



Selected as a NASET (National Association of Special Education Teachers) School of Excellence annually from 2014-2022.

# Maryville Jen School

Thanksgiving Issue

November, 2022

## Principal's Address:

Greetings and Happy Thanksgiving,

It is no secret that Thanksgiving is my favorite holiday. A day filled with a wonderful meal shared with people I treasure and celebrating the blessings in my life.

Thanksgiving is a celebration of blessings and gratitude. Thanksgiving is simplistic and designed to bring people together. Thanksgiving is really all about giving thanks and expressing gratitude. Add in the leftovers, the Macy's Thanksgiving Day Parade, and a long weekend; what could be more perfect? The all-school Thanksgiving lunch, that's what! I am excited and very grateful that we are bringing back this tradition. Each classroom team prepares a side dish to complement the main dish (turkey, mashed potatoes/gravy) prepared by our Chef. This year's luncheon will take place on November 17<sup>th</sup> in the Stevens Center for students and faculty.

This tradition is one of many that exemplifies the philosophy of Jen. While the Thanksgiving meal and wonderful leftovers are the tangible outcomes of this tradition, the lessons are many. Students are engaged in problem-solving, team-building, academics, and social-emotional lessons. In addition, they are learning about food insecurity and hunger in America. We are all learning more about gratitude, kindness, and giving back. We are continuing to build relationships and a culture of respect and community.

I am extremely proud of the Jen School students and faculty and am very grateful and humbled to be a part of this school and this community.

With Much Gratitude, Be safe

Ann M. Craig  
Director of Educational Services/Principal



## Social Media

Like Jen School on Facebook!



Follow @jenschool on Instagram!



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# CTE

## (Career and Technical Education): 3D Printers

By: Stavros Kouriabalis - Para/Job Coach

Hello everyone, this month of CTE has been a very busy one! We are working hard with our 3D printers. We just recently added a new 3D printer and it has been a big help finishing our projects. We were tasked with creating parking passes for staff on another Maryville campus where parking is shared with other businesses. Creating the shape for the passes was not an easy task but we were able to find a good design for them. Once our prototype was approved, we went on with creating around forty passes. Each pass takes about two hours to print but with three printers running we were able to print them out fairly quickly. Once they were printed we designed text

for them using our vinyl cutter. The finished product looks amazing. We are thankful to the staff and students who came up with the design and were able to finish them.



# Jen Events

By: Mark Trerotola - Teacher

Here's what is up and coming at Jen:



**November 9:** Ground Breaking Ceremony at the new Niles location



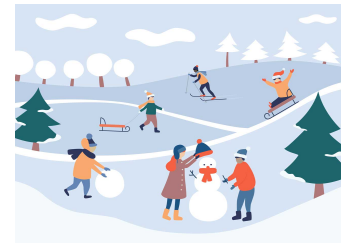
**November 17:** Return of the Jen School Thanksgiving Luncheon

**November 15:** In-person President's Advisory Council Meeting

**November 23-25:** No school for Thanksgiving Holiday

**December 16:** First semester/Second Quarter ends

**December 22:** All students dismissed at 2:15 to start Winter Break



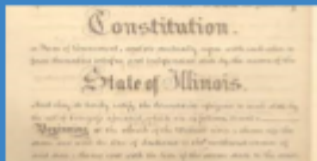
# CLASSROOM

# CORNER

## Growing Voters

By: Moissette McNeerney

Elections and voting are the cornerstone to democracy. The November 8th election reminds us that many interesting opportunities present themselves to teach students about government, the electoral process, current events, and most important, becoming civically minded. Young people should be part of any conversation revolving around this. This is covered when students learn about U.S. History and the framing of the Constitution. However, as the electoral process unfolds in "real time" the integral importance of voting becomes authentic.



