

SABIN FAMILY NEWSLETTER

March 4, 2024

www.sabin.cps.edu



February Student of the Month Pizza Party

IMPORTANT UPCOMING DATES

- March 11th - LSC Candidate Forum, 4:15pm - 5pm followed by LSC Meeting 5pm - 6pm
- March 11th - IAR testing week for grades 3-5
- March 12th - PAC Meeting, 9:30am -10:30am
- March 12th - Sabin's Nutrition Family Cooking Night, 4:30pm-6:00pm
- March 13th - Ms. Taylor's and Mr. Sitko's class field trip to Garfield Park Conservatory
- March 14th - BAC Meeting, 9:30am -10:30am
- March 14th - Sabin's Nutrition Family Cooking Night, 4:30pm-6:00pm
- March 15th - On-site Dental Services
- March 18th - IAR testing week for grades 6-8
- March 19th - Sabin Concurso de ortografia (Spanish Spelling Bee)
- March 19th - Sabin's Nutrition Family Cooking Night, 4:30pm-6:00pm
- March 22nd - End of Quarter 3 Report Card Grades must be posted by 3pm; IEP Quarter 3 Report Cards due by 5pm
- March 23rd- March 31st - CPS Spring Break, no classes

A WORD FROM SABIN ADMINISTRATION

We want to take a moment to express our heartfelt gratitude for your unwavering partnership and support. Your involvement enriches the educational experience for all our students, and we are truly grateful for your dedication.

As we continue into Q3, we have many exciting events planned, including fun field trips and engaging school-based activities. These events are not only educational but also serve as opportunities for us to come together as a community.

We are also thrilled to invite you to the LSC Candidate Forum, taking place next Monday at 5 PM in the library. This forum is an opportunity to learn more about the parents and community representatives running for the Local School Council. Food will be provided, so please join us for an informative and enjoyable evening.

Thank you once again for your continued support. We look forward to seeing you at the upcoming events, Go Hawks!

In community,
Mr. Baker, Principal
Ms. Roldan, Assistant Principal

LSC

OPEN CANDIDATE FORUM

Come meet the candidates!
Monday, March 11th, 4:15 -5:00pm
Sabin Library
Food will be provided

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GET INVOLVED!

We are looking for new members on the Parent Advisory Council and Bilingual Advisory Committee. Come to an upcoming meeting and make a difference at Sabin!

Next meeting:

PAC - Tuesday, March 12 @ 9:30am

BAC - Thursday, March 14th @ 9:30 am



MEET THE TUTORS!

We have three brand new tutors at Sabin through CPS's Tutor Corps. They are providing reading intervention to students in 1st - 6th grade.

Asha Whitehorne is originally from Chicago, but grew up in London, England and Dublin, Ireland. She says tutoring has been super fun meeting all the amazing teachers and students! Her favorite author is Dale Carnegie. Dustin Welch is from Michigan but moved to Chicago after teaching in Spain. Crystal Sansing is a parent of a Sabin kindergartner. When she is not at Sabin she also works for the Chicago Opera House.

SABIN HAWKS SPORTS UPDATES

March is here and Sabin Winter Sports are coming to an end. There are only two weeks left of basketball. The 7th/8th Boys and Girls teams will play this Thursday, March 7th at Clemente High School. Girls play at 5 pm, and Boys play at 6 pm. 5th/6th Boys and Girls teams play at Collins High School this weekend. The 5th/6th grade Lady Hawks are undefeated in the CPS Score league, and the 5th/6th Boys are 1-2.

Spring sports will begin shortly, so be on the lookout for permission slips for tryouts in the upcoming weeks. Sabin will have Girl's Soccer, Flag Football, Track, Girls on the Run and many more. Go, Sabin Hawks!

College and Career Spirit WEEK

MARCH 18 - 22

- Monday**: Your Future Starts Here
There's no place like home! Wear your Sabin attire.
- Tuesday**: College Roommates
Dress up and twin with your future college roommate.
- Wednesday**: You Can Do Anything
Dress up like your future profession.
- Thursday**: Tackle Your Dreams
It's Pajama day!
- Friday**: College Ready
Wear gear that represents your favorite college or university.

SABIN'S COUNSELING CORNER

SOCIAL-EMOTIONAL LEARNING NEWSLETTER



A note from the counselor:

...that thing you don't get enough of!
Sleep is food for the brain. Lack of sleep impacts your ability to perform academically, artistically and athletically. It may even impact relationships with family and friends.

