



GLENBARD SOUTH

Where Excellence is Tradition

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November 2018

Issue #5

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Sandra Coughlin: Principal

The month of November is a traditional time of the year when we stop to reflect and give thanks to those around us.

On behalf of the Glenbard South Faculty and Administration, we want to thank you for taking time out of your busy schedule to attend Parent Teacher Conferences.

- South teachers held over 2500 appointments over the two days.
- Some teachers experimented with having students create their own student-led conference spotlighting their strengths and areas of improvement.
- A special thank you to our student interpreters that helped families access and communicate with teachers.

When we partner with families, it reinforces the value of an education, the importance of growing as an individual, and contributing to a larger community.

Taff Nielsen: Assistant Principal for Student Services

Mindful Mondays in November

As the months of November and December approach, the PBIS Committee has been busy planning activities to address the Social Emotional Competency of Self-Management. Using the theme "I Control Me" some activities have been developed to help students/staff learn to take time for themselves to calm their minds, work on self-control, and stress management.

For the month of November we will have Mindful Mondays, "Movember"

These activities will take place the first half of all lunch periods on November 5, 12th, and 19th.

November 5th: We will be offering a quiet chill space, free of electronics, for students to enjoy.

November 12: Yoga

November 19: Meditation

Council of Presidents



Recently students involved in the Council of Presidents' visited South Elgin High School to learn specific skills and helping to develop our future leaders.

The Council is a small group of students that represent leadership positions in the building from Key Club, Best Buddies, Student Council and Pep Club.

BULLYING AND SCHOOL VIOLENCE TIP LINE:

The Glenbard South School Violence and Bullying Tip Line is to report threats of school violence and /or bullying behavior. Please call **(630)942-6677** to make a report.

Students who wish to report a potential act of school violence at Glenbard South may also leave an anonymous message with our Police Liaison Officer at Please call **(630)942-6697**.

Lorie Cristofaro: Assistant Principal for Instruction

Freshman Focus Update:

Our newest Raiders continue to learn about Glenbard South culture and how to be successful in high school. This month they have had presentations on the following topics:

- What to do when given the gift of time?
- Digital Distractions: Do you know about the new screen time feature on the ipad and iphone?
[Click here to watch a 3 minute video on this awesome new feature!](#)
- Plagiarism and Academic Honesty: [Check out this information graphic](#) to help you support your student with this issue.

Newest Raiders to Visit in November

We are happy to welcome our newest Raiders for a visit to South on November 15. Eighth graders will enjoy the first act of our fall musical, Spamalot!, meet and interact with the cast and director, and have a pizza lunch. After the lunch, students will tour the elective departments of Art, Business, Family and Consumer Science, World Languages, Technology Education, in addition to learning about our rich programs in athletics and activities.

AP Information Night

If you are interested in learning more about AP Programming at Glenbard South, please come to our AP Information Night on November 29. We will have college admissions counselors present, school counselors, AP teachers and students will tell you about their experiences.

What's Going on in classrooms at South? Check out what was going on in our school this past month! Click on this link to see pictures and captions that were captured on our twitter feed

Tim Carlson: Assistant Principal for Athletics

Winter Sports Start Dates and Registration Info

Winter Sports are gearing up. Any student wishing to tryout for a winter sport must be registered in PowerSchool and have an updated physical on file. Both of these components must be completed or a student will not be allowed to tryout.

Boys Bowling (Co-op w/Glenbard East) October 23rd
Cheerleading October 22nd
Dance October 22nd

Girls Basketball October 29th

Boys Basketball November 5th
Girls Gymnastics November 5th
Wrestling November 5th

Girls Bowling (Co-op w/Glenbard East) November 12th

Boys Swimming (Co-op w/Glenbard West) November 19th

Lots of opportunities to get involved during the winter season. Consider going out for a winter sport.

Jim Cuny: Assistant Principal for Operations

New Lunch APP Can Provide Important Menu Information

Have you ever wondered about what your child will be offered for lunch or what the nutritional

values of our food selections contain. **Well we have the solution!**

You can download the new "So Happy" APP offered by Sodexo, our lunch provider.

This APP lets you know what is on the daily menu and provides full nutritional information including calories and allergens. It is easy to stay informed and help your student make healthier food choices and avoid a food allergens.

Simply download the free "So Happy" APP located in Google Play or APP store.

If you have questions please contact our Sodexo general manager Paula Barwacz at cafe_manager@glenbard.org.

