

MAY 9, 2024

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](http://www.csd17.org)

**MAY 6 THRU 10 - TEACHER APPRECIATION WEEK!**

**MAY 20 - SCHOOL BOARD MEETING AT 7:00 PM**

**MAY 22 - FIELD DAY**

**MAY 23 - 11:30 DISMISSAL**



**FIELD DAY  
WEDNESDAY, MAY 22ND**

- BRING A SACK LUNCH, HOT LUNCH WILL NOT BE SERVED!
- WEAR SOCKS AND CLOSED TOED SHOES!
- DON'T FORGET SUNSCREEN AND A WATERBOTTLE!



REGISTER NOW!

**ONLINE  
REGISTRATION  
NOW OPEN**

log into your TeacherEase  
account to register

**REGISTER EARLY**

TECHNOLOGY RENTAL FEES:

K-4 GRADE - \$75	5-8 GRADE - \$100
	GRADUATION \$35

**REGISTRATION AFTER JULY 1:**

K-4 GRADE - \$100	5-8 GRADE - \$125
	GRADUATION \$35

If your child has medication at school please remember to pick it up before the end of the year. Thank you!

*Mrs. Venice*

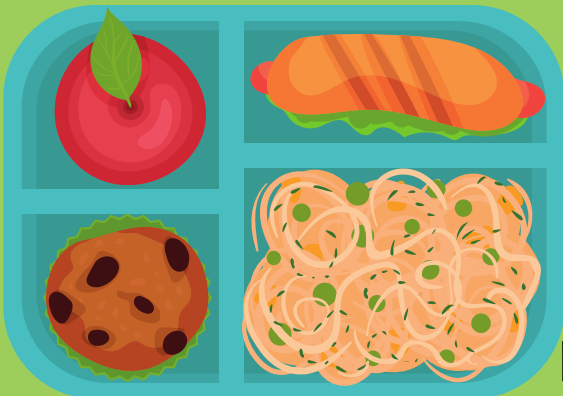


# TECH TALK

## Sextortion Is Real

Last month, the National Center for Missing and Exploited Children [released new data](#) on the issue of [sextortion](#), which is when children are threatened or blackmailed into giving money or gift cards after being deceived into sharing explicit photos of themselves to prevent those photos from being shared. It's disturbing to note that the number of reported cases jumped to nearly 28,000 in 2023 from nearly 11,000 in 2022. Also sad to note is that teenaged boys are increasingly the target of this kind of scam. What can parents do about this?

- Recognize that this is a very real issue.
- Talk openly in an age-appropriate way with your kids about the topic.
- Assure them that if they fall victim that they are not to blame and that you will find help.
- Report it to law enforcement.
- Monitor your kids' online activity, recognizing that all social media requires users to be at least 13 years of age to use their services.
- Make sure tech use happens in "public" areas of the home, like the family room or kitchen, not in places like the bedroom.
- Recognize that no application is "safe" for sending explicit photos, including apps like Snapchat which feel "safe" because the images and videos "disappear" after being viewed and the sender is notified if the recipient takes a screenshot.



## LUNCH ACCOUNTS

Please make sure that your student's lunch account balance is paid in full by year end. You can make a payment by logging into your TeacherEase account.



**STEP RIGHT UP! AND  
VOLUNTEER TO HELP  
TAKE DOWN OUR CIRCUS  
THEMED DECORATIONS  
FROM TEACHER AND  
STAFF APPRECIATION  
WEEK. WE ARE NEED OF  
VOLUNTEERS ON MAY  
10<sup>TH</sup>. PLEASE CHECK OUT  
THE LINK FOR TIMES AND  
LOCATIONS.**

**[CLICK HERE](#)**



# MAY PTO Meeting

Join us for the last PTO meeting of the school year.

Monday, May 13<sup>th</sup>

6:30pm

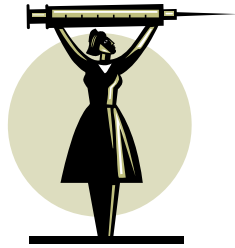
Channahon Junior High Idea Lab

We'd love to hear all of your fun and new ideas.