TIPS:

- Stay off electronics at least 30 minutes prior to sleep (longer is better), as electronics stimulate brain activity.
- Avoid caffeine at or near bedtime- same for exercise. --
- Make your room a "sleep haven." Keep it cool, quiet and dark.
- Establish a "sleep routine" and stick with it. Try to go to bed and rise at consistent time!



Ms. Avery

HOW DO YOU FEEL?

Color the weather picture you relate to most:



The Power of Mistakes:

RESEARCH TELLS US THAT MAKING A MISTAKE IS ACTUALLY A GOOD THING! MISTAKES PROVIDE AN OPPORTUNITY FOR LEARNING AND ENCOURAGE GROWTH. THE GOAL IS TO NORMALIZE MISTAKES AND HELP CHILDREN UNDERSTAND THAT IT'S OKAY TO MAKE MISTAKES, ESPECIALLY WHEN WE ARE LEARNING SOMETHING NEW. "I'M NOT GOING TO BE GOOD AT THIS RIGHT AWAY, I'M GOING TO MAKE MISTAKES, AND THAT'S OKAY."

IT TURNS OUT, THE WAY TEACHERS AND FAMILIES REACT TO A CHILD'S MISTAKE CAN MAKE ALL THE DIFFERENCE IN WHETHER THE CHILD CONTINUES TO PUT IN EFFORT, OR IF THEY GIVE UP. SO ENCOURAGE YOUR CHILD TO EXERCISE THEIR BRAIN BY TRYING CHALLENGING ACTIVITIES, AND ENCOURAGE THEM EVEN IF THEY MAKE A MISTAKE.

Stay in touch :

Please allow for 24 hours for a response.



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SABIN

RINCÓN DE LA CONSEJERA

BOLETÍN DE APRENDIZAJE SOCIAL-EMOCIONAL:



Una nota de la consejera:

...esa cosa de la que no tienes suficiente!!

El sueño es alimento para el cerebro. La falta de sueño afecta su capacidad para desempeñarse académica, artística y atléticamente. Incluso puede afectar las relaciones con familiares y amigos.

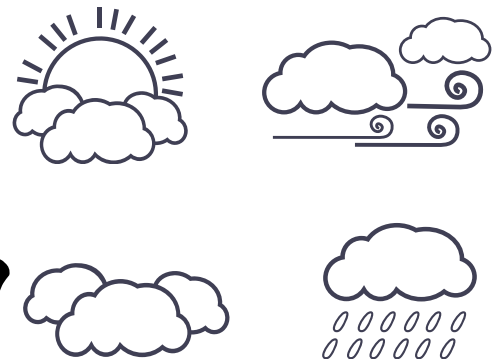
CONSEJOS:

- Manténgase alejado de los dispositivos electrónicos al menos 30 minutos antes de dormir (más tiempo es mejor), ya que los dispositivos electrónicos estimulan la actividad cerebral.
- Evite la cafeína a la hora de acostarse o cerca de ella, lo mismo para el ejercicio.
- Haz de tu habitación un "refugio para dormir". Manténgalo fresco, silencioso y oscuro.
- Establezca una "rutina de sueño" y cúmplala. ¡Intenta irte a la cama y levantarte a una hora constante!

😊 Sra. Avery

CÓMO TE SIENTES:

Colorea la imagen meteorológica con el que más te identificas:



El Poder de Los Errores:

¡LA INVESTIGACIÓN NOS DICE QUE COMETER UN ERROR ES EN REALIDAD ALGO BUENO! LOS ERRORES BRINDAN UNA OPORTUNIDAD PARA APRENDER Y FOMENTAN EL CRECIMIENTO. EL OBJETIVO ES NORMALIZAR LOS ERRORES Y AYUDAR A LOS NIÑOS A ENTENDER QUE ESTÁ BIEN COMETER ERRORES, ESPECIALMENTE CUANDO ESTAMOS APRENDIENDO ALGO NUEVO. "NO VOY A SER BUENO EN ESTO DE INMEDIATO, VOY A COMETER ERRORES, Y ESO ESTÁ BIEN".

RESULTA QUE LA FORMA EN QUE LOS MAESTROS Y LAS FAMILIAS REACCIONAN ANTE EL ERROR DE UN NIÑO PUEDE MARCAR LA DIFERENCIA EN SI EL NIÑO CONTINÚA ESFORZÁNDOSE O SI SE DA POR VENCIDO. POR LO TANTO, ANIME A SU HIJO A EJERCITAR SU CEREBRO PROBANDO ACTIVIDADES DESAFIANTES Y ANÍMELO INCLUSO SI COMETE UN ERROR.

Manténgase en contacto:

Espere 24 horas para recibir una respuesta.

