

The Parent's Page



**KAN-I
HELP**

Information Network



**Pledge for Life
Partnership**

Celebrating Wise Highs ... Choices for a Lifetime

Fall 2005

Make a date for dinner September 26

Family Day

Gather Around the Family

If busy schedules are making it hard for your family to pencil in regular family meals, take a “time out” to consider all the benefits of gathering around the dinner table.

Did you know that frequently eating meals together reduces your child's risk of substance abuse?

Family dinners are about more than just sharing a meal. Research by the National Center on Addiction and Substance Abuse (CASA) consistently finds that the more often children eat dinner with their families, the less likely they are to smoke, drink or use drugs. The conversations that go hand-in-hand with dinner will help you learn more about your children's lives and better understand the challenges they face.



CASA has designated Monday, September 26 as a “*Family Day – A Day to Eat Dinner with Your Children*” as national effort to promote family dinners as an effective way to reduce substance abuse among children and teens.

Family Day emphasizes the importance of regular family activities and encourages Americans to make family dinners a regular feature of their lives. Parental engagement is the single most potent weapon in preventing substance use and abuse among youth!

What You Can Do As a Family

- ▶ Start the pattern of family dinners when children are young.
- ▶ Encourage your children to create menu ideas and participate in meal preparation.
- ▶ Turn off the TV and let your answering machine answer calls during dinner time.
- ▶ Talk about what happened in everyone's day: school, work, extracurricular activities or current events.
- ▶ Establish a routine to start and end each meal. Light candles, say grace or tell a story.
- ▶ After dinner play a board game or serve dessert to encourage the family to continue the conversation.
- ▶ Keep conversation positive and make sure everyone gets a chance to speak.

Want to learn more about the Life Education Centers?



Parents are always welcome to come and see what their children are learning in the Life Education Center program. Below is the schedule of when the LECs will be visiting schools in Iroquois and Kankakee counties. If you would like to visit your child's class, or if the LEC has already been to your school and you would like to see the LEC units, contact Brenda Wetzel, LEC coordinator, to schedule a tour.

Kankakee County Schools

9/06 - 9/13: St. Anne Grade School
 9/14 - 9/22: Grant Park Elementary
 9/26 - 9/29: Momence Jr. High
 9/30: Range Elementary
 10/03 - 10/11: Je-Neir Elementary
 10/12 - 10/18: Herscher Elementary
 10/19 - 10/21: Reddick Elementary
 10/24 - 10/28: Bonfield Elementary
 10/31 - 11/08: Limestone Elementary
 11/09 - 11/14: St. Paul's Lutheran Kankakee
 11/15 - 11/18: Aquinas Catholic Academy
 11/21 - 12/01: St. George Elementary
 12/05 - 12/07: St. Joseph Catholic School
 12/08 - 12/13: Maternity B.V.M.
 12/14 - 12/16: Aroma Park Primary School

2006 Schedule

1/03 - 1/20: King Middle School
 1/23 - 1/30: Lincoln Cultural Center
 1/31 - 2/28: Kennedy Middle School
 3/01 - 3/09: Taft Elementary School
 3/10 - 3/16: Steuben Elementary School
 3/17 - 3/23: Noel LeVasseur
 3/24 - 3/29: Shabbona
 3/30 - 4/24: Liberty School (4/11 - 4/14 break)
 4/03 - 4/04: St. Pat's Momence
 4/05 - 4/07: Robert Frost
 4/18 - 4/25: Bourbonnais Upper Grade Center
 4/25 - 5/10: Bradley West
 4/26 - 5/02: Bradley East
 5/04 - 5/10: Bradley Central
 5/11 - 5/16: Lafayette Elementary
 5/11 - 5/18: Lorenzo Smith

*Come see
for yourself!*



Iroquois County Schools

8/25 - 8/30: Cissna Park
 8/31 - 9/07: Milford Elementary
 9/08 - 9/12: Iroquois West Middle
 9/13 - 9/19: John Nash Middle School
 9/20: Zion Lutheran School
 9/21 - 9/28: Chebanse Elementary School
 9/29: Danforth Elementary School
 9/30 - 10/04: Gilman Elementary
 10/05 - 10/12: Iroquois West Upper Elem.
 10/13 - 10/14: Crescent City Elementary

