

**KIRTLAND ELEMENTARY**  
9140 CHILlicoTHE RD.  
KIRTLAND, OH 44094  
(440) 256-3344  
CHAD VANARNHEM, PRINCIPAL  
LINN BOWEN, GUIDANCE COUNSELOR  
TERRY WARDER, SECRETARY

# News from the Nest



## The KES Newsletter

Our Goal is to Maximize Student Achievement Through  
Personalized Learning

DECEMBER 7, 2018

### Important Times

Arrival 8:25am  
School opens 8:30am  
Tardy bell 8:40am  
Pre-school starts 8:45am  
Pre-school ends 11:15 am  
Dismissal 3:20 pm

### Lunch

Lunches will be \$3.15  
Milk can be purchased  
separately for \$.50

### Absent

Please call our absence line  
(available 24-hours) at  
**440-256-3344 ext. 2000** by  
8:30 am to inform the  
school of your child's  
absence. Request home-  
work by 10 am to allow  
time to gather materials for  
the end of the day pick up.

### Change with Dismissal

Please call the office  
before **2:00 pm** with any  
changes on how your  
child is going home after  
school.



Follow KES on  
Twitter @KESHornets  
Facebook- Kirtland  
Elementary School

### A Few Points from the Principal

- Looking for the perfect, unique gift for the holidays? Consider a personalized gift created from your child's artwork. Parents can log onto [www.artsonia.com/gifts](http://www.artsonia.com/gifts). You must know the artists screen name/art id to order selected art pieces (parents should have this in a previous email).
- Thank you to everyone that donated and participated in No Shave November. We raised \$350 to donate to the American Cancer Society and the Kirtland Police Department's "Shop with a Cop" program.
- Parents of girls in grades K-3: the Little Dribblers program starts **Saturday (12/8/18) at 9:00am. Tomorrow's session will be in the KHS gym**, and the rest will be in the KES gym. See p. 6 for more details. The boys program will be starting later in the school year.
- Thank you to all that donated and to our student council for raising funds for the "Shoe That Grows". We were able to raise and donate \$1,215!
- The Kirtland Schools are currently looking for substitute workers for latchkey and substitute bus drivers. Please use the following link for more information and to apply:  
<https://www.applitrack.com/kirtlandschools/onlineapp/default.aspx?all=1>
- The KES Student Council Food Drive runs until Thursday, December 13th. See p. 5 for details.
- Check out our whole school morning meeting led by Mrs. Molchen's class on Twitter @KESHornets.
- The goal is to have students go outside for recess if the weather permits. We will go outside if it is snowing, so please send your child with boots, hats, gloves and a warm coat. Many students bring snow pants as well. We will stay inside if it is too icy or if the wind chill factor is below 20 degrees Fahrenheit.
- We will be wearing GREEN on Tuesdays in December to celebrate being Trustworthy.
- Volunteers are welcome and appreciated at KES. Please remember you must be fingerprinted to volunteer for school activities including field trips. If you have not been printed and want to, let your child's teacher know ASAP and he or she will get it set up. Fingerprinting validation is good for 5 years.
- Every Friday is Spirit Day at KES. Students are encouraged to wear Hornet apparel and/or blue and gold.
- If you shop at Heinen's, please go to <http://www.heinensrewards.com/secure/home.aspx> to register Kirtland Elementary for rewards. This must be done every school year. Please see p. 9 for other places to register and help KES.
- If you shop at Giant Eagle, please register for the Apples for Students Program at <https://www.gianteagle.com/about-us/in-your-community/education>.

## **Important Dates:**

December 10	-Deck the Halls starts -Gr. 4 Concert in Hornet Hall at 6:30 pm
December 11	-Gr. 2 Concert in Hornet Hall at 6:30 pm
December 13	-Grade 5 after school play practice 3:30-5:00 pm
December 17	-Kirtland Board of Education meeting at 7:00 pm in the KHS cafeteria
December 19	-A Christmas Carol Performance by grade 5 at 6:30 in Hornet Hall
December 20	-Deck the Halls Drawing for wreaths and trees
December 24	-Winter break begins for students
January 7	-Classes resume for students
January 8	-PTA meeting at 7:00 pm in Hornet Hall
January 17	-Skating Party at United Skates 6:00-8:00 pm
January 21	-No School for MLK Day
January 23	-Grade 5 Spelling Bee at 9:00 am in Hornet Hall -Grade 4 Spelling Bee at 2:15 pm in Hornet Hall
January 25	-PTA Bingo Night 6:00-8:00 pm

## Kirtland Elementary Receives Gold PBIS Medal!

Kirtland Elementary School earned a Gold Medal School honor from the Ohio Department of Education for its Positive Behavior Intervention and Supports (PBIS) Program. KES demonstrated extraordinary leadership of implementation efforts, creative problem solving and innovative strategies.

