



December 2018

Issue #6

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Sandra Coughlin: Principal

Stay focused, Finish strong

As we approach the end of the 1st semester, we encourage you to speak with your student and make a plan for how he/she should manage the remainder of the semester: monitoring PowerSchool, accessing help, staying on top of assignments, and finding balance. Practicing mindfulness techniques and a growth mindset could be extremely beneficial.

Mindfulness practices

- Deep breathing
- Positive affirmations

Growth mindset thoughts (source: Daniel-Wong.com)

1. Believe you can and you're halfway there.
2. You have to expect things of yourself before you can do them.
3. Strive for progress, not perfections.
4. Success is the sum of small efforts, repeated day in and day out. - Robert Collier

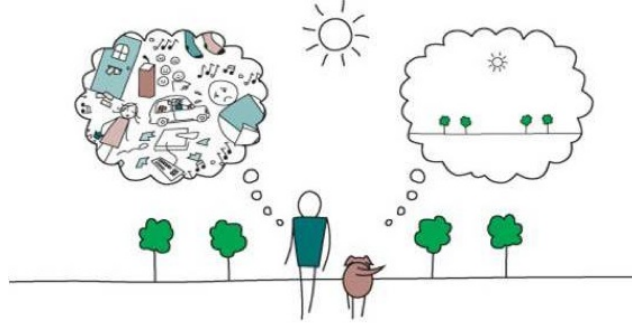
Mindfulness Techniques

- Sit in a quiet room
- Push negative thoughts out of your mind
- Relax shoulders and head
- Focus on deep breathing

Taff Nielsen: Assistant Principal for Student Services

Staying mindful of stress and emotions:

As we move into December and students begin preparing for final exams, it is a crucial time to remind our students to be self-aware of their stressors and find healthy ways to self-manage these feelings. Our school theme for November was Mindfulness. Through the use of announcements we helped students identify ways to use these skills and learn ways to regulate and cope with everyday stresses.



Mind Full, or Mindful?



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Gratitude Day Recognition:



On Wednesday, November 14, students stayed after school and made Gratitude Day cards as a way of showing thanks for all the wonderful things occurring at Glenbard South.

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Veterans Day Recognition Ceremony:

Glenbard South recognized our veterans and celebrated our gratitude.
Thank you to our veterans for their service and sacrifice.



from left to right: Mr. Mark Conrad...U.S. Army Medical Corps from 1981-1984
 Mr. Dan Bledsoe...U.S. Navy from 2004-2008
 Connor Murphy - Glenbard South Student...U.S. Army National Guard (Active)
 Mr. John Bonk...U.S. Navy from 1990-1994
 Mr. John Ryan...U.S. Army from 1969-1971
 Mr. Tony Adkins...U.S. Marine Corps from 1981-1987
 (Unable to attend Recognition Ceremony)
 Corporal Sharon Hood...U.S. Marine Corps from 1979-1986
 Mr. Rich Santeralli...U.S. Army from 1968-1970

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Mentor Day with Rotary:



Every year students from Glenbard South and West shadow professionals in their field of interest. Thank you to the Glen Ellyn Rotary and to the mentors for creating such a wonderful experience for our students.

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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 **(630)942-6697**.

Lorie Cristofaro: Assistant Principal for Instruction

Take the Dive into Advanced Placement:

"Students who do not take rigorous coursework their senior year are 73% less likely to complete their 4-year college degree." 93% of Glenbard South students enrolled in a college (4 year or 2 year college) last year! One of the best ways to prepare your students to be ready for college is to take an Advanced Placement class. For detailed information, click on one of the College Board provided links below. As a school district we have set a target that 80% of our graduating seniors take an advanced placement course by the time that they graduate high school because the rigor of this experience helps students achieve success after high school. Glenbard's Board of Education has committed to this goal.

AP Student Success at the College Level Resource: The Benefits of AP

We offer 25 Advanced Placement Courses at South, an amazing number. Some of these courses are open to students as early as their freshman year of high school. However, the most important goal of taking an AP class is taking one before your graduate in a subject area the student is excited about. As we approach the time in which students are signing up for courses, I encourage you to have conversations with your student so that they pick a rigorous yet attainable course schedule, plan to take classes that they have a passion or interest in, and finally, make a four year plan that includes at least one AP class. If you have questions - our school counselors are always here to help.

