



FOCUS



SPRINGMAN & ATTEA

VOLUME 15 ISSUE 1



CALENDAR

September:	
14 & 21	Curriculum Nights
October:	
4	Innisbrook orders due!
5	PTA Meeting & Turning Points Presentation at Springman @ 9:15am
20, 21 & 22	Fall Book Fairs 
22	Fall Conference Day – No School
27	Turning Points Presentation—7pm Attea

From the PTA President

Hi Everyone!

Welcome to the Middle School's of Attea and Springman! If you are new to the middle school family – WELCOME!! If you are a returning parent – WELCOME BACK!!

We are a combined PTA serving students, teachers, staff and parents of both Attea and Springman Middle Schools. Please join us at our monthly meetings to learn about what's happening in your child's school life as well as issues facing the community at large. The dates and locations of our meetings are listed below and can also be found on our website, SPATPTA.org.

Everyone is encouraged to attend our meetings and will find it a welcoming group of people. In this monthly forum, you will have the opportunity to ask questions, find out what's going on at the schools, and bring to light any issues or concerns you might have. The Principals of Attea and Springman, Jim Woell and Heather Hopkins, attend each meeting, deliver a monthly update on "what's happening" in the buildings, and help keep us "up to date" on pertinent topics affecting District 34. These meetings are the time and place to find out what's going on in your middle schooler's daily life! Please join us!

Our next meeting will take place on **October 5th at Springman at 9:15am**. This is a meeting you WON'T WANT TO MISS. GBS Principal, Brian Wegley and Vice Principal

(cont. page 2)

From the Principals

By the time you are reading this first edition of the FOCUS for the 2010-11 school year, we will have completed our seventeenth day of school! While still early in the year, it is no less a cause for celebration that our students have made the transition to their new grade level in fine form. Students are busy getting about the business of school, learning and growing, supported and nurtured by our dedicated staff. It is exciting to write to you in this shared PTA newsletter for the middle schools. Throughout the year we will join forces and write a single letter with updates and information that represents both Springman and Attea.

While your children continue to make adjustments to the start of a new school year, there is much you can do from the home front to increase their comfort and readiness levels. Students who return to school with a positive attitude and have a family that is enthusiastic about education are well on their way to a successful school year. The first weeks of school are so important that we need to reassure our children that school is the privileged business of childhood. A POSITIVE message from all the significant adults in a child's life, is not only important, but is very much appreciated.

A recent article in the August 30, 2010 edition of the Washington Post provides us with an important reminder about one of the best ways we can set our students up for success at school. The article was written by *Daniel Willingham, a psychology professor at the University of Virginia and author of "Why Don't Students Like School?"* Here is the text of the brief article:

To mark the new school year, I asked a dozen teachers this question: "If you could magically make parents do ONE thing this coming school year to support their child, what would it be?"

The most frequent answer (by far) was "make sure that kids come to school having had a good night of sleep."

(cont. page 2)

Springman/Attea PTA Schedule

October 5 - 9:15 am	SP
Nov. 9 - 9:15am	AT
Dec. 7 - 9:15am	SP
Jan. 11 - 9:15am	AT
February 9 - 7-9pm	SP
March 8 - 9:15am	AT
April 12 - 9:15am	SP
May 10 - 9:15am	AT
May 31—9:15am	SP

From the PTA President, cont.

Mark O'Brien will present "Turning Points for Middle School Parents" an informative presentation filled with advice and tactics for parents who are navigating the transition from grade school to middle school and for those preparing for the transition to high school. Please mark your calendars now and don't miss it! If you can't join us for the daytime presentation, we will offer the same presentation again at **7:00pm at Attea on Wednesday, October 27th**.

By now you should have received an Innisbrook gift packet in your child's backpack. This is the PTA's major fall fundraiser. Please, please, take a moment to review the information and share it with family and friends. The proceeds from this program – which generated net income on \$17,000 last year, go directly into programming for your children. Without these dollars, the PTA cannot give back as generously as it has through cultural arts programming or teacher wish lists.

Thank you for taking the time to read this and thank you for your support of the PTA! Without you, we could not do what we do!!

Fondly – Liz Price

From the Principals, cont.

I was a bit surprised that there was such agreement. Then I checked the research literature on the consequences of sleep deprivation and got a sense of what teachers see when a child hasn't had enough sleep.

In adolescents, poor sleep quality is associated with depression, anxiety, inattention, conduct problems, drug and alcohol abuse and impaired cognitive function.