Free Cardiac Heart Screening Set for Dec. 6th

Young Hearts for Life will be at Glenbard South on December 6, 2018 to screen all students for heart conditions that could lead to sudden cardiac death. Volunteers are needed to help with this event that is offered at no cost to our families.

YH4L and Advocate Good Samaritan Hospital are sponsoring this free screening. Details can be found [here](#).

Sign your student up today by clicking [here](#). Click on "I Am Giving Permission for my child" at the bottom of the page and complete the form.

In order to make this event successful, parent/community volunteers are needed. The screening will be offered during the school day on December 6th. All volunteers must attend one of the training sessions that will be held on the evening of December 5th. To volunteer,

1. Visit the volunteer page [here](#)
2. Enter your email address. You will not need to register an account on SignUp.com
3. Sign up for your spots. Be sure to sign up for your training session, as well as the shift you will volunteer at the screening. SignUp.com will send you an automated confirmation and reminders.

For further information regarding volunteering, contact Katherine Nelson ktnel984@gmail.com. For all other questions please contact Jim Cuny at 630-942-6700.

David Larson - Superintendent of District 87

When we empower our students, we help them grow

As students make the transition to high school, we, as parents, also go through a transition - from being the ones making all the decisions and fixing things to empowering our teens to take on some of that role.

It's important that we help our teens develop agency - the ability to advocate for themselves and take charge of their own actions and choices. When we empower our teens, we allow them to take initiative and influence their future.

When a student is struggling with an assignment, it's powerful for him to talk with his teacher. As parents, we need to help our children understand it's OK to be vulnerable and ask for help - this is how we learn and grow. Our teachers are eager to help, but they need to know when a student is struggling.

Similarly, if a student knows that she will be absent, help her understand that she needs to be proactive in communicating this to her teachers. If teachers know that a student will miss class, they can work with the student to arrange for the work to be made up. Often, teen-agers forget that their teachers are human; they're reasonable. It's important we teach teens how to advocate for themselves and positively influence their experience at school.

Glenbard South has a multitude of resources available to students. Encourage your teen to take advantage of resources such as:

- Math Resource Center, in Room 209, is a place for students to study for tests, complete homework assignments, or take reassessments. A math teacher is available to help with all levels of math classes, up to and including Pre-Calculus.
- Science Resource Center, located in Room 13, is open on Tuesdays and Thursdays. Students may work with science teachers on homework, studying or test retakes.
- Writing Resource Center is open during all lunch periods in the LRC. Students may make an appointment through Schoology or stop in with any writing assignment for any class at any stage in the writing process. Students also may receive help with college essays.
- AP Café, in Room 63 and open during all lunches. The AP Café offers a relaxed and supervised environment where AP students may meet with study groups, complete homework, study, or seek help from the AP Café adviser.

Also, remind your son or daughter that our teachers are available to students during a Resource period every day.

PowerSchool is a powerful online tool that lets you know how your student is doing in class. When you consistently check PowerSchool, it allows you to have good conversations with your student. Each week, have an open dialogue with your teen, ask, "How's it going?" and then brainstorm ideas for how your teen can arrange to get the help they need. By encouraging your teen to take initiative, you increase their motivation and empower him or her to take control.

The transition through adolescence can be challenging for teens and parents alike; however, an important part of this stage in life is teen-agers developing the ability to feel empowered to take control of their lives.

Ms. Gloria Chapa-Resendez - School Counseling Director

Enrollment Information

Freshmen, sophomores and juniors will be receiving enrollment information after Thanksgiving break about choosing classes for next year. Counselors will be meeting with students twice, the first meeting will be in a group format during the first half of your student's lunch period. The second meeting will be one on one with each student after the new year to review their class choices. Please ask them to share these materials with you and encourage them to discuss the classes they are interested in taking during the 2019-2020 school year. The Enrollment Handbook is available online at our school website. Please use this to help you with better understanding our course offerings.

Freshman will meet with their school counselors a couple additional times. These meetings will focus on their four year academic plan in preparation for the enrollment season. School counselors will meet with freshmen on October 31st and November 7th during Freshmen Focus.

Students for Students

**SFS handed out tattoos
and bracelets to support
Red Ribbon week**





Back Row: Nick Ryan, Trevor Burnett, Owen Lange, Vailin Dodd, TJ Burnett, Jacob Oates
Front Row: Kaitlyn McGreevy, Iliana Ceja, Alondra Ceja, Ena Nukic, Olivia Kollias, Elena Karr
and Katie Kibbey

Congratulations to the Raider Class Act Recipients!

The Raider Class Act Award is designed to promote a positive school climate by recognizing students who demonstrate any of the following traits: Leadership, citizenship, personal growth or random acts of kindness.