2006 Schedule

2/28 - 3/08: Donovan Elementary
 3/09 - 3/10: St Paul's Woodworth
 3/13 - 3/14: St. John's Lutheran
 3/15 - 3/17: Nettie Davis Elementary
 3/20 - 3/21: Glenn Raymond Middle
 3/22 - 3/23: Wanda Kendall Elementary
 3/24 - 3/30: Woodland Elementary

Serving youth and their families in Kankakee and Iroquois Counties

The Pledge for Life Partnership is a volunteer-driven coalition that mobilizes and coordinates public and private resources and initiatives to improve the quality of life for children and families in Kankakee and Iroquois counties.

Current members of the Pledge for Life Partnership's Board of Directors are Cindy Reddish of Momence, Pam Debono of the Junior League of Kankakee County, RaDonna Hasselbring of Crossroads Counseling Center, Kay Pangle of the I-KAN Regional Office of Education, Lizzie Clark of Kankakee, Michael Finnegan of Momence, Jackie Haas of the Helen Wheeler Center for Community Mental Health, Michael Kinkade of the Kankakee City Police Department, Sandra Knight of the YWCA of Kankakee, Pam Lee of Kankakee, Vurnice Maloney of the Garden of Prayer Youth Center, Bill Mitchell of the Onarga Academy, Jo Lynn Mulcahy of the Kankakee County Sheriff's Department, Michael Power of the Iroquois County Juvenile Probation Department, Bonnie Schaafsma of the Kankakee County Health Department, JoAnne Schwade, alderman for the City of Kankakee, Grace Seggebruch of the Kankakee County Juvenile Probation Department, Mary Thomson of Riverside HealthCare, Susan Wynn of KC-CASA and honorary members Lura Lynn Ryan and Walter Charlton of Kankakee.

We invite you to let us know how we may better serve you by contacting any of our board members or by calling the Partnership office at 936-4606.

LEC welcomes new staff member



The Life Education Center program is excited to introduce **Rhonda McKinstry**, who will be working as LEC educator and program liaison for high school students.

Rhonda has 14 years of teaching experience and previously taught at both Grant Park Jr. High and Grant Park High School. She continues to coach volleyball for Grant Park High School. *Welcome aboard!*



The Parent's Page is published by the Iroquois-Kankakee Regional Office of Education and the Pledge for Life Partnership. The Pledge for Life Partnership is located in the Kankakee County Administration Building, 189 E. Court Street, Suite 403, Kankakee, IL 60901. Telephone (815) 936-4606/Fax 933-2314/website: www.pledgeforlife.org

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At left, Lines were long as hundreds of youth and their parents came out to the Catholic Charities Back to School Fair held last month at the Lisieux Center in Kankakee.



Above right, Malcom Johnson, a 5th grader at King Middle School plays the "body" for Karpet Kid while Johan and Naomi Rowe show him where specific body organs belong.

Back to school fairs pack them in!



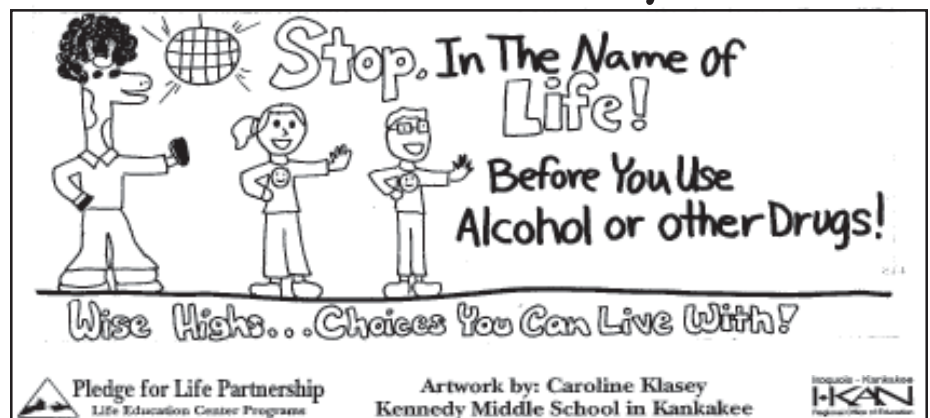
At left, Roxanne Hooper, KAN-I HELP community liaison, distributed resources and information on how to reduce stress without relying on alcohol and other drugs at the Iroquois County Back to School Fair held at Watseka High School.