Now those findings are correlational, meaning that it's perfectly plausible that poor sleep is the *result* of these other problems, rather than the *cause*. To get at cause and effect, you would have to conduct an experiment in which you deprive people of sleep and observe the results. Those studies are rarely conducted in adolescents for ethical reasons. (There are special protections for research on children, and other groups considered "vulnerable.")

But other data from adults support the conclusion that not getting enough sleep or getting poor quality sleep impacts cognitive function. It's harder to pay attention, and memory is affected. These effects are especially observed during low-stimulation activities. In other words, a sleepy child might rally and stay engaged during a chemistry laboratory when he has something he must do moment to moment, but his attention may easily drift during a whole-class discussion.

It's also likely that poor sleep affects emotional regulation. Kids who are sleep-deprived may more easily act silly in mildly humorous situations, or cry in mildly frustrating situations.

How widespread is sleep deprivation among kids? Estimates are that as many as 25% of adolescents don't get enough sleep. Researchers have verified the pattern that most parents have observed: sleep patterns change at puberty, and kids can't seem to get out of bed in the morning. But they still stay up late at night.

Researchers also note that the problem seems to have gotten worse in the last ten years or so, simply because there is more for kids to do at night than their used to be, notably, chatting with friends on the Internet. So there it is, parents. Teachers have given you your marching orders for how to support your child in school this year. Sleep is not optional.

Need more guidance? Attea and Springman Middle Schools are partnering once again with Glenbrook South High School to present "Turning Points for Middle School Parents." Due to the positive feedback from last year's audience members, this presentation will be offered twice this fall: Tuesday, October 5th at 9:15 a.m. at Springman Middle school and again on Wednesday, October 27th at 7 p.m. at Attea Middle School. The presentations are open to all middle school parents in District 34. Your middle school principals, along with Brian Wegley, Principal of Glenbrook South High School, Mark O'Brien, Asst. Principal at Glenbrook South High School, will share tips and strategies for raising a safe, healthy, and happy adolescent. Please join us for this important and valuable conversation.

Your positive support and encouragement is much appreciated. We look forward to greeting you during your curriculum night visit, and also at a *Turning Points* presentation!

Sincerely,

Dr. Heather Hopkins, *Principal*
Springman Middle School

Mr. Jim Woell, *Principal*
Attea Middle School

8th Grade Washington D.C. Trip

Information should have arrived through the mail shortly after Labor Day that describes the sign-up procedure for the eighth grade Washington D.C. trip. Eighth graders travel to Washington DC on a four-day, three night, tour. The trips are organized and chaperoned by Springman and Attea teachers, but are not school sponsored. Arrangements are made through Educational Tours, Inc. which is located in Deerfield, Illinois and is one of the leading student tour operators in the United States. [Educational Tours](#) has been arranging the Springman trips for over 38 years.



The Washington DC trip is scheduled for the weekend of January 14-17. Monday is a holiday, so no school is missed for the trip. The group departs from O'Hare by scheduled airlines Friday afternoon and returns home Monday evening. Touring is provided in luxury coaches. Students choose their roommates (4 students per room) and can room with friends from either school. All admissions, accommodations, transportation and food are prepaid. The only additional cost for participants would be incidental purchases and souvenirs. The cost of the tour is paid with an initial deposit and installments leading up to the time of departure. This year's tour cost \$1,099 per person. Refund guarantee insurance is available for an additional fee.

Since the tour is not sponsored by the school, registration takes place through the mail and on line. Materials for the DC trip arrive in an envelope marked "Educational Tours" which contains details of the tour and instructions for registering. Tour information is also available on the Educational Tours website at www.EducationalTours.com. The booking I.D. for the trip is 029-78652.

Due to the fact that the school does not sponsor the tour, the coordinating teacher chaperones reserve the right to deny participation to students whose behavior at school indicates that they could be a detriment to the group's experience in Washington.

Mr. Scott Buzard, Springman teacher (sbuzard@glenview34.org), is the sponsor of the tour and Ms. Theresa Jasonowicz (tjasonowicz@glenview34.org) is the coordinating teacher at Attea. Mr. Dave Tosh, Springman athletic director (datosh@glenview34.org), is the coordinating teacher at Springman. Feel free to email them with any questions.