Monty Python's Spamalot : Come one, come all to a night of laughter, romance, bravery, and killer rabbits. Glenbard South Theatre Department is proud to present Monty Python's Spamalot. Follow King Arthur and his knights of the "very, very, very, round table" as they venture on their quest for the Holy Grail. A musical retelling of the fan favorite, Monty Python and the Quest For the Holy Grail, Spamalot is a roaring good time with witty humor, show stopping dances, and outrageous characters we all know and love. Tickets are \$10 and can be purchased online at <https://glenbardsouthhs.seatyourself.biz> with a credit card or with cash at the door. This is one performance that you will definitely not want to miss! Special seating arrangements and questions can be sent to Ms. Keuth-Rahtjen at jessica_keuth-rahtjen@glenbardsouth.org.

HEALTH OFFICE NEWS



It's Time for Your Annual Flu Shot

DUPAGE COUNTY - Influenza (flu) season in Illinois typically starts in the fall, and the DuPage County Health Department is recommending that everyone six months and older be vaccinated against influenza. The Health Department suggests that residents check with their physician's office or local pharmacy for the availability of flu vaccine. The single most effective way to prevent getting the flu is an annual flu shot. Influenza is a serious illness and can be fatal. Even healthy people get the flu each year, so it's

important for everyone to be vaccinated. Protecting yourself from flu also protects the people around you who are more vulnerable to serious flu illness. When more people get vaccinated against the flu, less flu can spread through that community. Flu season can last as late as May. Flu causes millions of illnesses, hundreds of thousands of hospitalizations and thousands or sometimes tens of thousands of deaths. Flu hit children hard last season with 183 lab-confirmed influenza-associated pediatric deaths reported nationally. Approximately 80 percent of these deaths occurred in children who had not received a flu vaccination this season. In addition to getting a flu shot, the Health Department recommends following the 3 Cs: * **Clean** - frequently wash your hands with soap and warm water. If soap and water are not available, use an alcohol-based hand rub. * **Cover** - cover your nose and mouth with a tissue when you cough or sneeze. After using a tissue, throw it in the trash and wash your hands. * **Contain** - contain your germs by staying home if you are sick except to get medical care or for other necessities.

Influenza antiviral drugs can be a second line of defense for treatment of some who get sick with flu. Many observational studies have found that in addition to lessening the duration and severity of symptoms, antiviral drugs can help prevent flu complications. Because it is important to start antiviral medication quickly, high-risk patients should contact a healthcare professional at the first signs of influenza symptoms, which include sudden onset of fever, sore throat or cough, body aches, chills, and tiredness. For more information about the flu, visit the Centers for Disease Control and Prevention (CDC): www.cdc.gov/flu ###

Article taken from DuPage County Health Department

Glen Ellyn
Rotary
Club



2018



32nd Annual Citrus Sale

RUBY RED GRAPEFRUIT
or
INTERIOR NAVEL ORANGES

Only \$39

(40 lb. box)

Make Someone Happy!

Give a Citrus Gift to Family, Friends and Employees!

Place your order at www.glenellynrotary.org
or contact Penny Belke 630-309-1851

Citrus orders will be available for pick-up

Friday, December 7

and **Saturday December 8**

at the Village Links Golf Course

Proceeds for Local Community Grants and Scholarships



Once again we are offering CITRUS from the Glen Ellyn Rotary Club. You can download the [form here](#) or go to glenellynrotary.org and order online. PLEASE ORDER BY 11/27/18.

Remember to ask family and friends. If you don't want the fruit, consider a monetary donation.

The Rotary Club of Glen Ellyn is currently conducting its 32nd Annual Citrus Sale which benefits Glenbard West and South High School scholarships, local charitable organizations and the Glen Ellyn community. Last year, based on need, the club delivered 1200 pounds of fruit, funded 9 scholarship to deserving young adults in need, as well as supported 22 charities which include: Bridge Communities, DuPage Pads, Glen Ellyn Children's Resource Center, DuPage Senior Citizens Council, People's Resource Center, Midwest Shelter for Homeless Veterans, Teen Parent Connection and BR Ryall YMCA. We fully anticipate supporting these organizations again this year!

The Indian River Ruby Red Grapefruit and California Navel Oranges may be purchased in full or 1/2 cases to be given as gifts for friends, family, clients, employees, or for yourself, as they are simply delicious eating. All fruit is picked on Monday or Tuesday.