Wise Highs Billboard Contest Winners say it well!

Congratulations to **Katie Kramer** and **Caroline Klasey** of **Kennedy Middle School**, who were this year's winners of the Life Education Center's *Wise Highs* billboard design contest.

The contest is sponsored annually by the Pledge for Life Partnership and the I-KAN Regional Office of Education for 5th and 6th graders participating in the LEC program and to promote the LEC's *Wise Highs* theme. Winning artwork is developed into billboard art and runs at several locations in Kankakee and Iroquois counties.

Katie's artwork ran during the summer and Caroline's will run in October. For more information about the *Wise Highs* billboard contest, contact Brenda Wetzel, LEC coordinator, at 927-2950.



News from our KAN-I HELP Partners

Is your child developing normally? Screening now can help later

The early childhood years from birth to the start of kindergarten are an important time of rapid learning and growth. Early childhood screening is a quick and simple check of how your child is doing and identifies, at an early stage, possible health or learning concerns so that children can get help before starting school.

The earlier you have your child tested, the better! Early childhood screening helps you find out how your child is doing and can connect you to early childhood programs and other community services if needed.

Waiting until a child is in school may be waiting too long. Child and Family Connections provides free developmental screenings for children birth to 35 months. If your child is 3 or older and has not been checked for developmental status, testing is provided through the school districts.

Screening dates for ages 3 to 5 at schools in Kankakee County:

Kankakee School District No. 111	September 23	933-0720
St. Anne Grade School	October 3	427-8153
Kankakee School District No. 111	October 31	933-0720
Momence Range Elementary	November 21	472-4045
St. George Elementary	December 6	933-1503
St. Ann Grade School	January 19	427-8153
Grant Park Elementary	February 28	465-2183
Manteno Elementary	March 20	928-7005



For more information about early developmental screenings, call Child and Family Connections at 1-(800) 877-1152 in Iroquois County or at 937-3847 in Kankakee County.

Herscher School District	TBA	426-2162
Bradley Elementary School District	TBA	937-3726
Bourbonnais School District	TBA	932-2111
Pembroke School District	TBA	939-3651
Central School District	TBA	697-2546
Kankakee Area Special Education Cooperative		939-3651

Low fat cooking instruction offered

The University of Illinois Extension Kankakee Unit is offering “**Ten Tuesdays to Tasty Low Fat Cooking**” beginning in September. Cost is \$3 per session. Sessions include food samples and recipes. Session offerings and times include:

Low Fat Tailgating	10 a.m. or 7 p.m. 9/13/05
Cooking with a Slow Cooker	10 a.m. or 7 p.m. 10/11/05
Healthy Holiday Cooking	10 a.m. or 7 p.m. 11/8/05
Gifts from the Kitchen	10 a.m. or 7 p.m. 12/13/05
Cooking for One or Two	10 a.m. 1/09/06
Cooking for One or Two	7 p.m. 1/10/06
Bread Machine	10 a.m. 2/13/06
Bread Machine	7 p.m. 2/14/06
Ordering off the Menu	10 a.m. 3/13/06
Ordering off the Menu	7 p.m. 3/14/06
Cooking with Your Children	10 a.m. or 7 p.m. 4/11/06
Grilling and Food Safety	10 a.m. or 7 p.m. 5/09/06
Cooking with Seasonal Food	10 a.m. or 7 p.m. 6/13/05



For schools not listed, parents are advised to contact their individual school districts. For screening of 3 to 5 year olds in Iroquois County, parents may contact the Iroquois County Special Education Cooperative at (815) 265-8601 for testing sites and dates.



Information Network

More than 1,000 services listed

Connecting the people of Kankakee and Iroquois counties with the resources they need to succeed.

Visit the website at

www.kan-i-help.org



All classes will be held at the U of I Extension office at 1650 Commerce Drive in Bourbonnais. To pre-register or for more information, call (815) 933-8337.