PBIS is a broad range of systemic and individualized strategies for achieving important social and learning outcomes in school communities while preventing problem behavior. The key attributes of PBIS include preventive activities, data-based decision-making, and problem-solving orientation.

We believe that the strong PBIS program, complemented by our social emotional program of Responsive Classroom, has helped to reduce the number of behavior incidents over the past three years. The chart below shows the incidents from the start of school until November 28th to the past three years. The suspensions are totals from 16-17 and 17-18.

Location	16-17 Incidents	17-18 Incidents	18-19 Incidents	% Decrease of Incidents
In Class	56	42	35	37.50%
Lunch/Recess	*NA	30	20	33%
Bus	*NA	14	7	50%
*different system for reporting				
Out of School Suspension	30	6	3 (through 12/3/18)	

On Thursday, November 28th, Linn Bowen, Mike Nalepka and Chad VanArnhem received the PBIS Gold Medal on behalf of KES from the Ohio Department of Education Superintendent Paolo DeMaria. The three also presented at the state conference to a packed room on the different ways KES has engaged parents and the community (positive parent phone calls, parent survey, postcards, taco dinner night, drive in movie night and the carnival).

The award was made possible from the dedication of the PBIS team, the entire staff, students and parents. So, this award belongs to everyone! Congratulations!



## The Hour of Code

KES 5th graders taught the Hour of Code on Thursday and Friday this week to all students and staff in grades K-4. They showed them how to code and led them in STEM activities in the Nest at KHS.





**The Kirtland Area Service Council is organizing the  
Kirtland Community Christmas Project.**



**Student Council will be collecting dry and canned goods  
beginning on:**

**Wednesday, December 5th and continuing until Thursday, December 13th.**

Please see listed (below) what each grade level and classroom is responsible for collecting:

Preschool	Mrs. Miller	boxed Jello or boxed pudding
Grade: Kindergarten	All K classes	canned or boxed soups
Grade: 1	Mrs. Brown	canned vegetables
Grade: 1	Mrs. Cummings	canned vegetables
Grade: 1	Mrs. Needham	canned fruit or fruit cups
Grade: 2	Mrs. Lafferty	peanut butter
Grade: 2	Mr. Nalepka	peanut butter
Grade: 2	Ms. Watson	jelly
Grade: 2	Mrs. Williams	jelly
Grade: 3	Mrs. Greer	boxed noodles
Grade: 3	Mrs. Ribelli	boxed noodles
Grade: 3	Mrs. Swick	boxed potatoes
Grade: 4	Mrs. Donovan	apple sauce (jar or individual)
Grade: 4	Mrs. Karikas	cake/brownie/cookie mix
Grade: 4	Mrs. Molchen	frosting box or can
Grade: 5	Mrs. Denton	mac & cheese (boxed or individual)
Grade: 5	Mrs. Held	mac & cheese (boxed or individual)
Grade: 5	Mr. Lasecki	spaghetti sauce
Grade: 5	Mr. Ridgeway	spaghetti sauce

**COLLECTION PROCEDURE:**

**Student Council will provide your classroom with a bag to place outside of  
your door for food collection.**

**Student Council reps will collect the food daily during their assigned recess  
times. Final collection will be Thursday, December 13, 2018.**

# LADY HORNETS BASKETBALL

## LITTLE DRIBBLERS

### K – 3<sup>RD</sup> GRADE

LEARN FUNDAMENTAL SKILLS AND FUN DRILLS

LESSONS FROM THE KHS COACHES AND LADY HORNETS TEAM

FREE BASKETBALL

DATES: DEC. 8<sup>TH</sup>, 15<sup>TH</sup>, 29<sup>TH</sup>, AND JAN. 12<sup>TH</sup>

TIME: 9 AM - 10 AM IN ELEMENTARY GYM

ANY QUESTIONS: CONTACT BOB BELL @ 216-970-5821

COST IS \$25 CHECKS PAYABLE TO KIRTLAND BOARD OF ED.