Campaigns and elections are ripe with opportunities to discuss issues that are important to the public, whether a local or presidential election. In this election Illinois voters are asked to decide on Amendment 1; whether they wish to establish a Constitutional right for employees to organize and bargain collectively, specifically to negotiate wages, hours, and working conditions to protect their economic welfare and safety at work. Worker safety topics are covered in the Career Safe program in the Transition Classroom as well as in CTE. Mental health is on the ballot as well. Voters in some suburban areas are being asked if they should pay for expanded mental health services in their communities. This topic provides many teachable moments for social emotional learning. In addition to both of these issues, trees are being decided on, too. There is a referendum on the Cook County ballot asking property owners to pay more for the county's forest preserves. According to the Forest Preserve District, this referendum could assist more with respect to restoration, land management, and increase the trail system. Classroom discussions allow the students to weigh in on whether it's worth a property tax increase to preserve and protect our green spaces.



When exploring various aspects of an election, students learn together while creating meaningful conversations. While students may discover that they do not always agree with each other on some issues, learning how to respectfully disagree is a skill that is helpful to acquire not only around politics, but also with other controversial topics.

## Health Beat: Diabetes Awareness

By: Donna Hoffman - School Psychologist

November is Diabetes Awareness month. Having diabetes means your body is not able to process glucose properly from the foods you eat. There are different types of diabetes, each with different causes, but all stem from having too much glucose (sugar) in your bloodstream. Diabetes affects about 37 million Americans, both children and adults. Type 1 diabetes typically is diagnosed before adulthood. With type 1 diabetes the immune system destroys cells within the body that make insulin which is a hormone that regulates blood sugar. Most people with type 1 diabetes take insulin using a needle and syringe, insulin pen, or insulin pump. They must regularly check blood sugar levels and count carbohydrates. Type 2 diabetes usually is diagnosed in middle age, when the body stops using insulin properly to regulate blood. There's no cure for type 2 diabetes, but losing weight, eating well, and exercising can help to manage it. These lifestyle changes can also help prevent you from developing the disease.

Many people in middle age are prediabetic and not aware of it. One of the goals of this November awareness campaign is to urge at-risk adults to learn about and react to the warning signs. These warning signs include frequent urination, increased thirst, fatigue, blurred vision, increased hunger, unexplained weight loss, slow healing cuts and wounds, and/or tingling or numbness in the hands or feet. If you are experiencing any of these symptoms regularly, you should see your doctor to screen for diabetes so that treatment can begin immediately whether that means changing your diet and/or starting a medication regime. If not treated properly, diabetes can damage eyes, kidneys, nerves, heart and has been linked to some types of cancer. Type 2 diabetes is a preventable disease; the time to make lifestyle changes is now!



## Health Beat Cont.: Mental Health & Gratitude

November is also known as the month for Gratitude as we celebrate Thanksgiving on the 4<sup>th</sup> Thursday of the month. Research states that people who practice gratitude every day are not only happier but also healthier. Gratitude is more than simply saying "thank you." When we practice gratitude, we shift our thoughts from focusing on the negative to appreciating what is positive in our lives. Everything in our lives can improve when we are grateful. Research shows that gratitude can improve our moods, decrease stress, and enhance our overall level of health and well-being.

On average, grateful people tend to have fewer stress-related illnesses and experience less depression. They are more physically fit, happier, have a higher income, and have more satisfying personal and professional relationships.



Grateful kids are even more likely to get better grades in school. Ways to practice gratitude include writing in a daily journal listing things we are grateful for, sharing gratitude with others, and showing your appreciation by giving back to your community, neighborhood, or favorite organization. If everyone practiced daily gratitude, we could change ourselves and our world for the better. This month is a good time to start!

## SPORTS PAGE

By: Dan Baffin - PE  
Teacher



As the leaves fall and the seasons begin to change, another flag football season

is in the books. We finished the season 3-2, but I'm happy to report that we took home the sportsmanship trophy for the regular season! I am so proud of our student athletes for showing great sportsmanship throughout the season, especially during times of adversity. We were accepted into the CAAEL Flag Football Tournament and went 3-0 during three hard fought, close games. We are nearing the completion of our fall bowling season and we are in fourth place with an 86.38 average. A student just bowled his first ever "Turkey" (three strikes in a row) leading to a score of 136! If the team keeps up their high scoring, they are on course to make the school's first ever tournament appearance. With flag football ending the next CAAEL sport for the school year is volleyball. The students have been hard at work in P.E. practicing their skill work and having scrimmage games in class. And as always, sportsmanship is our number one priority!