Beach Sweep Service Project—Springman

Each year Springman students have the opportunity to participate in an international environmental project in September. This year's worldwide event takes place on Saturday, September 25. Under the auspices of the Center for Marine Conservation, volunteers all over the world visit their local shorelines to gather up beach debris. As part of the clean up, each item of debris is counted and categorized, creating a detailed annual data base that is used to study the changing nature of beach pollution and the impact of programs enacted to combat it. Springman students each year provide the human connection needed to individually gather and tabulate debris at Gillson Park Beach in Wilmette, Illinois. The activity is voluntary and sponsored by Springman teams and teachers who chose to participate. Students report to the beach at 9:00 AM. The beach is divided into marked grid areas to facilitate the collection and the Great Lakes Federation and Friends of Lake Michigan organizations provide the tally sheets, pencils, collection bags and work gloves. The Wilmette Harbor Rotary Club coordinates the paperwork and training of volunteers. About 11:00 AM the "sweeping" is completed and the student and teacher workers celebrate with a pizza picnic and play games on the beach. Swimming is not allowed. In order to participate, students must have a signed permission slip, contribute to the cost of the pizza picnic, and provide their own transportation to and from the beach. Participating teams will provide students with sign-up materials in early September. Students on non-participating teams can join up with a team that is. Questions? Contact Mr. Scott Buzard, Springman teacher, at sbuzard@glenview34.org.

ILLINOIS 7th Grade Springfield Trip



The annual Springfield trip is scheduled for Friday, April 8, and Saturday, April 9. The group travels by luxury coach to Springfield, departing Friday at the end of school and spending Friday night at a local hotel. All of Saturday is spent seeing the Lincoln and state government sites in the capital. The buses return to Glenview in the late evening on Saturday. This is a new itinerary, designed to avoid the 5:30 AM Saturday departures in the past and to provide a day of rest back home for students on Sunday. Springman and Attea students may room and travel together, as is the case on the DC trip. This past year the cost of the tour was \$234 and 186 students participated.

The Springfield trip, along with the eighth grade Washington D.C. trip, is organized and chaperoned by Springman and Attea teachers, but is not school sponsored. Arrangements are made through [Educational Tours, Inc.](#) which is located in Deerfield, Illinois and is one of the leading student tour operations in the United States. Educational Tours has been affiliated with the Springman trips for over 35 years. Since the tours are not sponsored by the school, registration takes place through the mail and on-line. Springfield materials are usually sent out in January. If you have any questions at this time, feel free to contact Mr. Scott Buzard, Springman teacher, at sbuzard@glenview34.org.

Springman/Attea PTA Membership 2010-2011

The Springman/Attea Parent Teacher Association (SP/AT PTA) is an active organization that encourages parents to become involved in the schools and their children’s education. 100% of the effort put forth for the benefit of children through the PTA is done on a volunteer basis.

Use this Link to [Register](#) NOW!

The 2010/2011 PTA membership cost is only \$20 annually but is worth much more..

DO YOU KNOW WHERE IT ALL GOES? The Work? The Money?

Your membership dues are used to create the foundation for all PTA Programs
 Members will receive a complimentary copy of 2010/11 Student Directories
 Pay State, Federal and local Council PTA membership fees
 Funds parent communication – SPATPTA.ORG and Focus Newsletters

In the past few years PTA Sponsored Programs have paid for and/or subsidized the following:

Nationally known authors, speakers and writer’s workshops	Food Drive benefiting the Northfield Food Pantry
Cultural Arts/Educational Enrichment for Students	Debra Gelfand and Roy Terry Need Family Funds
Teacher Appreciation	PE Equipment
Book Fairs and Books for the Library	Globes and online maps for Social Studies
Parents in Partnership – Parental Educational Seminar	Smart Music Equipment
Grade Activities –(i.e. 8 th Grade Graduation Celebration)	Rosetta Stone and Foreign Language periodicals
Spiritwear for students and parents	Graph white-board for Math Department

**Questions about membership or volunteering? Please contact Melinda Boutsikakis
 Boutsikakis@comcast.net**

Need more info....

Dates and events for Attea and Springman can be found on the front page of each website.



Click on either logo



GOT SPIRITWEAR?

Click [HERE](#) for information and order forms.

Back by popular demand.....

Turning Points for Middle School Parents

Learn about the risks and choices facing our middle schoolers and how parents can influence these critical “turning points” for positive results.

Tuesday, October 5th at 9:30 a.m. at Springman Middle school

Wednesday, October 27th at 7 p.m. at Attea Middle School.

Presenters:

Heather Hopkins, Principal, Springman Middle School

Jim Woell, Principal, Attea Middle School

Brian Wegley, Principal, Glenbrook South High School

Mark O'Brien, Asst. Principal, Glenbrook South High School



Spectator Expectations at Interscholastic Contests

As adults we have responsibilities to be positive role models for those around us. We need to continue to demonstrate that good sportsmanship is one of the fundamental principles of interscholastic athletes. As we begin our boys' and girls' interscholastic seasons, let us be reminded how we, as adults, need to conduct ourselves as spectators. We should always strive to show respect for our visitors from other schools. We need to be tolerant and understanding of officials and realize their job is difficult. Many of our assigned officials this year work a full varsity schedule and many have officiated post season tournament games.