AP Courses @ South

Details at College Board Website

Art Studio Art	Computer Science Computer Science Principles	English Language and Composition	Math Calculus AB Calculus BC
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	Computer Science A	Literature and Composition	Statistics
Music Music Theory	Science Biology Environmental Science Chemistry Physics	Social Studies Human Geography European History American Government United States History Psychology	World Languages Spanish Language

Advanced Placement Parent/Student Night

We will be hosting an AP Information night on Thursday, November 29, starting at 6:30 p.m. This is a great opportunity to learn from counselors, parents, students, and college admission officers about AP and how it leads to success in high school and college. This is a great evening for parents/students interested in AP courses for the first time.

New Courses @ South 2019-2020 School Year

Latin American History (1 Semester- Eligible Students Grades 10-12):

Latin American History is a semester elective course that explores the Latin American experience from the pre-colonial period to contemporary 21st Century America. Students will explore Latin America's rich diversity that includes Mesoamerica, South America and the Caribbean. This exploration includes a cultural and historical perspective to better understand the experiences and processes that have shaped the region. Questions: Contact Mrs. Rita Guritz.

3D Design 2 (1 Semester - Grades 9-12):

This course strand consists of two levels focused on three-dimensional (3D) approaches to artmaking. Through 3D1 & 3D2, students will experience various ways to creatively activate space, integrate depth and space, and create volume and surface. Students will demonstrate an understanding of 3D design through an array of processes under the 3D umbrella. These may include but are not limited to: ceramics, functional art, figurative and/or non-figurative sculpture, architectural models, 3D printing, modeling for animation, jewelry, metalworking, glasswork, assemblage, 3D fabric/fiber arts, mixed-media, installation, and performance. Questions: Contact Dr. Brian DeWald.

Testing Dates - Spring 2019

Tuesday, April 9: All Juniors in Illinois take the SAT. This is now a graduation requirement. Freshman, Sophomores, and Seniors will not have school on Tuesday, April 9.

Wednesday, April 10: Freshman will take the state mandated PSAT 8/9 exam and

sophomores will take the state mandated PSAT 10 exam. Juniors and seniors will not have school on Wednesday, April 10 (Good college visit day). Some juniors who are eligible for extended time on the SAT may be testing on both April 9 and 10.

SAT Prep Classes

We will again be offering free SAT Prep classes to Juniors. These classes are free of charge and will begin in January leading up to the April 9 SAT test. Different time options will be offered to accommodate our busy students. More information on signing up for these classes will be available in the coming weeks.

What's going on in South classrooms? Check out our Twitter or this Wakelet compilation!

Tim Carlson: Assistant Principal for Athletics

SAVE THE DATE

Be sure to join us on Friday, January 18th for our annual Pack the Place. The night will feature our boys and girls varsity basketball teams, JV Wrestling, Girls Gymnastics and our Cheer and Dance teams performing. More information on Pack the Place will follow in the coming weeks.

CONGRATS

Congratulations to Raider swimmer Madi Field for being part of the 200 Medley Relay team for the West/South Co-op Swim Team that finished 7th at this past weekend's IHSA State Finals. The West/South Team finished 9th overall at State.

Congratulations to senior football player Tavion Keith on being named to the Illinois High School Football Coaches Association Class 5A All-State Football team.

Concession Volunteers

The concession stand is in need of volunteers throughout the winter season. Please take a moment to signup at gsboosters.org. We appreciate your help and support of our programs.

Jim Cuny: Assistant Principal for Operations



Free Cardiac Heart Screening Set for Dec. 6th
Please sign your Student Up Today!

It is not too late to sign your student up for the Free Screening. Please click on the link below.

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.

Volunteers Needed

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.

