



Every Fox Needs a Den Welcome to Yours!



A message from your Principal, Mrs. Hafenrichter

Hello YGS families,

It was a short week, but a busy week at YGS. Returning to school after long breaks can be challenging for both parents and students. Below are some reminders from an article I read on parents.com. I thought I would share them as they are something we are working on in my own household.

- **Return to Bedtime Routines** – transition to their regular sleep patterns before returning to school. That's because quality, consistent sleep is essential to your child's ability to learn.
- **Discuss The Year Ahead** - Talking through any worries or concerns can help them feel more confident. Older kids and teens might want to set some academic New Year's resolutions they can work toward.
- **Celebrate Their First Weeks Back** - Help soften the blow after long breaks by organizing something special to celebrate the completion of their first week back.
- **Make Your Mornings Easier** - Make the before-school hours run smoothly by prepping things in advance. Have your student plug in to charge their Chromebook the night before.
- **Validate Your Child's Feelings** - They might be eager to see their friends and their teacher—or they might feel anxious and apprehensive about the situation. Both reactions are normal and valid. Encourage kids to voice their feelings and listen with patience.
- **Talk to children about their school day** - it will be important to

make sure that the kids know that you have a genuine interest in how their adjustment is going. Encourage kids to express their feelings and listen to them.

Thank you for entrusting us with your children and supporting our school.
Have a great weekend.

Best,
Melinda Hafenrichter
YGS Principal

"You are braver than you believe, stronger than you seem and smarter than you think." - Christopher Robin

NEWS TO NOTE



YOU DONUT WANT TO MISS THIS!

BOOKS & BITES

Wednesday, January 31st
at 7:45 A.M.
Yorkville Grade School

**A COZY MORNING OF READING
ALONGSIDE YOUR CHILD WITH
A DELICIOUS BREAKFAST!**

Spring Fox Clubs

Information regarding Fox Clubs for the spring will be shared in the next few weeks and we wanted to let you know so you can mark your calendars. Fox Clubs run on Tuesday for kindergarten and first graders and Thursday for

second and third graders. This spring we will offer Fox Sports and Fox Foodies. They will start the week of March 4th. Please look for the sign-up link in future newsletters. Spots will be reserved on a first come basis so please make sure to check future newsletters.

DATES TO REMEMBER



Mark Your Calendars

- **January 22nd** - No School. Teacher Institute Day
- **January 24th** - 3rd Grade Outdoor Ed field trip
- **January 31st** - Books and Bites at 7:45 a.m.
- **February 23rd** - Kindergarten Outdoor Ed field trip
- **March 25th - April 1st** - Spring Break
- **April 25th** - 1st Grade Outdoor Ed field trip

MINDFUL MOMENTOS WITH MRS. R.




Hello there YGS
Families!

I hope you are all staying cozy and safe in this interesting winter weather! While the weather outside is frightful, I wanted to share this visual for some FREE online parent presentations on various school mental health topics that could be delightful. Free and you can get some amazing tips from the comfort of your home?! Talk about a winter win:win.

I hope you can enjoy!

Sincerely, Mrs. R

**RIVERVIEW**
CHILD & FAMILY THERAPY

Winter/Spring
2024

Free Online Presentations




January 19th 12-1pm	Fighting the Back to School Battle Anxiety surrounding school is frustrating not only for the child but for the parent. Learn the causes behind school anxiety and some parenting strategies to help support and encourage your child through their stress.
February 23rd 12-1pm	Ways to Work Through the Winter Blues Winter can be long and dreary! We want ways to take care of our physical and mental health to move through periods of sadness and worry during the winter season.
March 22nd 12-1pm	Supporting Students with Anxiety As anxiety becomes more prevalent in our children, parents want to be able to support their child's worries. Learn what anxiety is all about and how to build your child's emotional health.
April 26th 12-1pm	Tips for a Fun and Successful Summer Break Change and transition can be challenging, even moving into summer! Come hear ways to manage end of year stress and support changes that come in summer.

Visit our website for the Zoom link at time of presentation:
www.riverviewcounselingservices.com

Schedule Your 2024 Community Presentations Now!

As Riverview Counseling Services believes in the power of family and personal growth, we are honored to share our knowledge, philosophies, strategies, and treatment interventions with the community around us. Upon request, we will provide presentations for school districts, parenting functions, and medical offices.

Please call 630-587-3777 ext 102 for more information on scheduling a presentation with one of Riverview's Community Liaisons!



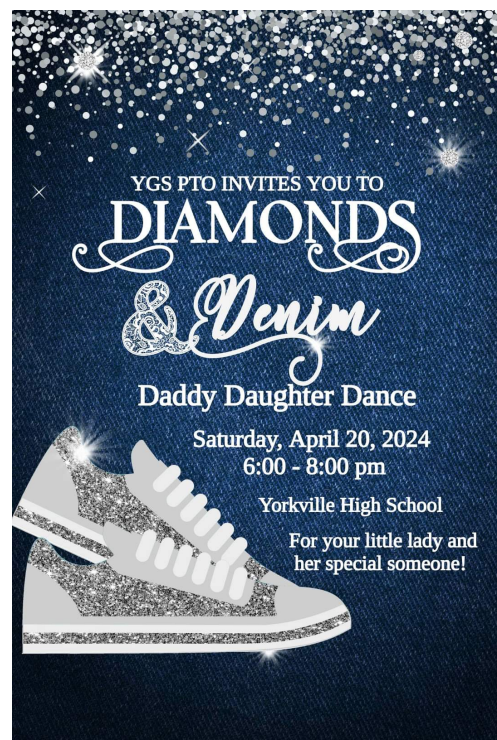
PTO UPDATES



PTO has begun planning for the 2024 Daddy Daughter Dance. This year, the dance will take place on April 20th and the theme is Diamonds and Denim. Join our rescheduled meeting this week for updates and to sign up to help.