Springman and Attea have always enjoyed a reputation of being one of the leaders in our athletic conference, with fair play and good sportsmanship. It is our hope that this excellent reputation will continue to flourish. Please keep in mind that our children learn best from our good examples.

Ms. Jasonowicz, Attea
(847) 657-2011

Athletic Directors

Mr. Tosh, Springman
(847) 657-2116

From the Health Office:

We're off to a healthy start this school year. Please remember that all absences, tardies and early dismissals should be called in by a parent before 9:00AM each day. The Health Office direct line is 1-847-998-5025 (Springman) and 1-847-486-7712 (Attea).

Students requiring medication of any kind (including over-the-counter) during the school day must have a Medication Form (including doctor and parent signatures) on file each year. No student may carry medicines in backpacks, lockers, or on their person unless it is an inhaler for asthma, and only if the paperwork is in place. Unused medicines from last year have been disposed of, so please be sure your student has the necessary medication.

The 6th Grade students are required to have physicals, and all students participating in interscholastic sports must have physicals on file as well. The 6th Grade students are also required to have Dental Exam Forms on file. These forms are available on the website. If you have any questions, please contact the Health Office.



Finally, please remember that Fall is bee season. The bees are attracted to perfumes, hairspray, and the scented body sprays that are so popular. Going light on the scents, and washing hands after eating will help keep the bee stings to a minimum.

Jean Gray, Attea Health Coordinator

Cheri McNish, Springman Health Coordinator



SPORTS PAGE



ATTEA SOCCER

7th Grade— Coach Leinbach

8th Grade—Coach Lord

Perry Adamopoulos
 Cameron Beach
 Anne Brennan
 Daniel Bujnowski
 Patrick Burke
 Trevor Burke
 Miranda DeBow
 Sydney DeHorn
 Abby Dein

Helen Hani
 Brian Jeong
 Grace Kilpatrick
 George Maroutsos
 Jimmy Martinelli
 Scott Okuno
 Jaredt Perez
 Taylor Schulte
 Patrick Tener

Franky Bak
 Brian Bavlsik
 Caroline Berg
 Lauren Brennan
 Kaily Bruch
 Raudel Flores
 Alex Galvez
 Sam Garman
 Calli Haramaras

Rachel Healy
 Elly Kikos
 Diego Montoya
 Breck Murphy
 Ashley Oldshue
 Megan Schulteand
 Peter Stellas
 BT Tener

SPRINGMAN SOCCER

7th Grade— Coach Kieronski

8th Grade—Coach Heller

Javier Ayala
 Jesus Basilio
 Alvaro Hernandez
 Cassidy Henry
 Jose De la Torre
 Luis Alonso
 Olivia Peters

Tomas Pavydis
 Alex Fleidinger
 Daniel (Se Hyun) Kim
 Caitlin Morrison
 Alex Iliev
 Nik Minkov

Corinne Arcos
 Allison Berg
 Colin Burrowes
 Kali Croke
 Michal Cymbalisky
 Brianna Demirlika
 Yianni Ekosidekas
 Enrique Guerreo
 Ellie Haramaras
 Soju Kunchandy

Chris Jin
 Taylor Mack
 George Mavrakis
 Gavin McClanahan
 Fernando Muro
 Peter Specht
 Igor Swies
 Patryk Swietek
 Bogdan Vancui
 Giovany Zavala



ATTEA & SPRINGMAN BANDS PRACTICE WITH THE GBS MARCHING BAND TO PREPARE FOR HOMECOMING ON OCT. 2

SPRINGMAN CO-CURRICULARS 2010-2011

CLUBS & ACTIVITIES

ART CLUB – Mr. Kolber

The art club will be meeting on Monday & Wednesdays again this year, in room 158 from 3:00 until 4:00 every week. The club is open to all Springman students from 6th to 8th grade. We will kick off the year by completing the front of the Vincent VanGogh inspired mural in the Fine Arts Hallway. Some of the projects we will be continuing with throughout the year are ceramics, printing, painting and drawing. Each year the art club works closely with Ms. Bergmann on the design of the set for the school play. This year will be no exception to that, and during the weeks and month prior to the play we will be meeting almost every day building the large props and creating the backdrops that help make the play a visual delight. Since the art club meets for the whole year, any student that is involved with another club or sport that conflicts with the art club's schedule are invited to attend when their club or sport is no longer in season. Any student who is interested in art club should see Mr. Kolber in the art room!