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GLENBARD SOUTH
2018-2019 FINAL EXAM SCHEDULE
1st SEMESTER - December 19, 20 & 21

	7:35- 9:00	9:00- 9:10	9:10- 10:35	10:35- 10:45	10:45- 12:10	12:20- 1:20
December 19 Wednesday	Period 5 Exam	Break	Period 3 Exam	Break	Period 7 Exam	Resource Period
December 20 Thursday	Period 6 Exam	Break	Period 2 Exam	Break	Period 8 Exam	Resource Period
December 21 Friday	Period 4 Exam	Break	Period 1 Exam	Break	Rescheduled /Make-up Exams & Zero hour PE	Resource Period

1. LUNCHES - There will be no student lunch served on exam days. The Bridge

will be open for snacks each morning before the first exam and at each schedule break. Various snacks and lunch items will be available including cold sandwiches, fruit, veggies as well as milk and juice.

2.BUS ARRIVALS - There will be regular morning bus service on all exam days.

3.BUS DEPARTURES -

BUS DEPARTURES	1st Departure	Activity Bus	Athletic Bus
Wednesday 12/19	Departs 12:20 pm	Departs 1:30 pm	Departs 3:30 pm
Thursday 12/20	Departs 12:20 pm	Departs 1:30 pm	Departs 3:30 pm
Friday 12/21	Departs 10:45 am	Departs 12:20 pm	Departs 3:30 pm

4.EXAM MAKE-UP - Students who have an excused absence from an exam may make arrangements with their teacher to make up the exam on Friday, 12/21/18 during the Exam Make-up Session. Students may also arrange with teachers to make up exams during Resource Periods.

5.TECHNOLOGY CENTER OF DUPAGE - TCD 1st semester ends on December 20, 2018.

6.QUIET STUDY AREAS - Supervised quiet study areas will be available in the Commons and the LRC for those students who wish to study during the exams, when they have a free period. All Physical Education and Driver Education classes WILL MEET ON EXAM DAYS. No students will be allowed in the halls without a pass during the exam periods. All students are to remain in their classes during the entire period.

7.RESCHEDULED EXAMS - Students who feel they have a heavy load of exams on Wednesday and Thursday, may elect to change or move one of their exams to the Rescheduled/Makeup time slot on Friday 12/21. This change should be arranged with their individual teacher no later than one week prior to the beginning of exams.

8.ZERO HOUR P.E. EXAM - Zero hour Physical Education's final exam will be taken on Friday, December 21st from 10:45am to 12:10pm.

9.SCHOOL CODE - School Code requires that Districts schedule a minimum of 300 minutes of instruction and student support during the last day of each academic semester. Passing periods do not count toward the 300 minutes requirement.

10.SENIOR EXAMS - Seniors scheduled to graduate at semester are required to take semester exams if the graduating student is in danger of failing the course or the final examination is considered an indispensable part of the course. A memo will be sent to teachers of these Seniors in November. The last day of attendance for these Seniors will be Tuesday, December 18, 2018.

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FirstView Bus Rider APP Available Now

I want to inform you of a new app for students that ride a First Student bus in the morning or afternoon. The FirstView app is a great option for students and parents that ride a bus to or from Glenbard South. Benefits of the app include:

* Live Tracking of your bus - The FirstView™ map screen shows you the live location and direction of your bus, your stop schedule for the current day and timestamps for school arrivals and departures.

* Custom Alerts & Messages - The app can be set-up to notify you when your bus is a chosen distance from your stop.

I strongly encourage all of our students that ride the bus and parents to take advantage of this new opportunity. To get started, simply visit the Glenbard South website, under the "Students tab". From there, click on "Bus Route Information." Then look under Bus information on the left side to access the FirstView Parent APP. If you have any bus concern or question please contact me at 630-942-6700 or email at jim_cuny@glenbard.org

David Larson - Superintendent of District 87

We are creating a Profile of a Graduate, which is a collection of capabilities or qualities that characterize our graduates. Our Profile of a Graduate will guide our work to prepare students for a bright future in a changing world. It will help answer:

What should our graduates be able to do?
What should they know?
How will they view themselves?
What are they ready to do?

We're working with EdLeader21 to identify the skills, knowledge and experiences our students must gain in high school so they are prepared for college, careers and life. EdLeader21 is a national organization of education leaders who are focused on integrating critical thinking, communication, collaboration and creativity into education.

As part of our Profile of a Graduate process, we are gathering input from across our community. We

need your input in this project. Please share your thoughts by participating in our Thoughtexchange, an online discussion tool. You will answer two open-ended questions and see and rate other people's comments through a star rating system. The star ratings allow ideas to rise to the top as our community members prioritize what's important to them. Visit glenbard87.org and click on the Profile of a Graduate link to participate in the Thoughtexchange. This discussion tool will be available through Nov.16.