# Student and Staff Spotlight: JS and Mr. T

By: George Nikolaou - Social Worker

The student we will be highlighting this month is J.S. J.S. is currently 16 years old and enjoys being a part of Jen School. During his free time, he likes reading Anime, eating out, and hanging out with his peers/friends. J.S. also enjoys playing board games, video games, and card games. When speaking with him, he considers himself a basic teenager trying to survive in the real world.

Mark Trerotola, or Mr. T as he is called at Jen, has just completed his 8<sup>th</sup> year at Jen School. He is a Special Education teacher with an LBS-I certification. In the past he worked for multiple high schools in the northern suburbs of Chicago. Mr. T grew up in New Jersey and is currently living in the north shore suburbs. He enjoys going to live events (sports, concerts, gatherings), creating art, and making people laugh. Three words that others would use to describe him are talkative, creative, and entertaining.

## Getting to Know JS and Mr. T

What is your favorite color?

**J.S. - Green**

**Mr. T - Royal Blue**

Have you ever had a nickname? What was it?

**J.S. - Lil Jeff**

**Mr. T - Tree, Treetop, Tot, Tret, T, and Love**

If you were a superhero, what powers would you have?

**J.S. - The power to summon flying horses**

**Mr. T - The power to be in the right place at the right time**

What is your favorite holiday?

**J.S. - Christmas**

**Mr. T - April Fool's Day**

What was your favorite subject in school?

**J.S. - Science**

**Mr. T - Art**

What's your favorite movie and/or favorite book?

**J.S. - My favorite movie is *Spiderman: No Way Home* and my favorite book is *My Hero Academia***

**Mr. T - My favorite movie and book is *One Flew Over the Cuckoo's Nest***

What motivates you to work hard?

**J.S. - Positive feedback received from staff and peers**

**Mr. T - Positive results**

What is something you've done that you are proud of?

**J.S. - Making honor roll in previous school years**

**Mr. T - Created a lot of mural art that is still present today in buildings**



# Student Movie Review

Reviews by: YH

TITLE: **Coraline**

DIRECTOR: **Henry Selick**

## Synopsis

The movie is about a girl that finds a secret door and she goes on an adventure in a new world beyond the door.

## Likes

I liked the ending because she ends up finding her way back home.

## Dislikes

I didn't like the part where she finds her evil stepmom.

## Favorite Character

I liked the black cat in the movie.

## Movie Rating (0-5; 0= DON'T WATCH and 5=MUST WATCH)

I would rate this movie 5 out of 5!



# Deliziosa! Student Food Review

Review by: JM

For this food review I will be talking about one of Chef's classic dishes. Earlier this week, Chef Zach made penne pasta with sausage and had a side of tomato cream sauce. Usually I'm not crazy about sausage, unless I'm craving it, but I guess today I was. The sausage and pasta were cooked perfectly, with the sauce being the star of the dish. It was at the right temperature, and the parmesan cheese added at the end was amazing. I strongly recommend this to anyone reading this.

**Recommendations:** I love garlic, so I would add it to the sauce. Also, I would recommend a larger scoop of tomato cream sauce added to the dish, chopped parsley, and I would add mozzarella cheese to the pasta after it has been cooked.

## MAKE IT AT HOME:

### Makes 4 servings

- 2 cup Penne (par-cooked)
- ½ Cup Saved Starchy Pasta Water
- 2 cup Canned Tomatoes (pureed)
- 1 cup Italian Sausage Crumbles (fully cooked)
- ¾ cup Heavy Cream
- ½ cup Parmesan Cheese (grated)
- 2 Tbsp Neutral oil
- 5 Basil Leaves
- 2 Garlic Cloves (minced)
- Pinch Crushed Red Pepper
- Salt to taste



### Directions:

- In a large pot sauté oil and garlic. When the garlic starts to color add the crushed red pepper and continue to sauté for 15 seconds.
- Add tomato and basil. Bring to a boil then reduce heat to medium-low.
- Add cream, cheese and salt if needed.
- Add the sausage and the penne. Stir until pasta is al dente. Add starchy pasta water if the sauce gets too thick.