BUILDERS CLUB – Ms. Faermark

Builders Club is an international, student-led organization that provides members with opportunities to participate in community service projects. It is intended to develop competent, capable, caring leaders and promote strong moral character. Builder's Club members help our school and community by raising money for the Debra Gelfand Fund, organizing a canned food drive to support the Northfield Food Pantry, collecting toys during the holidays for the Walter and Connie Payton Foundation, volunteering at Glenview Youth Services and at the Northfield Food Pantry, and planning fun events for the entire school. All students are welcome to participate and may join at anytime throughout the year. All meetings will be announced during daily morning announcements. Attendance is open to all students. See page 10 of this issue for more information.

DRAMA CLUB – Mrs. Bergmann

Drama club is open to all 6th, 7th and 8th grade students. Drama club meets in the Wildcat Commons on Tuesdays from mid September through early June, 3:00 – 4:05. Students participate in improvisational activities and organized theatre exercises that encourage and strengthen both interpersonal and intrapersonal skills, while utilizing appropriate performance techniques. The ultimate goal is to establish improv troupes that will combine talents and interests of participants. Drama club is a tremendous opportunity to meet new people and have fun!

GLOBAL LANGUAGE CLUB – Ms. Hockman and Ms. Booth

Global Language Club meets monthly from September through June. Students participate in hands-on activities that focus on the cultures of the Hispanic and Francophone countries. Students are encouraged to speak in the target language. In January, preparation begins for the National Spanish Exam (8th graders) and the National French Contest (7th & 8th graders). Students meet twice a week for preparation of the National Exams which are administered in the first week of March. Some of the important holidays celebrated are *Halloween/Dia de los muertos*, *Mardi Gras/Carnaval*, and *the Cinco de Mayo*. All meetings are announced in advance during daily morning announcements.

WILDCAT PUBLISHERS – Ms. Faermark, Mrs. Alonzi & Mrs. Servé

Do you want to be a published writer or accomplished editor by this Spring? Wildcat Publishers members will collaborate to create the second annual edition of *Paws and Reflect*, our student anthology. Students will have the opportunity to design the cover, edit submissions and decide what will be published. The final edition of *Paws and Reflect* will be available in the Spring to all Springman students. We are also always looking for student work to include in the anthology. Students can submit their work to one of the sponsors, or to their LA teachers. All genres of writing and print art are welcome! Submissions should be no more than three pages typed.

STUDENT SENATE – Ms. Keefe & Ms. Faermark

Student Council enables students to participate in governance activities, become actively involved in improving school climate and student morale and plan activities that benefit the student body and the community at large. Meetings are currently scheduled for the first Wednesday of each month. Student Senate members will be selected to represent the teams and the school by the end of September.

YEARBOOK CLUB – Ms. Myland

The members of the yearbook club this year will have the opportunity to learn all the steps it takes to put together a yearbook. Students will take responsibility for many of the jobs necessary for the publication from learning to use the digital camera to taking candid photos for all extracurricular events, to using the online program to layout the pages, to writing the captions and articles for the various team and club pages. Meetings are held once every two weeks, after school on Tuesdays, through November. Starting in December, the meetings increase to once a week until the book goes to print in late March. So if you have a love of technology, writing, photography, or art, this is the club for you! I look forward to seeing you soon! The first yearbook club meeting will be held Tuesday, September 21 in room 236.

NATIONAL JUNIOR HONOR SOCIETY

After 2nd trimester, all students in grades 6-8 with a cumulative GPA of 3.75 and higher will receive an informational letter about National Junior Honor Society (NJHS), which is an honorary society for middle school students who exceed not only academically, but also in citizenship, service, leadership, and character. Students who meet the GPA requirement will be invited to apply to the society. To be a part of NJHS, students will need to have been a member of three activities during the 2010-2011 school year. The activities must come from the categories of: sports, clubs, and other activities. Students also must include four hours of volunteer service to the community. You can find more information on the [Springman NJHS website](#). More information will be given to students who qualify in March.

TECH CLUB—Mrs. Segiet

The Tech club will be meeting on Mondays this year, in the LRTC (room 225) from 3:00 until 4:10 bus every week. We will explore all the aspects of many commonly used programs plus discover new ones. From there we will invite the Glenview community (including your parents and Grandparents) to meetings for you, our new techies, to then educate them on what you know!