Elections for open PTO Board positions for the

24/25 – 25/26 school year  
will take place.





# NURSE SHOTS

## **Playing Outside! Why it's important for Kids**

No matter what the weather brings, playing outside is good for kids. There is scientific evidence that playing outside improves health, and children of all ages love it. Even as the COVID-19 virus continues to spread, outdoor time and nature exploration are safe for most kids. And we know that the more time a child spends in nature, the more likely they are to grow up to be good stewards of our planet—an environmental win!

**Nature is all around us.** We don't necessarily need to travel far to enjoy nature. Your family can connect with nature in a school playground, backyard, table-top garden, or even virtually (though not with all of the benefits). There are also many ways to find out what parks are nearby based on zip code, including some that you can get to by walking or taking public transportation. Many public green spaces have features and programs for all ages and abilities.

### **Playing outside & exploring nature is for all ages**

**Explore with preschoolers and younger children.** Young children are developing and learning from every experience.

- **Build nature sculptures** with twigs, leaves, cones, rocks and more by sticking the collected items into a play dough base. Ask your child what kind of patterns they see with the different items. Or, let your child play in mud with old pots, pans, utensils and household tools to develop senses and motor skills.
- **Bike or walk with the family** in your neighborhood or find a new park to explore. If you have a bicycle trailer or your child is able to bike, get some exercise while enjoying the outdoors. Describe what you see along the way and talk about the weather. Use a lot of details to help them learn new words and engage all their senses.
- **Take story time outside.** Grab a blanket, some books and find a shady spot to read with your child outdoors. Pick books that talk about nature and help your child make connections.
- **Outdoor playdates.** Meet up with friends outdoors to build social connections for both children and adults.

**Challenge older children & teens.** Stay engaged with the outdoors as a family. Take advantage of this time to bond over games and activities you all enjoy or challenge yourselves with something new.

- **Hold a nature scavenger hunt or start a nature collection.** Look for local plants, trees, animals and birds. Collect rocks, acorns, leaves or pinecones. See how many items children can find on a list, or gather objects to add to a collection.
- **Leave a trail.** Organize with parents of your children's friends to send kids on "secret spy missions." One family goes on a walk with sidewalk chalk, drawing arrows and letters along the way to spell out a secret message. The other family must then follow the arrows along the way to record the letters in the message.
- **Have a ball.** Kicking a soccer ball, throwing a frisbee, jumping rope or playing any sports you all enjoy can keep the outdoors fun as children get older.
- **Pack a picnic or plan a barbeque outside with friends and family.** Share a meal, take a walk or play a game together while you enjoy the outdoors.

### **Healthy benefits of outdoor play**

Getting outside provides more than a fun break for children and teenagers. It is also good for their physical and mental health and development. Children and teens who spend time playing outside and enjoying nature can be:

- **Physically healthier.** Children play harder outdoors than indoors and they need daily opportunities to do so. More outdoor time is linked with improved motor development and lower obesity rates and myopia (nearsightedness) risk. Safely getting some sun also helps us make vitamin D that our bodies need to stay healthy and strong.
- **More engaged in learning.** Playing outside promotes curiosity, creativity and critical thinking. Studies have found that children who spent more time in nature exploration had improved learning outcomes.
- **More positive in behavior.** Research shows that when children spent time in natural settings they had less anger and aggression. Impulse control also improves. This might be especially important when normal routines change for children.
- **Mentally healthier.** Stress and depression are lower for all people who spend time in nature. Children show increased focus and reduced symptoms of Attention Deficit Hyperactivity Disorder.

