



# FREDERICK FALCONS WEEKLY NEWS

## JANUARY 31, 2025



### PRINCIPAL'S MESSAGE

Dear Frederick Families,

February is now upon us, which means that one of our BEST celebrations of the year is coming soon - Frederick's Random Acts of Kindness (RAK) Week! This year we are celebrating during the week of February 10th and included with this newsletter you will see our spirit days as well as some other information for our families.

As children progress through the middle grades and develop independence, they also face a few new pressures like increased responsibility, evolving friendships, and a desire to fit in. Sometimes this makes recognizing the power of kindness a little trickier! Encouraging kindness in adolescents involves a combination of positive role modeling, open communication, and age-appropriate activities. While it is a big focus here at school, here are some strategies parents can use at home:

- 1. Model Kindness:** Demonstrate kindness in your own interactions with others. Children often look to their parents as role models, so consistently modeling kind behavior is powerful.
- 2. Encourage Empathy:** Help your child develop empathy by discussing different perspectives and feelings. Encourage them to consider how their actions might impact others or to consider the feelings of others.
- 3. Teach Conflict Resolution:** Provide guidance on resolving conflicts peacefully. Teach communication skills, active listening, and problem-solving strategies to help your child navigate disagreements with kindness and understanding.
- 4. Set Expectations:** Clearly communicate your expectations for kind behavior. Discuss the importance of treating others with respect and kindness in all settings. Reinforce positive behaviors with praise and acknowledgment.
- 5. Promote Inclusivity:** Encourage your child to be inclusive and reach out to peers who may feel left out. Discuss the value of diversity and the importance of accepting and embracing differences.
- 6. Discuss Online Behavior:** Talk about the importance of kindness in online interactions. Remind your child about the potential impact of their words and actions on social media. Encourage positive online behavior and responsible use of technology.
- 7. Celebrate Kindness at Home:** Acknowledge and celebrate acts of kindness within your family! This helps foster a positive and supportive environment that reinforces the values of empathy, compassion, and consideration.

We appreciate all your support as we strive to make kindness the norm at Frederick School! Have a wonderful weekend!

### IMPORTANT DATES

**WEEK OF FEBRUARY 10TH**  
RANDOM ACTS OF KINDNESS WEEK

**WEDNESDAY, FEBRUARY 12TH**  
LATE START  
\*SCHOOL BEGINS AT 10:05  
\*BUSES RUN APPROX. 80 MINUTES LATER THAN USUAL TIME

**FRIDAY, FEBRUARY 14TH**  
TEACHER INSTITUTE DAY  
NO SCHOOL

**MONDAY, FEBRUARY 17TH**  
PRESIDENTS DAY  
NO SCHOOL



Frederick School  
595 Frederick Rd.  
Grayslake, IL 60030  
Phone: (847)543-5300



[Follow Frederick on Facebook!](#)



# FALCONS OF THE WEEK

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**Falcons of the Week - Team Resilience:** (Pictured left to right):  
Prajashvi K. (Mrs. Alfaro), Harper F. (Ms. Leon), Milena M. (Mrs. Tonkery),  
Kale C. (Mrs. Gottstein), Matthew V. (Ms. Lechman), Emi V. (Ms. Dompke)

## REMINDERS, NEWS & UPDATES



### Random Acts of Kindness Week is Coming! February 10 - 14th

In addition to daily kindness missions and activities, Frederick will be having a special spirit week during Random Acts of Kindness Week starting February 10th. See the picture below for each day's special theme! We hope to see many of our Falcons participating and working together to spread some kindness!

**2025 RAK WEEK @ Frederick**  
February 10-14, 2025

BEE KIND

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Team Up for Kindness	I Dream of Kindness	Friendly Flannel	Love & Kindness	No School
Wear your favorite team jersey!	Wear your pajamas!	Wear your flannel and show how friendly you are!	Wear pink and red to help spread the love!	Spread kindness on your day off

SLIDESMANIA.COM

## Lil' Fish Reading Challenge Began this Week!

The Lil' Fish Reading Challenge, in partnership with the Kenosha Kingfish Baseball Club began this week and continues through February 24th. If students can meet their individual reading goal at least 21 times during before February 24th, they will earn TWO FREE TICKETS to a Kingfish game this summer!

All students should have received a goal tracker sheet where they can note their progress towards their goal. An extra copy is also attached to this newsletter. Once the challenge is completed next month, parents should sign the sheet and have their student return it to school. All tracking sheets **MUST** be submitted by February 28th - no exceptions!

If you have any other questions related to the Lil' Fish Challenge, please reach out to Ms. Payleitner, Frederick Librarian and Media Specialist, at [payleitner.rebecca@d46.org](mailto:payleitner.rebecca@d46.org)



## Registration for the 2025-2026 School Year is Now OPEN!

We are excited to announce that Online Registration for the 2025-2026 school year is now open! CCSD 46 offers a \$25 Early Bird discount for families that complete the online application and submit payment before June 3rd, the last day of school.