We value your perspective. Please take a few minutes to share your thoughts in the Thoughtexchange and encourage your Glenbard friends to participate, too.

Next semester, a 60-member committee will participate in a series of work sessions as a part of the process. This committee represents a cross-section of our community and includes students, staff, administrators, parents, business people, faith leaders, alumni and higher education representatives. Committee members will review feedback from our Thoughtexchange as they develop our Profile of a Graduate. We plan to have a finished Profile of a Graduate this summer.

I am excited about this opportunity to gather input from across our community and look forward to incorporating the community's Thoughtexchange feedback into our Profile of a Graduate.

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. Freshman lunch meetings will be held on Wednesday, November 28, Sophomore meetings will be Tuesday, November 27, and Junior meetings will be on Thursday, November 29. At these lunch presentation meetings, important instructions on how to enroll for courses using Powerschool will be provided to your student.

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 better understand our course offerings.

Senior Showcase

"The Greatest Class on Earth"

Arrowhead Golf Club

Sunday, March 10, 2019 12:00 - 3:00PM

Student Informational Meeting on December 12, 2018,
in the Commons from 7:00 - 8:00 PM

Great New Course Available Next Year from Project Lead the Way (PLTW)

The program includes engaging, hands-on classroom activities which empower students

to develop in-demand knowledge and skills.

Glenbard 87 will be offering courses in the PLTW Engineering pathway. This pathway empowers students to step into the role of an engineer, adopt a problem-solving mindset, and make the leap from dreamers to doers.

Beginning in 2019-20 students can take Introduction to Engineering Design at all 4 schools.



PROJECT LEAD THE WAY - WWW.PLTW.ORG



Introduction to Engineering Design

1 Year - No Prerequisites

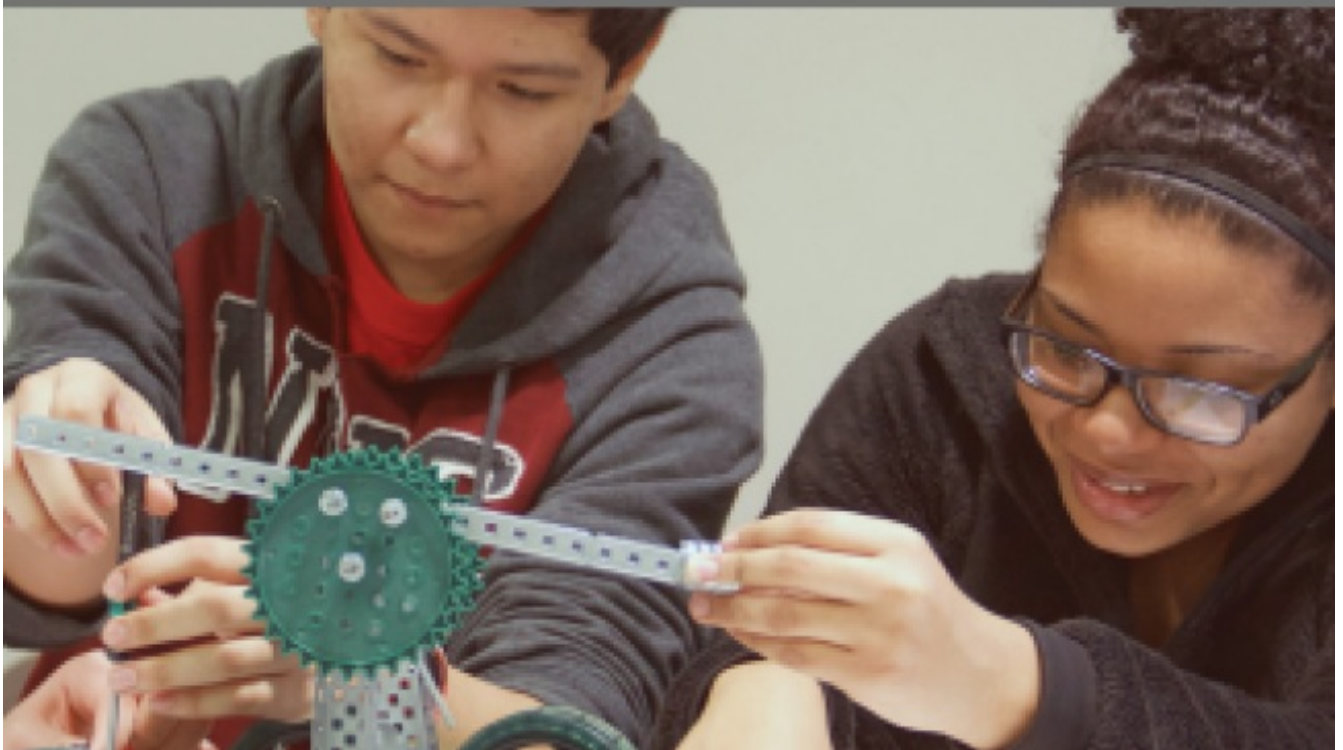
THIS CLASS TEACHES THE ENGINEERING PROCESS THROUGH:

HANDS ON ACTIVITIES

REAL WORLD CONNECTIONS

CREATIVE PROBLEM SOLVING

WORKING AS A TEAM



Science Olympiad had an invitational competition at Palatine High School on November 17. **Rafia Afzal, Michelle Kwon, and Molly Friedman** won first place in Experimental Design. **Harshini Bellamkonda and Reagan Rude** won second place in Astronomy. **Ashwin John and Reagan Rude** won third place in Fermi Questions. **Rafia Afzal and Omer Siddiqi** won third place in Dynamic Planet.

Congratulations to the cast, crews, and pit of "Monty Python's Spamalot!" Approximately 130 students (over 10% of our school) were involved in putting together this production, a musical retelling of "Monty Python and the Holy Grail." After four performances, one for our incoming 8th graders, our team is happy and ready for the Thanksgiving break.

We look forward to auditions for writers and performers for "30 Plays in 60 Minutes." Auditions will be held Thursday, November 29th, with performances on February 1st and 2nd, 2019.





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



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**



----- 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.

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

B-PAC/GPS-SPANISH

Thursday, Dec. 6

Find Your Future At College Night

Dr. Raquel Wilson and Distinguished Panel

Hosted by MSAC: Minority Student Achievement Committee

6:00pm Marquardt Administration Center

Tuesday, Dec. 11

Generation Worry: Managing Stress Through Mindfulness

Todd Fink

noon CCSD93 Administration Center

B-PAC/GPS-SPANISH

Thursday, Dec. 13

Dr. Ferney Ramirez

Resources to Achieve

Holiday Gathering

6:00pm Glenbard North

JANUARY 2019

Tuesday, Jan. 15

Jodi Norgaard

Imagination Without Limits: Empowering Our Children to Develop Their Unique Talents

noon CCSD93 Administration Center Bloomingdale

Tuesday, Jan. 29

Rachel Simmons Enough as They Are:

Helping Teens Move Beyond the Impossible Standards of Success

7:00 p.m. College of DuPage MAC/Arts Center

Wednesday, Jan. 30

Important Dates

DECEMBER

- 1 Breakfast with Santa 9AM**
- 5 Choir/Orchestra Concert 7:30PM**
- 6 Young Hearts 4 Life 7:35AM - 2:35PM**
- 12 Band Holiday Concert 7:30PM**
- 13 UEC Art Show 7:00PM**
- 17 Board of Education Meeting DAC 6:30PM**
- 19 - 21 Finals**
- 21 End of 1st Semester**
- 24 No School - Winter Recess Begins**

JANUARY

- 7 NO SCHOOL- Teacher's Institute**
- 8 Classes Resume - Winter Recess Ends**
- 14 Board of Education Meeting Vill. of Glendale Hgts Sr. Ctr
7:00PM**
- 17 8th Grade Future Freshman Night**
- 18 Pack the Place**
- 19 Northshore Jazz @ Glenbrook South**
- 21 NO SCHOOL - Martin Luther King**
- 22 Winter Jazz Concert 7:30PM**

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

| gs_news@glenbard.org |



**SIGN UP FOR
OUR EMAILS**



**SHARE THIS
EMAIL**

