

RIVER TRAILS MIDDLE SCHOOL PTC



THE FIRST MUSIC CONCERT WAS A SUCCESS!!!!

All of the students that participated in the orchestra, band, or chorus concerts gave a stunning performance for their families! Check out the link to a recent study citing a correlation between learning music and increased brain functioning (<http://www.livescience.com/7950-music-improves-brain-function.html>)! There is always room for one more music student! Visit: <http://rtms.rtsd26.org/activities/music>

Reminders

January 11th (Wednesday)

PTC Meeting

7:00 p.m. in the conference room at the front of the school.

January 24th (Tuesday)

Chipotle Fundraiser

Eat out at Chipotle between 4:00-8:00 p.m. and 50% of anything you order goes to our school! Simply bring in the flyer found on page 4.

Veteran's Day Breakfast

The November Veteran's Day Breakfast was a fantastic tribute to those of service and their families. A wonderful slideshow display of each Veteran was sentimental, yet informative. Thanks to Katie's Kitchen and Cristy Tracz for organizing this event.

Fundraising News

The Cookie Dough Fundraiser brought in over \$700! The students enjoyed receiving prizes for their sales efforts.

The Carson's Day Fundraiser brought in over \$300! Many students enjoyed selling the books at the Carson's store. Please consider encouraging your student to join in for the next Carson's Day in February!

**ALL Volunteers are important-
thanks so much for all you do!!!!**

Did you know that 100% of the PTC fundraising goes towards assemblies, activities, and support for families within the community?



FOOD FOR THOUGHT

Did you know that there is a link between good nutrition, exercise, and test scores?

Many studies provide evidence to the fact that students that eat well, exercise, and sleep at least 8 hours a night have better emotional monitoring, concentration, and even higher test scores! Consider looking into your child's self-care habits and incorporate even small changes if needed, such as adding a fruit a day. It could lead to a healthy, lifelong habit. To read more, see: http://www.cdc.gov/healthyyouth/health_and_academics/pdf/healacademic-achievement.pdf

Books you might find helpful in supporting your parenting:

<https://www.amazon.com/Parenting-Teens-Love-Logic-Adolescents/dp/1576839303/>

[https://www.amazon.com/Brainstorm-Power-Purpose-Teenage-Brain](https://www.amazon.com/Brainstorm-Power-Purpose-Teenage-Brain/dp/1937077632)

<https://www.amazon.com/Smart-Money-Kids-Raising-Generation/dp/1937077632>

Emotional Intelligence (EQ) Matters!

We've all heard about Intelligence Quotient (IQ) and measures related to cognitive abilities, but have you also thought about emotional intelligence (EQ)? Some studies suggest it's equally important. Check out a link on EQ and how understanding emotions can help clear thinking and allow your child to make better behavior choices in our ever complex world!

<http://www.helpguide.org/articles/emotional-health/emotional-intelligence-eq.htm>

Social Media Statistics

A full 95% of teens (12-17) are active online.

- 91% post a photo of themselves.
- 71% post their school name.
- 71% post their city or town.
- 92% post their real name to the profile they use most often.
- 82% post their birth date.
- 24% post videos of themselves.

<http://www.pewinternet.org/fact-sheets/teens-fact-sheet/>

Clubs

Check out the RTMS calendar to view when our various clubs are offered! Most clubs allow students to drop in at any time the club is available. Active involvement in community is an important part of your child's education. Extracurricular activities build on your child's character, as well as add to a successful college resume!

[Art Club](#)

[Community Service Club](#)

[Chess Club](#)

[El Club de Espanol](#)

[Environmental Club](#)

[Media Broadcasting](#)

[National Junior Honor Society](#)

[Newspaper Club](#)

[Science Club](#)

[Stock Market Club](#)

[Student Activity Club](#)

[Yearbook Club](#)

Connect with River Trails Middle School Social Media:

http://rtms.rtsd26.org/news/rtms_social_media

Athletics

Boys Basketball
Boys Volleyball
Girls Basketball
Girls Volleyball
Cross Country
Track and Field
POMS
Wrestling

(Check out the RTMS calendar to view when our athletics are offered)

PTC Information

The PTC currently has around \$7000 in the bank as of 11/30/2016. More detailed information can be found in our budget reports. Our goal is to maintain the same level of quality assemblies and activities, while allowing for additional ones. We also are looking to further our scholarship programs to help students in need.

Ways to contribute

Players U: Players U has generously offered to donate 12% of any package sessions ordered to the PTC throughout the entire school year! Please let them know you are with River Trails Middle School. There are many different sports packages to support you child's sport development. Visit:

<https://local.yahoo.com/info-169667902-players-u-mt-prospect>

Box Tops: There is a box located in the front of the office for box top collections. Feel free to have you or your child submit tops throughout the year. It really helps support our activities!

Stress Free Donations: Donations to the PTC are accepted all year and can be sent to the office in an envelope marked "PTC stress free donation."

Visit our PTC website at http://rtms.rtsd26.org/school_information/p_t_c

Save the Date

PTC Meetings (7:00 p.m.)

January 11th
February 8th
March 8th
April 12th
May 10th

Events

Basketball Fun Night- TBA



The purpose of the PTC is to provide financial support and fun for extra activities to enrich our community, as well as the development of our children. Please consider getting involved by volunteering your time, money, and/or input into creating a safe, encouraging place for our children to flourish. We'd love to hear from you!

CONTACT THE PTC WITH ANY QUESTIONS!

PTC Board

Julie Lehman- President
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SCHOOL SPIRIT TASTES GREAT



Make dinner a selfless act by joining us for a fundraiser to support River Trails Middle School PTC. Come in to the Chipotle at **102 E. Kensington Road** in Mt. Prospect on **Tuesday, January 24th** between **4:00pm** and **8:00pm**. Bring in this flyer, show it on your smartphone or tell the cashier you're supporting the cause to make sure that 50% of the proceeds will be donated to River Trails Middle School PTC.



MEXICAN GRILL

If placing an order online during your fundraiser, please note you must choose the pay in-store option and inform our cashier of your participation before paying. Gift card purchases during fundraisers do not count towards total donated sales, but purchases made with an existing gift card will count.