Please remember that for registration to be complete for the upcoming school year the Online Registration application must be submitted with necessary supporting documents and payment or a payment plan must be received. Schedules and transportation assignments will not be released in August until registration is complete.

Pre-K students must complete the Early Childhood Screening and qualify for one of the early childhood programs PRIOR to completing the registration application. For more information regarding the Early Childhood program, please contact Sue Hobson at (847) 543-6204.

### **Returning Family Registration**

If a child in your family has currently or previously been enrolled in CCSD 46, you can access registration through your Infinite Campus [parent portal](#). If you do not have an account or have forgotten your password, please contact your child's school.

Online registration is completed as a family. If you are enrolling new students from your family or your student is moving buildings, they are still considered continuing students and all students in the family are completed through the same application.

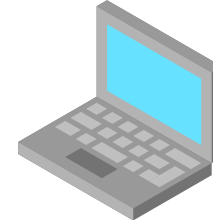
### **New Family Registration**

If you have never had a student enrolled in a CCSD 46 school, you will complete a [New Family Registration](#) form.

More information about registration can be found on the district website's [Registration](#) and [Frequently Asked Questions](#) pages.



## **Tips for Cleaning & Caring for Your Student Chromebook**



As Chromebooks are an essential part of our students' learning experience, it's important to charge them every night and keep them in good condition. Proper care and regular cleaning help ensure these devices remain functional and last throughout the school year. Below are some helpful tips for maintaining your student's Chromebook.

### **Cleaning Your Chromebook**

#### **Turn It Off First**

Before cleaning, ensure the Chromebook is powered off and unplugged from any charger.

#### **Use a Microfiber Cloth**

To clean the screen and exterior, use a soft, lint free microfiber cloth. This prevents scratches and removes dust or smudges effectively.

#### **Avoid Harsh Cleaners**

Do not use bleach, ammonia-based cleaners, or abrasive materials. For tougher spots, lightly dampen the cloth with water or a solution of 70% isopropyl alcohol and gently wipe the surface.

### **Caring for Your Chromebook**

#### **Keep It in Its Case**

Always store the Chromebook in its provided protective case when not in use. This helps prevent accidental drops, scratches, and other damage.

#### **Avoid Overloading the Screen**

Do not place items like pens, papers, or chargers on the keyboard before closing the Chromebook. This is a common cause of screen damage.

#### **Charge It Regularly and Safely**

Chromebooks should be charged every night to ensure they are ready for learning. Plug and unplug the charger carefully, and avoid bending or twisting the charging cable. Always charge the Chromebook on a flat, stable surface.

#### **Store It Properly**

When not in use, store the Chromebook in a secure, dry location away from food, drinks, and extreme temperatures.

#### **Report Issues Promptly**

If your student notices a problem with their Chromebook, encourage them to report it to their teacher immediately to prevent further damage.

## **Keeping Our School Community Healthy: A Note from Our Health Office**

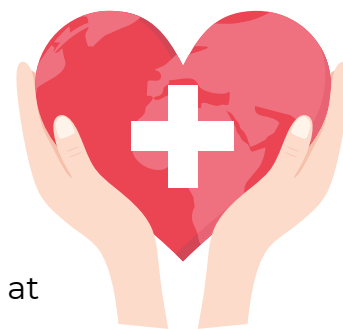
As we move through the winter months, we wanted to all families to be aware that we have noticed an increase in seasonal illnesses. Please be vigilant for any signs or symptoms of illness in your child. If your child is showing symptoms that could be contagious, we kindly ask that you keep them at home to rest and recover. If your child receives a diagnosis from a healthcare provider, please inform us as soon as possible.

Additionally, parents and guardians are asked to notify the attendance line at (847) 223-3540, option 4, option 6, by 8:00 AM. This is a 24-hour line, so you can call at any time.

As a reminder, your child may not attend school or any school based activities if your child has a fever, vomiting, diarrhea, unexplained rash or red eyes the night before or the morning of school.

Diarrhea is defined as 3 loose stools in 24 hours or a change in bowel habit. A fever is defined as a temperature of 100.4°F. Most fevers subside in the morning, but go up again during the day. Your child can return to school when your child has been symptom free for 24 hours without the aid of a fever reducing medication.

Thank you for your attention and support as together we can work together to keep our school community healthy! For more information regarding other health related topics, please see the [24-25 Student Handbook](#).