PERFORMANCE GROUPS

JAZZ BAND - Ms. Lindeman

Come "swing" into some fun musical tunes with the Springman Jazz Band! The jazz band performs at Springman Band Concerts, school assemblies, and events throughout the community. The band also participates in the Northshore Jazz Festival at GBS and at the "Share It!" Food Drive at the Merchandise Mart in Chicago. Rehearsals are on Wednesdays from 3:00-4:00 PM.

SPRINGMAN CO-CURRICULARS 2010-11

CLARINET CHOIR AND FLUTE CHOIR - Ms. Lindeman

Open to all 6th, 7th, and 8th grade Flute and Clarinet players. The choirs participate in band concerts, the GEF Recital Night, and in the community. The choirs meet Mondays from 3:05-4:05 in the band room.

WINTER MUSICAL – Mrs. Bergmann

This year's winter musical is Disco Knights February 4 & 5, 2011. Springman's musical averages between 190 – 275 students, teachers, parents, administrators and community members. Please consider joining this incredible group. Involvement in Springman's musical allows students to understand all aspects of a full scale theatrical production from publicity to the final curtain call.

Auditions are open to all Springman students (6th, 7th & 8th grades). In addition to acting, singing, and dancing, there are outstanding opportunities for students to work on lighting, sound and stage crew, as well as stage manager, box office manager, designer, costumes, make-up artists and publicity coordinators, as well as instrumental opportunities. Also, students who are interested in building and designing the set should contact Mr. Kolber in the Art Department. A rehearsal clinic will be held Tuesday, September 7th, from 3:00 – 4:05 pm in the music room. This clinic is an informational meeting to answer all your questions and prepare you for a successful audition. Auditions will begin Monday, September 13th beginning at 3:10, in 5 minute intervals, also on Tuesday, September 14th and Friday September 17th, auditions will be scheduled until 5:30 each day. Please see Mrs. B. to schedule a time. Once the cast/crew and management team has been selected, contracts and schedules will be distributed. Rehearsals take place after school, and last till 4:05, 5:00 or 6:00. The closer we get to public performance, the longer rehearsals will be. The musical is a terrific bonding experience and a chance for students to feel an awesome sense of accomplishment.

Who can resist smiling when thinking about the seventies?! Mood rings, Magic Eight Balls, polyester leisure suits, platform shoes, big hair and most important of all... disco! **Disco Knights** captures the essence of this unique era perfectly to create this hilarious musical that can't be beat for fun and energy! An odd set of circumstances brings a true cross-section of Culpepper School students to Rita's Roller Rink, the local hangout for the kids. Everyone from the regulars to the chess club members to school thugs Greg, Peter and Bobby, who are disguised as cheerleaders, converge right as the judges are determining if Mrs. Flint will win Principal of the Year. Even the malicious vice-principal, who is trying to thwart Mrs. Flint's attempts to impress the judges, couldn't have known that Buzz and his cohort in crime Delilah, would hide something valuable on Rita's mirror disco ball! Once everything is sorted out, Rita has promised the kids they can have a disco dance Friday in honor of their school mascot... the Knight. They'll call their dance Friday Knight Fever! Start planning now for a "far-out" time! Search your closets for those outfits you thought you'd NEVER wear again (but now your kids need them), practice those dance moves (the Hustle), share those 8-tracks sounds (Y.M.C.A.) with your family, start growing (or teasing) your hair, but most importantly plan on getting involved with **DISCO KNIGHTS!** Get "psyched" and share your experiences with us, come dressed as you would have in the 70's and see what happens!

VARIETY SHOW - Mrs. Bergmann

Come showcase your unique, fun, wacky, breathtaking talents at Springman's 5th annual variety show. This is a wonderful opportunity to share yourself with the Springman community. This one day extravaganza will be Friday, April 15, 2011. Start practicing now for auditions in March of 2011. Please see Mrs. B. if you have any questions.

ATHLETICS

INTRAMURALS

Intramurals are open to all Springman students. P.E. teachers, along with help from the staff, offer students a variety of activities. Games/matches are held 3-4 times a week, depending on the activity, against other Springman students. Usually Intramurals are held after school on Mon., Tues., and Wed. until 4:05 PM. A 4:15 PM bus will be available for students needing a ride home. Fall intramurals include flag football, golf, and tennis. Winter intramurals include basketball, volleyball, and indoor soccer. Spring intramurals include badminton and soccer.

Tennis Intramurals are played after-school on Monday, Tuesday or Wednesday at Johns Park. Tennis players will need walk or ride their bikes to Johns. Tennis concludes at 3:55 so students will have time to walk back to school and take one of the 4:10 late activity buses home. Kate Leckenby(PR) is the Springman tennis coach and will work with each student to help improve their tennis skills. There is a cross-town tournament with Attea in early October. Students may choose different days each week, and sign-ups take place at the sports table near the main office.