Fill in form below and sign up at the door or mail in to:

Kirtland High School, Attn. Bob Bell 9252 Chillicothe Rd. Kirtland, OH 44094

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Name: \_\_\_\_\_ Grade \_\_\_\_\_

Phone: \_\_\_\_\_

Parent signature: \_\_\_\_\_

## KIRTLAND SCHOOLS WELLNESS CHALLENGE

DECEMBER 2018

### "KINDNESS COUNTS" CHALLENGE

NAME \_\_\_\_\_  
Staff or Student (circle one)

SCHOOL \_\_\_\_\_

We are each just one person in the world but imagine if each of us looked for the opportunity to help others each day. Realize the difference that would make. During the month of December we will each have to look harder to help others in this season of giving. Jot down points as you work to make a difference. Ideas that will help you earn points are listed below but **THESE ARE JUST SUGGESTIONS**. All acts of kindness count! Spread the joy. The possibilities are endless. Give yourself 1 point for each act of kindness.



BELOW ARE IDEAS YOU MAY WANT TO TRY...THE IDEA IS THAT THIS MONTH IS ABOUT GIVING TO OTHERS.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Give the gift of time to Someone that needs it
2 Send a thoughtful note To someone that needs to be cheered up	3 Donate something to a charity	4 Offer your help to someone that needs it	5 Be extra kind today to everyone you see	6 Make a thank you note for someone	7 Call a relative you have not talked to lately	8 Donate old towels and bedding to a shelter
9 Do a chore for someone In your family	10 Only say positive words today	11 Donate an item to your favorite charity cause	12 Plan to take cookies to The local firehouse, police station, or hospital	13 Shovel a walk or do yardwork for a neighbor	14 Spread the Joy and do something extra special for someone	15 Make a new friend. Introduce yourself to someone that needs a friend
16 Take pet supplies to a shelter	17 Give any spare change to the needy	18 Remember to think of Those less fortunate and help them	19 Create a card and give it to someone that needs cheering up	20 Give the gift of time to Someone that needs it	21 Remember to help the less fortunate	22 Visit a retirement or nursing home
23 Start cleaning out your closet for items to donate	24 Offer the gift of time to someone that needs it	25 Plan to find one nice way each day to help others	26 Write a note to a friend show you care	27 Think about starting the New Year with 1 new healthy habit	28/29 Make 2 new resolution To be a better person	20-31 <b>TOTAL FOR THE MONTH</b>