Meetings will take place at 5:30 p.m. at the Yorkville Grade School Library.

- February 6th, 2024
- March 5th, 2024
- April 2nd, 2024
- May 7th, 2024



FOX FOODIES



If you would like to apply for free or reduced lunch fees, please visit [THIS](#) website. This application needs to be completed on a yearly basis to qualify. This means that if you received free or reduced fees last year you will need to apply again this year. If you have never applied and need to set up an account the website contains an easy to follow tutorial for setting up your account in order to apply.

Breakfast

A breakfast option is available for purchase (\$1.80). Any student interested in a grab-and-go option may stop at the serving station set up by the cafeteria

Mon	22	Tue	23	Wed	24	Thu	25	Fri	26
Closed		Soft Filled Cinnamon Toast Crunch Bar 🍌 Sunshine Smoothie 🍹 WG Honey Graham Crackers 🍪 Sliced Oranges 100% Juice Fruit Punch		Cheerios Cereal 🍌 String Cheese Strawberry & Banana Yogurt Cup Organic Granola Apricot Cup 100% Apple Juice		Yogurt Parfait 🍌🍌🍌 Strawberry Nutri-Grain Bar 🍌 Light Mozzarella Cheese Stick Fresh Banana 100% Grape Juice		Banana Chocolate Breakfast Bar 🍌 Cocoa Puffs Cereal Bar Cinnamon Graham Crackers Apple Slices Orange 100% Juice	

Snack

Please send your child with a snack to school each day. Parents are encouraged to review which item should be eaten for snack and which items should be eaten for lunch.

Lunch

Purchasing a school lunch (\$2.80) continues to be an option for students. Parents are encouraged to talk with their child about what their lunch choice will be each day. Will they bring a lunch from home or will they order at

school?

Mon	22	Tue	23	Wed	24	Thu	25	Fri	26
	Closed	Incredibowls General Tso's Chicken 🍗		Turkey Hot Dog on Bun		Crispy Chicken Sandwich		French Bread Pizza 🍗	
		Grilled Cheese Sandwich 🥗		Cheese Steak Sandwich 🍗		Veggie Burger on Bun 🥗		Nachos Grande	
		BBQ Chicken Wrap 🍗		Not-A-Nut Butter & Jelly Sandwich 🍗		Chicken Caesar Wrap 🍗		Garden Salad Entree 🥗	
		Fresh Garden Salad with Sliced Egg 🥗🍗		Garden Salad with Cheese Entree 🥗🍗		Simply Boxed Not-A-Nut-Butter Fuel Pack 🍗🥗		Egg Salad Plate 🥗	
								Mild Salsa	

ADDITIONAL INFORMATION



Don't Forget to Pack a Snack

A full belly contributes to a positive learning environment, promoting overall well-being and supporting the academic success of individuals by laying the foundation for sustained attention, memory retention, and effective problem-solving.

Please take some time this weekend to talk to your child about the snack that they might have in their lunch box or create a plan for your child packing their own snack. If you are in need of support for snacks, please reach out to Mrs. Resendiz.

Cold Weather Gear

As the weather heads toward winter, bringing cold weather gear for recess is essential to ensure that students can fully enjoy their outdoor break while staying warm and comfortable. If the temperature/wind chill at recess time is above 15 degrees we will be headed outside for recess. Packed with warm layers, insulated jackets, hats, gloves, and scarves, cold weather gear helps protect against the brisk temperatures.

2023 - 2024 Yearbooks

Order your yearbook now and get a discount! Visit www.treering.com/validate and enter the YGS code of 1016328586504766

Community Flyers

Are you looking for events happening in the Yorkville area? Check out the Community Flyer page on the Yorkville Website for up-to-date information about local events.

Community Flyer Page

DROP OFF & PICK UP



Please review the reminders below to ensure that all students and parents are safe during pick up and drop off.

- If you would like to walk your child to the door, please park and use the cross walk located between the green and red cars in the picture below.

- If you plan to pick up your child outside of your car, please wait in the area near the handicap parking spots.
- When in the drop off line, you **MUST** stay in your car. A staff member can help you if you need a door to be opened. Please make sure your child is ready exit when you are in the drop off zone.
- Please make sure to call the office before 2:30 if there is a change in transportation for the end of the day.
- Click [HERE](#) to view the map.

My primary communication to families will be through weekly newsletters on Friday which is an email/e-newsletter. Please make sure your contact information is kept up-to-date with the school so that you receive these important messages.



Yorkville Grade School | 630.553.4390 | 630.553.4450 |
mhafenrichter@y115.org

STAY CONNECTED



Yorkville Grade School | 201 W. Somonauk, Yorkville, IL 60560

Unsubscribe_kliptrot@y115.org

[Constant Contact Data Notice](#)



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