Golf Intramurals are played on Tuesday, Wednesday or Thursday after-school at the Glenview Park Golf Club on Shermer Road. We have three guaranteed tee times beginning at 3:22 and ending at 3:35. Students wishing to play need to pay \$60.00(three rounds @ \$20.00ea.) or have a season membership. On-course supervision is provided with some coaching. It is important that students have some basic skills before signing up. There will be a cross-town classic with Attea with nine holes being played at the Shermer Course and nine holes at the National Nine(Attea's home course). Anyone who has signed up for golf is entitled and encouraged to play. Students may choose different days each week, and sign-ups take place outside the main office at the sports table.

INTERSCHOLASTIC SPORTS – Mr. Tosh

Springman School is a member of the Central Suburban Middle School Conference. This Conference is made up of ten member schools. There are six interscholastic sports offered at Springman: girls' and boys' cross country, co-ed soccer, girls' and boys' volleyball, girls' and boys' basketball, spirit squad and girls' and boys' track. Students are selected for these teams through try-outs or practices. Since cross country and track do not have roster limitations, attending daily practices are the requirement to be a member of these teams. The other sports teams require students to try out. Sixth graders are only eligible to be on the cross country and track teams as roster sizes are limitless. To tryout, practice or participate in a clinic for any team, a valid sports physical needs to be on file in the school health office. If further information is needed, please call Dave Tosh, Springman Athletic Director, at 847- 657-2116

BASKETBALL (Boys) – Mr. Buzard (8th) & Mr. Posner (7th)

Springman's boys' seventh and eighth grade interscholastic basketball teams compete against teams from other nearby middle schools. It is a program for boys with a high interest level and top skills or the athletic potential to develop top skills. The team practices or plays a game virtually every school day from the start of November until early February. Almost all practices run until 5:00 or 6:00 p.m. and players must provide their own transportation home. Twelve boys are chosen for each team, following tryouts during the last week of October or the first week of November. Players must register for tryouts in advance, including obtaining permission from their parents to participate. The necessary forms will be available from Mr. Buzard (8th) and Mr. Posner (7th) in mid-October. Each player is required to have an up-to-date athletic physical examination form on file at the health office before trying out. Boys who are chosen for the team are committed to attend practices and games, perform to their abilities academically, and to conduct themselves at school in a way that sets a good example for others. Players purchase their own uniform (approx.\$50) and keep the uniform when the season ends.physical examination form on file at the Health Office prior to tryouts.

SPRINGMAN CO-CURRICULARS 2010-2011, cont.

BASKETBALL (Girls) – Mr. Stoltz (8th) & Ms. Partaker (7th)

Springman's 7th & 8th grade girls' basketball teams are interscholastic programs for girls with a high interest level and top skills or the athletic potential to develop top skills. The teams practice or play a game virtually every school day from the start of November through the first week of February. Almost all practices run until 5:00 or 6:00 p.m. and players must provide their own transportation home. The improvement of skills, effort, and teamwork will be stressed in practices as well as in games. Tryouts for both teams will take place during the first week of November. Each player is required to have an up-to-date athletic

CROSS COUNTRY – Mrs. Huck & Mr. Field

All Springman Students are welcome to join the team. There are no tryouts. Cross Country is not an individual distance running contest. Cross Country is a team sport. Team scores are determined by the finishing places of a school's first five runners. There will be at least four levels of competition. 8th grade boys, 8th grade girls, 6/7th grade boys and 6/7th grade girls. Everyone who practices will run at the meets. Practices will be held everyday from 3:15 until 4:05, except for Thursdays. There is no Activity Bus on Thursday. They will be released in time to take the Activity Bus at 4:15. Meets are scheduled to start at about 4:00 and everyone should be picked up before 6:00pm. Though the distances may vary from one venue to another, students will generally be required to run approximately 1.3 miles in a meet. Students will be expected to attend every practice. We realize that there are, occasionally, circumstances that will occasionally not allow some students to be at practice. When this happens they must inform one of their coaches in advance of the conflict. We are willing to make allowances but repeated absences will hurt both them and their team. Students should not wear their P.E. uniform to practice. Cross Country shirts may be purchased for practice and meets. Any comfortable shorts are fine for meets and practice. All Runners must have a complete set of sweats (top & bottoms) everyday for practice and for meets. As the weather gets cooler they may want to also bring along a hat and gloves.