**THE DEADLINE FOR YOUR FORM TO BE RETURNED TO THE SERVICE BUILDING IS TUESDAY, JANUARY 8TH!**

# DECEMBER | 2018

## Kirtland Elementary Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> MINI PANCAKES WITH SAUSAGE LINKS AND CRISPY POTATOES Available Sides: Carrot Sticks, Assorted Fruit and Juice Cups Choice of Milk	<b>4</b> POPCORN CHICKEN BOWL WITH MASHED POTATOES AND ROLL Available Sides: Romaine Salad Cup, Broccoli with Dip, Fruit Cup Choice of Milk	<b>5</b> SUPER NACHO'S WITH MEAT, CHEESE, AND TOSTITOS Available Sides: Shredded Lettuce, 3 Bean Salads, Assorted Fruit Choice of Milk	<b>6</b> CHICKEN NUGGETS WITH ROASTED POTATO CUBES Available Sides: Romaine Lettuce Cups, Celery/Carrot Sticks with Dip, Assorted Fruit Cups Choice of Milk *CHOCOLATE CHIP COOKIE	<b>7</b> DOMINO'S PIZZA
<b>10</b> BENCH TOAST STICKS WITH SAUSAGE LINKS AND CRISPY POTATOES Available Sides: Wango Mango, Celery Sticks, Choice of Fruit, and Assorted Milk	<b>11</b> TERIYAKI CHICKEN BOWL WITH RICE Available Sides: Romaine Salad Cup, Cucumber Sticks with Dip, Fruit Cups Choice of Milk	<b>12</b> MEXICAN NACHO'S WITH TOSTITOS Available Sides: Shredded Lettuce, 3 Bean Salads, Assorted Fruit Choice of Milk	<b>13</b> CHICKEN FINGERS WITH POTATO TOTS Available Sides: Romaine Lettuce Cups, Celery/Carrot Sticks with Dip, Assorted Fruit Cups Choice of Milk SUGAR COOKIE	<b>14</b> DOMINO'S PIZZA
<b>17</b> MINI PANCAKES WITH SAUSAGE LINKS AND CRISPY POTATOES Available Sides: Carrot Sticks, Assorted Fruit and Juice Cups Choice of Milk	<b>18</b> POPCORN CHICKEN BOWL WITH MASHED POTATOES AND ROLL Available Sides: Romaine Salad Cup, Broccoli with Dip, Fruit Cup Choice of Milk	<b>19</b> SUPER NACHO'S WITH MEAT, CHEESE, AND TOSTITOS Available Sides: Shredded Lettuce, 3 Bean Salads, Assorted Fruit Choice of Milk	<b>20</b> CHICKEN NUGGETS WITH ROASTED POTATO CUBES Available Sides: Romaine Lettuce Cups, Celery/Carrot Sticks with Dip, Assorted Fruit Cups Choice of Milk *CHOCOLATE CHIP COOKIE	<b>21</b> DOMINO'S PIZZA
<b>24</b> HOLIDAY BREAK	<b>25</b> HOLIDAY BREAK	<b>26</b> HOLIDAY BREAK	<b>27</b> HOLIDAY BREAK	<b>28</b> HOLIDAY BREAK
<b>31</b> HOLIDAY BREAK				

Students may select a different entrée instead of the listed entrée.

Additional options are:

- Crispy Chicken Sandwich
- Smucker's Uncrustable P,B, & J Sandwich Jumbo 5.5 oz
- Cheeseburger on Bun
- Cheese Pizza
- Yogurt Meal Includes Cup of Yogurt, String Cheese, Choice of 2 Snack Packages of Crackers, Fruit and Choice of Milk

### \*NEW THIS YEAR

#### Bistro Box Meals

Bistro One:  
Scoop of Hummus and String Cheese, Carrots Celery, Large Package of Tostito's, Fruit Cup and Choice of Milk

Bistro Two:  
Turkey Rounds or Hard Salami, String Cheese, Carrots, Celery, Fruit Cup, Large Package of Snack Crackers and Choice of Milk

LUNCH W/ MILK \$3.15  
MILK ONLY .50

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

### Information from the Clinic

Hand, Foot and Mouth Disease is a viral infection that is commonly seen in children and babies.

The main symptoms include fever, sore throat, and raised rash that appear on the palms of hands, soles of feet, in and around mouth, and sometimes buttocks. The rash progresses to blisters, then scabs.

\*\*The child may at first feel tired, develop a sore throat, and have a fever 101-103 for 1 to 2 days. Skin sores will appear and may be painful. Sores in mouth may make swallowing painful.

This virus is contagious, being spread through human contact. It can be passed on to others through saliva, mucus, discharge from nose or throat, and feces.

The incubation period is 3-6 days.

Treatment is not usually needed, as it often goes away within 10 days. Tylenol or Motrin is recommended for discomfort. GOOD HAND WASHING and disinfecting any soiled objects will also help control the spread of the virus.

Any questions, please feel free to call the school nurses, at 256-3344, ext. 2006.

Kim Crawford and Cindy DiCarlo



# News from the Kirtland Public Library

## December 2018 Children's Programs

### **Storytimes:**

10:00 am on Tuesdays: **Storytime**

Make new friends as we enjoy songs, rhymes, games, and books together.

10:45 am on Tuesdays: **Lapsit**

Lapsit is geared for families with children under the age of three. Enjoy bounces, tickle rhymes, a story, scarves, shakers, and a big finish of bubbles!

### **1000 Books Before Kindergarten**

Reading to your young child regularly will encourage a love of reading, and the Library is here to cheer you on! Sign your child up for the 1000 Books Before Kindergarten program. Come get more information at the Children's Desk.