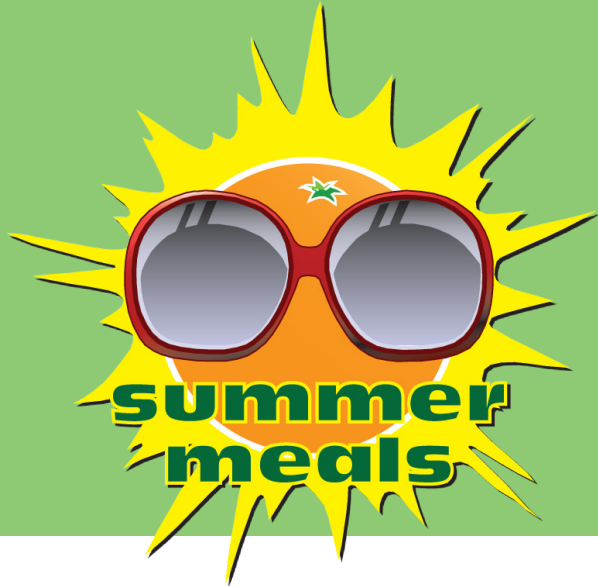
### **Remember**

Take advantage of the healing power of play in nature—near your home or neighborhood, or wherever you feel comfortable. Remember to dress appropriately for the weather. It's also a good idea to wash hands or use hand sanitizer during and after your adventure.

<https://www.healthychildren.org/English/family-life/power-of-play/Pages/playing-outside-why-its-important-for-kids.aspx>

# Free Summer Meals

All children 18 and under.



**HEALTHY AND NUTRITIOUS SUMMER MEALS**  
are available for children (18 and under) when school is out.  
To find a site close to you, call or text the numbers below.

Call **(800) 359-2163**

Text **FoodIL** To **304-304**

or visit **SummerMealsIllinois.org**

Free Summer Meals are part of the Summer Food Service Program funded through the U.S. Department of Agriculture and administered by the Illinois State Board of Education.



This institution is an equal opportunity provider.

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# COMIDAS GRATIS DE VERANO

todos los niños de 18 años y menos



**COMIDAS DE VERANO SALUDABLES Y NUTRITIVAS**  
se ofrecen para niños y jóvenes menores de 18 años cuando termina la escuela.  
Para encontrar un lugar con comidas de verano más cercano a usted, llame o  
marque a los números siguientes.

Llame **(800) 359-2163**

e\Envíe **ComidasIL** A **304-304**

o visite **SummerMealsIllinois.org**

Las comidas gratis durante el verano son parte del programa federal Summer Food Service Program  
financiado por el departamento de Agricultura de los Estados Unidos y administrado por el  
Departamento de Educación del Estado de Illinois.



Esta institución es un proveedor que ofrece igualdad de oportunidades.





# CHANNAHON MUSIC BOOSTERS

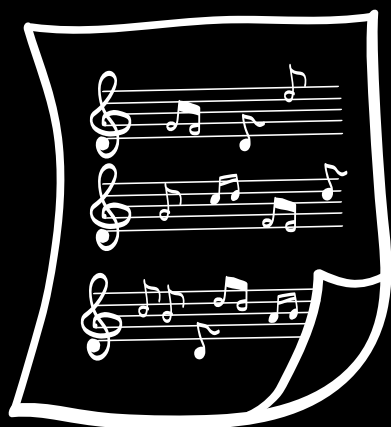
SUPPORTING CHANNAHON SCHOOL DISTRICT 17 MUSIC

## Congratulations!

for a great spring concert!

We are proud to support such an  
amazing group of students!

Thank you to our directors!



## Upcoming Events!

Thursday, 5/9

Musical Field Trip - Guys and Dolls @  
Drury Lane

Wednesday, 5/22, 6:00 p.m.

8th Grade Graduation Performance @  
MCHS Central Campus

Monday, 7/29 - Friday 8/2, 10:00 a.m. -  
12:00 p.m.

Percussion Camp for all percussion  
members 6-8 @ CJHS

Monday, 8/5 - Friday 8/9, 9:00 a.m. -  
12:00 p.m.

Band Camp for all band members 6-8  
@ CJHS

Sunday, 8/11

Three Rivers Parade all band members  
6-8

**Channahon Music Booster 2024-2025 Budget meeting TBD.  
2024-2025 monthly meeting dates will be announced soon!**

Email Us: [ChannahonMusicBoosters@gmail.com](mailto:ChannahonMusicBoosters@gmail.com)



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