SOCCER - Mr. Kieronski (7th), Ms. Heller, Mr. Kelly, and Ms. Munn (8th)

The 7th and 8th grade soccer teams have both girls and boys playing together on one team. Tryouts began the first full week of school and ran for 2-3 days. With the exception of games, practices are everyday except Thursdays from 3:00 p.m. until 5:00 p.m. Practices consist of conditioning, skill practice, team building, concepts discussion and mini-games. Games usually start at 4:00 (home and away) and consist of two thirty-minute halves. The 7th grade players meet and play on the south field and the 8th grade players meet and play on the east field. Each player is responsible for their own ride home from practices. Transportation is provided to and from school for the away games. Requirements for participation include: (1) up-to-date physical form on file (2) shin guards (3) purchase of uniform ~\$40 and (4) spikes/cleats. The soccer season ends the last week in October.

SPIRIT SQUAD – Ms. Baumgartner & Ms. Munn

The Springman Spirit Squad is an interscholastic sport that includes cheerleading, gymnastics and dance. The Squad combines both 7th and 8th grade students. We cheer and perform a half-time routine at most home games for both the boys and girls basketball team. In addition, we participate in one weekend competition. Practices are held two to three times a week for 1-2 hours. Squad members are expected to attend every practice. The members of the Spirit Squad are dedicated to providing support for the teams as well as bringing spirit to our school. Come out and see a game and stay for the half-time show! Go Wildcats!

TRACK & FIELD (Girls) – Mrs. Huck & Mr. Field

The Girls Track Team is open to all 6th, 7th, & 8th grade girls. There are no try-outs or cuts from the team. Events include the 100, 200, 400, 800, 1600 and hurdles. The three field events are the high jump, long jump, and the shot put. The meets generally last two hours and begin at about 4pm. Every participant must have an up-to-date physical form on file in the health office. These physicals are good for one calendar year. No physical=no participation in meets. Practices will begin the first day we return from Spring Break. Any activity, especially jogging, that students do over spring break will be a benefit to them. Biking, swimming, aerobics, etc., will also help prepare them for the season. They will be expected to attend every practice and practices will take place every school day except Thursdays from 3:00 to 4:30 p.m. There may be days where practices extend beyond 4:30 for certain events. They will be notified of this in advance. There is always a place for any girl who is willing to practice and train.

TRACK & FIELD (Boys) – Ms. Partaker

The Boys Track Team is open to all 6th, 7th, & 8th grade boys. There are no try-outs or cuts from the team. The season runs from the beginning of April through the end of May. Events include the 100, 200, 400, 800, 1600 and hurdles. The three field events are the high jump, long jump, and the shot put. Practices are everyday, Monday through Friday, and last about one hour. The students will be able to take the late bus home. A series of 7-9 meets will be held throughout the season. Every participant must have an up-to-date physical form on file in the health office.

VOLLEYBALL (Boys) – Mr. Ginis & Mrs. Groesch

Tryouts will begin in February for boys' volleyball. Mr. Ginis will coach the 8th grade boys and Mrs. Groesch will coach the 7th grade boys. Once students are selected we teach the basic skills and strategies necessary for competitive games. We focus on teamwork and sportsmanship. With the exception of game days, practices are held everyday after school from 3:00 to 5:00 p.m. Students are responsible for their transportation home after practices. Each player is required to have an up-to-date athletic physical examination form on file at the health office. The volleyball season ends in late March.

VOLLEYBALL (Girls) – Mrs. Groesch & Mr. Ginis

Our season began three days after school started. The Girls VB tryouts are open to all 7th & 8th grade girls. Mrs. Groesch coaches the 7th grade team and Mr. Ginis coaches the 8th grade team. Our philosophy is to teach the girls the skills necessary to compete in the game while enjoying themselves. Practices are held everyday, other than game days, from 3:00 p.m. to 5:00 p.m. Girls must arrange for their own transportation home following practice sessions and games.

ATTEA CO-CURRICULARS WILL BE LISTED IN THE OCTOBER FOCUS—FOR MORE INFORMATION NOW VISIT THE PTA WEBSITE OR [CLICK HERE](#)

Springman Builder's Club is off to a fantastic start this year! We had over 50 students attend the first meeting! It is not too late to have your child join. We have just started to plan for our **Halloween Bash Fundraiser**. This event was a huge success last year and we raised a lot of money for the Northfield Food Pantry and The Debra Gelfand Fund. The bash will be held on **Friday, October 29 at Springman**. If you are interested in helping with the Halloween Bash this year, please contact Deb Faermark at dfaermark@glenview34.org.