### **Wee Play:**

11:00 am on Saturday, December 8 (in Carousel Room)

Can't go outdoors due to the weather? You and your little one up through age 5 can come get some of that energy out by tossing beanbags, rolling beach balls, crawling through the tunnel, and more. Take a book break while telling each other stories with the flannel board, then knock down bowling pins and hit the golf ball into the hole, all while making new friends. Please register for this event by calling the Library at (440) 256-7323.

### **Make A Gift**

3:30-4:30 pm on Tuesday, December 11, 2018

Kids in grades K-12 can make a couple of gifts, then wrap them for giving this holiday season.

Please register for this event by calling the Library at (440) 256-7323.

### **Noon Year's Day Party:**

11:30am-12:30pm on Monday, December 31, 2018.

It's New Year's Eve and you can't stay up until midnight? Come to our party, where we will have games, crafts, and a countdown to 12:00 noon, followed by a light hotdog lunch! For families, please register for this event by calling the Library at (440) 256-7323.

### **Do Re Me and You Dance Party**

11:00am on Friday, December 7, 2018 (in Carousel Room)





A dance party for families with children up through age 5. Spend a fantastic half hour dancing with your child!

Please register for this event by calling the Library at (440) 256-7323.

### **Lego Club**

2:00pm on Saturday, December 15, 2018

For children up through 6<sup>th</sup> grade. Create with the library's LEGO bricks, and afterwards we will display them in the library!

PROGRAM	INFORMATION	LOOK FOR THE LOGO
<b>BOX TOPS FOR EDUCATION</b>	<p><b>WEBSITE:</b> <a href="http://www.btfe.com">http://www.btfe.com</a></p> <p><b>HOW YOU CAN HELP:</b> Send completed Box Tops forms or bags of Box Tops into school. Remember to include your students name so they can receive credit.</p> <p><b>HOW IT BENEFITS KES:</b> Kirtland Elementary School is a part of the national Box Tops for Education program. Each Box Top is worth \$0.10. Money generated from this program goes towards t-shirts, assemblies, Caught Being Good, technology and other supplies.</p>	
<b>APPLES FOR THE STUDENTS</b>	<p><b>WEBSITE:</b> <a href="http://www.gianteagle.com/Save/Supporting-Our-Schools/Apples-for-the-Students/">http://www.gianteagle.com/Save/Supporting-Our-Schools/Apples-for-the-Students/</a></p> <p><b>KES SCHOOL ID: 2437</b></p> <p><b>HOW YOU CAN HELP:</b> Register your card online.</p> <p><b>HOW IT BENEFITS KES:</b> Earning points is simple! With every scan of your registered Giant Eagle Advantage Card at the cash register, points are automatically credited to your selected school.</p> <p>Points can go towards educational equipment, including classroom technology, recreational and playground equipment, science materials, art supplies, music enrichment items, nutrition programming and more.</p>	
<b>HEINENS</b>	<p><b>WEBSITE:</b> <a href="http://heinens.com/schools">heinens.com/schools</a></p> <p><b>HOW YOU CAN HELP:</b> Register your card online. This is required <b>annually</b>.</p> <p><b>HOW IT BENEFITS KES:</b> Kirtland will receive a check in April/May from Heinen's. Money generated from this program goes towards t-shirts, assemblies, Caught Being Good, technology and other supplies.</p>	
Primary Kids Inc	<p><a href="http://www.primary.com/school/Kirtland">Www.primary.com/school/Kirtland</a> Order Code: Kirtland</p>	
<b>SHOPAROO</b>	<p><b>WEBSITE:</b> <a href="http://www.shoparoo.com/">http://www.shoparoo.com/</a></p> <p><b>HOW YOU CAN HELP:</b> Download the app to your phone and snap pictures of receipts. Each receipt is worth points, and points are converted to cash at the end of the year.</p> <p><b>HOW IT BENEFITS KES:</b> Kirtland will receive a check in August for the previous school year. Money generated from this program goes towards t-shirts, assemblies, Caught Being Good, technology and other supplies.</p>	



## October is National Depression Awareness Month

The month of October has been designated National Depression Awareness Month. Additionally, October 11<sup>th</sup> is National Depression Screening Day (held annually on the Thursday of the first full week in October). Project AWARE Ohio has developed an information brief entitled: *Depression in Adolescents*. Please refer to that information brief (which can be found at: <http://resources.oberlinkconsulting.com/>) for an introduction to depression in adolescents, an understanding of the risk and protective factors, and suggestions for how schools can help adolescents experiencing depression. Included both in the information brief and below is a listing of online resources for adults working with depressed youth.