## Frederick School Food Drive

*Sponsored by the Frederick Student Council*

**February 10th through February 20th**

The Frederick Student Council is holding a food drive starting February 10th! Please bring new, unopened, non-perishable items only. Please check expiration dates and do not donate expired items. Some examples of items to donate are:

- Canned food products
- Cereal, peanut butter, jelly
- Laundry detergent
- Pasta and jars of sauce
- Rice, potatoes, and all the basics
- Toothpaste
- Granola bars, trail mix, crackers
- Ramen noodles
- Baby formula, baby food or snacks



The Student Council will also be sponsoring some prizes for classes participating in the food drive. If a class is able to collect:

100 Items: Win a squishy toy prize!

300 Items: Win a class ice cream party!

500 Items: Win a class pizza party!





## **Route 83 Showdown**

Join us on Friday, February 21 at Grayslake North High School as Frederick School and Grayslake Middle School staff take to the court in an exciting battle of skill, spirit, and a little friendly rivalry. Cheer on your favorite teachers and staff, and don't forget to dress in your school's colors or spirit wear to show your pride.

## **Game and Admission**

This family-friendly event promises plenty of excitement, including an entertaining halftime show, 3-point shootout featuring students, a 50/50 raffle and more! Concessions will be available to keep everyone fueled for the fun. Tickets are just \$5 per person, so bring the whole family and help pack the stands as we decide which school will take home the ultimate bragging rights.

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**This is not a drop off event.** Students will need an adult chaperone in order to attend the game. Please note that one adult chaperone must be present and responsible for their student/child(ren) and up to three friends total.

As part of the Route 83 Showdown, we are hosting two raffles:

### **3-pt. Shootout Competition**

For just \$5, you can enter for a chance to be selected to compete in an exciting 3-Point Shootout competition! Five students from Frederick and five from Grayslake Middle School will be picked at random to participate.

Each competitor will have 60 seconds to shoot from five spots along the 3-point line, aiming to make up to 20 baskets.

Prizes:

- The winning student from Frederick will enjoy a pizza lunch with 5 friends!
- The top shooter from GMS will take home a Starbucks gift card!

### **50/50 Raffle**

Participants must be age 21+ to purchase raffle tickets and win the prize. Participants may purchase any amount of tickets they wish for a chance to win half of the total 50/50 Raffle proceeds. The more tickets bought, the greater the chances of winning!

You do not need to be present to win! Winner will be announced at the end of the halftime show.

Click on the link below to purchase tickets and add the 3-Point Shootout Competition and 50/50 raffles to your registration today:

<http://go.rallyup.com/2025rt83showdown>

Due to the fundraising nature of our event, all sales are final. All proceeds will go back to our schools.

## **Barnfest**

Saturday, April 26, 2025

6:00pm – 10:00pm

Jesse Oaks Food and Drink

18490 W. Old Gages Lake Road, Gages Lake

Join Foundation 46 at Barnfest on Saturday, April 26, 2025 at Jesse Oaks Food and Drink. Enjoy music, games, raffles and MORE!

Barnfest is the foundation's capstone fundraising event that funds the grants that are given to District 46 staff. This is an adults only event that celebrates and supports the staff and community of District 46.

Early Bird tickets are \$45 each (before April 1st) or \$60 for General Admission (after April 1st).

Tickets include event admission, dinner and free games including a mechanical bull! All 21+ aged family members and friends are welcome! Test your luck as well at our Cash Bingo event!

**[CLICK HERE TO REGISTER](#)**

Hope to see you there!



**FOLLOW THE PTO  
ON FACEBOOK!**

**CLICK HERE**



### **Connect with the PTO**

The Frederick/GMS PTO can be reached at the following places:

**Email:** [frederickgms.pto@gmail.com](mailto:frederickgms.pto@gmail.com)

**Website:** [frederick.d46.org/pto/](http://frederick.d46.org/pto/)

**Facebook:** Frederick-Grayslake Middle School PTO

**Next General PTO Meeting:** February 26, 2025 5-6PM @ FS Media Center



FREDERICK/GMS PTO PRESENTS

# ROUTE 83 SHOWDOWN

FRI, FEB 21 | 6:15 DOORS OPEN / 7PM TIP-OFF | GRAYSLAKE NORTH HS GYM

# GAME DAY



FREDERICK  
STAFF

VS

GMS  
STAFF



\$5 ADMISSION FEE | CONCESSIONS | RAFFLES & MORE


























# Lil' Fish READING PROGRAM January 27-February 24

- 1) Set a reading goal for yourself (pages or minutes)
- 2) Each day you complete that goal, color in a baseball
- 3) Complete your goal for at least 21 days to earn 2 free tickets to a Kenosha Kingfish game.

My Daily Goal is:

Date							
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Date							
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Date							
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Full Name: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_

Homerom: \_\_\_\_\_



# PROGRAMA DE LECTURA

## 27 de Enero -24 de Febrero

- 1) Ponte un objetivo de lectura (páginas o minutos)
- 2) Cada día que completes ese objetivo, colorea una pelota de béisbol
- 3) Completa tu objetivo durante al menos 21 días para ganar 2 entradas gratis para un juego de los Kenosha Kingfish.

Mi meta diaria es:

La Fecha



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La Fecha



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Nombre completo: \_\_\_\_\_

Firma de los Padres/Tutores: \_\_\_\_\_

Salón de clase: \_\_\_\_\_