesday, February 7
Music Boosters Meeting
7:00pm
@ Channahon Junior High

Tuesday, February 28
5th Grade Beginning Band
Concert, 6:30pm
@ Three Rivers School

Wednesday, March 15
Italian Pasta Night Fundraiser
4:00pm - 7:00pm
@ Channahon Junior High

ITALIAN PASTA NIGHT FUNDRAISER

Wednesday, March 15th

The Band and Choir are hosting the 12th Annual Italian Pasta Night Fundraiser Wednesday, March 15th 4:00pm-7:00pm at the Channahon Junior High.

The Music Boosters will be serving up a pasta dinner with ice cream sundae bar while the band and choir students perform. Tickets are \$9/adult, \$8/Students and Seniors, children 3 and under are free. Enter to win a chance at some raffle baskets! All proceeds to benefit the music programs.

Questions? Please email:
channahonmusicboosters@gmail.com



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