### Depression Awareness Resources

- **Erika's Lighthouse - A Beacon of Hope for Adolescent Depression:** Erika's Lighthouse offers a variety of programs for classrooms and works to educate school communities on teen depression, eliminate the stigma associated with mental illness and empower teens to take charge of their mental health. <http://www.erikaslighthouse.org/>
- **HelpGuide:** This is a guide to inform and educate families and friends about how to provide useful help to a loved one suffering from depression. The HelpGuide goes over six firm rules to follow to achieve success when helping a loved one but, at the same time, staying emotionally stable. <https://www.helpguide.org/articles/depression/helping-a-depressed-person.htm>
- **iFred (International Foundation for Research and Education on Depression):** iFred's mission is to shine a positive light on depression and eliminate the stigma associated with the disease through prevention, research and education. Its goal is to ensure 100 percent of the 350 million people affected by depression seek and receive treatment. <http://www.ifred.org/>
- **Anxiety and Depression Association of America (ADAA):** ADAA is an international nonprofit organization dedicated to the prevention, treatment and cure of anxiety, depressive, obsessive-compulsive and trauma-related disorders through education, practice and research. There are links to resources specific to children and adolescents. <http://www.adaa.org/living-with-anxiety/ask-and-learn/resources>

The Project AWARE Ohio team includes partners in 3 county ESCs. If you are from those local areas and want more information about Project AWARE services, please contact:

**Cuyahoga County ESC:** Mary Wise; (216) 901-4201; [mary.wise@esc-cc.org](mailto:mary.wise@esc-cc.org)

**Warren County ESC:** Vycki Haught; (513) 379-2310; [vycki.haught@warrencountyesc.com](mailto:vycki.haught@warrencountyesc.com)

**Wood County ESC:** Angela Patchen; (419) 354-9010 x228; [apatchen@wcesc.org](mailto:apatchen@wcesc.org)

For information about Project AWARE in other regions of the state, please contact:

Emily Jordan: [emily.jordan@education.ohio.gov](mailto:emily.jordan@education.ohio.gov)

Cricket Meehan: [meehandc@miamioh.edu](mailto:meehandc@miamioh.edu)

Kathy Oberlin (Ohio Mental Health Network for School Success): [oberlink2@gmail.com](mailto:oberlink2@gmail.com)



# alpine valley

## Kirtland Ski Club



AGES 8-18

Starting Date: Friday, January 11, 2019  
6:00pm – 10:00pm

Rent or Own  
\$223.00

### WHAT YOU GET:

- Club Card good for every Friday 6:00pm-10:00pm
- Ski or Snowboard Rental
- (5) 1 hour lessons
- 4 Value Passes good anytime any day

### HOW THE SKI CLUB WORKS

- Ski Club starts Friday January 11<sup>th</sup> ends Friday February 8<sup>th</sup>
- After 5 weeks (Feb 8<sup>th</sup>) you can continue to use your Club Card independent from the ski club every Friday from 6pm – 10pm until closed for the season.
- Club Cards are *non-transferrable*

### HOW VALUE PASSES WORK

- Value Passes are encoded into your Club Card
- Value Passes can be used up to 4 times
- And can be used anytime any day at Boston Mills, Brandywine and Alpine Valley
- Value Passes are transferrable and can be used by friends or family

### SIGN UP INSTRUCTIONS

#### ➤ LOG IN TO:

➤ [AlpineValleyOhio.com](http://AlpineValleyOhio.com)

➤ Click "Plan&Buy" and select "Ski Club"

➤ Click "ONLINE REGISTRATION"

➤ LOG IN: kirtland

➤ PASSWORD: wish4snow

ADVISOR: CAROLYN NAMCIU

[Carolyn.namciu@sbdinc.com](mailto:Carolyn.namciu@sbdinc.com)

440-478-8872