



Notes From the Office

Looking ahead:

Today! Wednesday, October 18th - Early Release Day at 12:15pm

Address/Phone Change/Email

You must inform the office immediately if you are moving or if any of your phone numbers or email addresses have changed.

Office Hours: 8:00AM - 3:30PM



Lilja PTO



News & Events Snapshot

Keep up with all the PTO news that's fit to print. Learn about upcoming events and other happenings around the Lilja and Natick community.

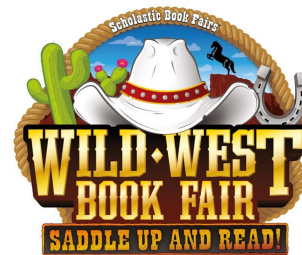
[Click Here to Catch Up](#)

Scholastic Book Fair

Yee-haw, our Wild West Book Fair is next week! Ride on down and see us, Wednesday and Thursday, October 25th and 26th, from 2-8 pm in the Lilja Learning Commons.

Fun fact: Last year's fair grossed \$9,926 in sales. This translates into 1,284 new books added to our school and home libraries and 231,120 minutes of

independent reading! Please come shop, [volunteer](#), and help us reach our goal this year of \$10,000. All the proceeds from this important event directly benefit Lilja, our teachers, and our children. See you there partner!



School Nurses Food Drive

Hunger is a huge problem in the nearby city of Worcester. Many children eat their main meal at school Monday through Friday but do not know what or when they will be eating on the weekends.

Natick's school nurses are partnering with the school nurses at Sullivan Middle School in Worcester to help them meet the needs of

some of these students and their families. We will be collecting food to help supply the Sullivan Middle School Food Pantry so that students can take home food for the weekend. We are now collecting non-perishable Thanksgiving foods: stuffing, canned corn, green beans, potatoes and yams, cranberry sauce and gravy. Please help if you can and drop off your items in the box in front of the Library by November 1st!



Thank you from the school nurses in Natick and Worcester!

Notes from Nursing

The Natick Public Schools and the Natick Board of Health are working collaboratively to provide your family the opportunity to come together to receive your flu vaccine. This vaccine will protect against all four influenza strains that are expected to circulate this year. We will hold vaccination clinics this fall on Thursday October 26, 2017 from 3:30 to 6:30 PM in Room 103 at Natick High School.

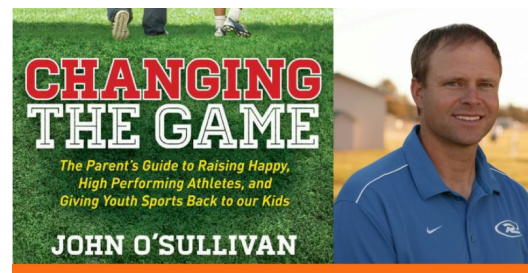
There will be no cost to you for this vaccine. We ask that you bring your health insurance card and policy number so that we can bill your insurance company, but there is no direct cost to you!

For this influenza season, only the Flu Shot will be available.

For more information on the Flu Vaccine please click [here](#). Flu consent form, please bring with you on the day of the clinic, please click [here](#).

Spark

**Changing the Game:
Raising Happy, High
Performing Athletes,
and Giving Youth Sports
Back to our Kids**



Monday, October 23, 2017 at 7pm at Natick High

-For athletes, coaches, parents and caregivers (all ages)

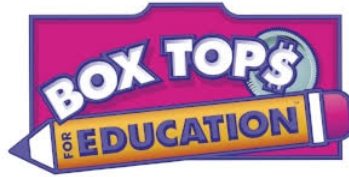
National expert, coach and leading expert John O'Sullivan, will address strategies to promote a healthy sports experience for young people and help them achieve their potential while having fun. Youth sports should be a positive experience for our children, yet 70% of children drop out of organized athletics by the age of 13. In this

talk, parents & coaches will learn:

- How to Keep Your Kids in Sports!
- 3 Ways to Change Your Kids' Sports Experience for the Better
- How To Motivate Your Kids to Take Ownership for Sports
- How to Help, and not Hinder Kids' Performance

[REGISTER HERE](#)

Box Tops Contest



The next Box Tops contest deadline is fast approaching. **The deadline for your submissions is Wednesday, October 25th.** The classroom and the student who collect the most Box Tops will win a prize!! Each year Box Tops provides nearly a thousand dollars for our PTO. It is easy to help us raise these funds. All you have to do is take a look at the products already on your pantry shelves. Clip and collect the box tops as you use the products, and check your shelves for any box tops that are expiring soon as once they expire, we can't collect money for them. You don't have to donate any money, all it requires is a little bit of your time. You can attach the box tops to one of the submission forms found in the [virtual backpack](#) or even easier, put them in a Ziplock bag. Once you have them collected, send them into school with your child – Don't forget to label with your child's full name and classroom. For a list of participating products see the product list found in the virtual backpack.

Office of Pupil Services

Coffee with Student Services Team: Special Education Overview

FRIDAY OCTOBER 20, 2017, 8:15 – 9 am at Lilja Elementary School

The Student Services Department and SEPAC are hosting monthly coffees where parents have the opportunity for coffee and conversation with the student services staff at each school in our district. Each coffee will have a focus topic and the 10/20 event will provide a Special Education Overview. In addition, parents whose children attend Lilja will also have the opportunity to learn more about the Student Services staff providing IEP/504 support to Lilja students. Everyone is invited to attend.

Strategies for reducing academic stress and strengthening executive function skills at home

THURSDAY NOVEMBER 2, 2017, 7pm Natick High School (Lecture Hall – 2nd floor)

Please join Dan Levine and Melissa Wilson of Engaging Minds who will present strategies for reducing academic stress and strengthening executive function skills at home. In this workshop parents will learn:

- Strategies to help your child get “unstuck” when he/she has trouble initiating tasks
- Organizational strategies to help your child keep track of his/her belongings and schoolwork
- Strategies to promote flexible thinking, enhance working memory, and sustain attention
- Self-monitoring strategies to help your child set goals, stay on track, and follow-through

Hosted by Natick SEPAC: The Natick Special Education Parent Advisory Council (SEPAC) is an all-volunteer organization of parents and caregivers dedicated in building a network for families whose children are receiving support services through an IEP/504 as well as for families considering requesting an IEP/504 evaluation. SEPAC provides a parent’s perspective of information, support and recommendations. www.sepacnatick.org or naticksepac@gmail.com

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STAY CONNECTED