Full Case Oranges (approx. 40 lbs.) \$39 case

Full Case Grapefruits (approx. 40 lbs.) \$39 case

Full Case Combination Grapefruits & Oranges (approx. 40 lbs.) \$39 case

1/2 Case of Oranges \$22 case

1/2 Case of Grapefruit \$22 case

Thanks for your support!!

**GLENBARD SOUTH
BOOSTERS**



Join the Glenbard South Boosters

For An Evening of Fun, Food and Wine (byob)

Hors d'oeuvres, desserts & non-alcoholic
beverages

*included with ticket

Admission: \$10 per person

Wine-O (Bingo): \$20 per pack

Wine Pull: \$20 per cork

Wine Pull (everyone wins)

Purchase a cork for \$20 and take home a mystery
bottle of wine or beer(s)

*All Mystery Bottle Values Range from \$20-50 per bottle.

Wine-O

(Like Bing-O but better)

Silent Auction

Date: Saturday Nov 10th

Location: St Luke's
(Adjacent to Glenbard South
on Butterfield)

Time: 6:00-9:00

Visit gsboosters.org for more info and
to PURCHASE TICKETS

Visit the
RAIDER WEAR
Holiday shop

----- gsboosters.org -----

GPS GLENBARD
PARENT SERIES →
Navigating Healthy Families

The Glenbard Parent Series (GPS): Navigating Healthy Families is an educational consortium dedicated to presenting distinguished high-profile authors, clinicians, and educators who share their research-based knowledge and experiences. Our mission is to enhance our students' social and emotional learning, encourage responsible decision-making, foster positive growth and development, and promote respectful relationships as we encourage conversation around the opportunities and issues facing families today. The powerful Glenbard Parent Series is a nationally recognized, extraordinary resource for parents, educators, students, and community members to foster real-world skills and traits to help students be better prepared for life, the workforce, and college.

Programs are offered free of charge, no registration is required and the public is welcome. Note the addition this year of four Glenbard Early Childhood events targeted at parents of our youngest children -birth to age 10.

NOVEMBER 2018

Tuesday, Nov 13

Dr. Dana Suskind

Early Childhood Event/

Thirty Million Words: Building a Child's Brain

7:00pm Glen Ellyn Public Library, 400 Duane Street Glen Ellyn

Wednesday, Nov. 14

Ned Johnson and Dr. William Stixrud

Self-Driven Child: The Science of Giving Your Kids More Confidence,
Purpose and Control

noon Marquardt Administration

7:00pm Glenbard West Aud

DECEMBER 2018

Wednesday, Dec. 5

Dr. Peter Hall

Self-Care to Foster Resilience in Yourself and Others

7pm Glenbard East Ryder Aud

Thursday, Dec 6

Find Your Future At College Night 6pm

Dr. Raquel Wilson, Equity Coordinator and Distinguished Panel

Marquardt Administration Center

Student Equity and Excellence Committee

Tuesday, Dec. 11

Generation Worry: Managing Stress Through Mindfulness

Todd Fink

noon CCSD93 Administration Center

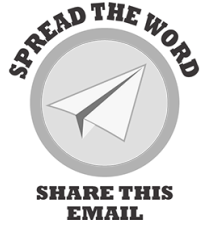
Important Dates

November

- 3 IMEA Dist IX Festival @ Elgin HS
- 4 Daylight Savings Time Ends - Turn clocks back 1 hour
- 5 Winter Sports begin - Wrestling / Gymnastics / Boys Basketball
- 11 Marching Band - Veterans Day Performance
- 12 Board of Education Meeting at District
- 12 Winter Sport - Girls Bowling - begins
- 12-16 American Education Week
- 14 8th grade Visit with Musical Matinee Performance
- 14 Gratitude Day
- 15-17 Musical "Spamalot!"
- 17 IMEA Dist IX Jazz Fest
- 19 Winter Sport - Boys Swimming - begins
- 21-23 Thanksgiving Recess - No School
- 26 Board of Education Meeting at Glenbard South -
Academic Excellence Celebration
- 27 Sophomore Enrollment Meeting
- 28 Freshmen Enrollment Meeting
- 29 Junior Enrollment Meeting
- 29 AP Night

Staying Connected is Easy!

- *Monthly Electronic Newsletter
- *Website: glenbardsouthhs.org
- *Twitter: @GBSRaiders
- *Student Activity Boards
- *TV Monitors Throughout the Building
- *Monday Video Announcements
- *Electronic Signs on Butterfield Rd. and Park Ave.



Glenbard South High School, 23W200 Butterfield Rd., Glen Ellyn, IL 60137

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