

GLENBARD SOUTH

Where Excellence Is Tradition

23W200 Butterfield Rd. Glen Ellyn, IL. 60137 Phone: (630)469-6500

Back to School Edition

Visit our Website

Principal's Message



Although we are in a remote learning environment, Glenbard South Raiders want to keep students and parents healthy and connected. Here are some ideas:

- Check the Daily Announcements on our homepage for up-to-date information about virtual club meetings, college visits, and Raider information.
- Be sure to set up your parent Schoology account to stay connected with course content and assignments. Schoology Instructions are [linked](#).
- Students should have their cameras on during class. It's nice to see their smiling faces and that they are engaged and attentive.
- Watch the Glenbard Parent Series video, [Under Pressure: Managing Stress, Anxiety and Parenting Under Covid 19](#) by Dr.

[Damour.](#)

- Help everyone stay healthy by doing your part.
 - Wear a mask that covers the nose and mouth
 - Maintain social distancing of six feet
 - Wash hands frequently.

Attendance Notices

Attendance notices

We have received messages from parents that have received attendance alert notices from the PowerSchool Mobile app indicating that their student was absent during a class that did Not Meet.

District 87, and all schools, have to report accurate attendance data to the state, which looks different due to our current situation. Unfortunately, we are unable to adjust all of the students' schedules to match the temporary hybrid/remote schedule without risking the loss of all of the students' previously configured schedules, classes and teachers assignments.

The solution is to record "Not Meeting (NM)" for the classes that do not meet synchronously. Unfortunately, there isn't another way for the schools to indicate attendance accurately without PowerSchool recording these "Not Meeting (NM)" classes as an absence. Rest assured this will not have any negative impact on the students and is simply a data reporting requirement.

Please disregard the alerts for "NM" absences as they are an unfortunate side effect of the hybrid schedule and the traditional schedule within PowerSchool. Parents, guardians and students should be aware that absences will be shown in PowerSchool on the days when classes were scheduled but did not meet. This does NOT impact a student's grades or discipline and is considered an excused absence. Only unexcused absences are reviewed and monitored by our administrators and Deans during this alternative schedule.

The display of these accumulated absences may cause some concern or confusion when reviewing attendance at a glance. We are recommending that parents, guardians and students review the details of their attendance history to monitor for unexcused absences until classes resume as normal.

We are extremely sorry for the inconvenience or concern this may have caused and the lack of communication prior to the new "NM" appearing.

If you do have any attendance questions or concerns please contact Tinesha Johnson at 630-942-6684.

Instructional Insider

SAT: September 23rd

Families and students of the Class of 2021:

We are excited to see you on **Wednesday, September 23rd at Glenbard South High School for the School Day SAT with Essay exam.** Regular classes will not be in session on September 23rd. You are required to be in attendance and do

not need to register for this SAT exam.

You were scheduled to take the SAT in April, but due to closing of schools and of in-person instruction, the test was cancelled. Illinois is still requiring all seniors to take a School Day SAT for graduation. In addition, your results on this SAT can be reported to colleges for admissions and scholarship purposes. You should have up to **4 colleges** in mind on test day that you would like to send your scores to.

Normal bus routes will be in service. You must be in your assigned room by 7:30 am. All students and staff are required to wear a mask at all times and will be seated 6 ft apart in testing rooms. The main door will open at 7:10 am. Drivers are permitted to park in the main student lot at no cost. Please be ON TIME! Food and snacks will not be permitted during testing but you may bring a water bottle.

Exam start time is 7:30 am and approximate Standard end time is 12:30 pm ([Standard Testing Schedule](#)). Students with an extended time accommodation will test over two days.

Prior to arriving to Glenbard South on Wednesday, September 23rd, you should:

Review the [SAT School Day Student Guide](#)

Check Schoology for Room assignments for testing (also included here)

Check your calculator batteries

Get a good night's sleep and eat a healthy breakfast

When you arrive to Glenbard South on Wednesday, September 23rd, you should:

Enter through the Main Entrance, Door 4 for thermal temperature check (must be less than 100.4 degrees)

Wear a mask

Complete the Covid-19 Self-Certification Form on the day of testing while entering the building (There will be staff helping you complete this. You will not need an electronic device to complete this.)

Bring ID, calculator, pencils, water

Leave all electronics (iPads, cell phones, smart watches, etc.) at home or in your car

Check signs for Room assignments

Standard Room Assignments:

ROOM STUDENT LAST NAMES

200 A - Ander

201 Andex - Bro

202 Brz - Dam

203 Dar - Fu

204 Ga - Has

205 Hau - Jan

207 Jaq - Lap

311 Lar - Man

312 Mar - Mul

212 Mur - Odon

300 Odow - Pr

301 Ra - Sch

302 Se - Ta

303 Te - Wa

305 We - Z

If you have been approved for College Board Accommodations, you will be individually notified of your room assignment.

Parent-Teacher Conference Scheduling Starts at 9:00am on September 26th!

Parent / Teacher Conferences will be VIRTUAL on October 28th (4:00-8:00pm) and October 29th (2:00-6:00pm). To schedule conferences, parents will need to access PowerPTC through PowerSchool beginning September 26th at 9:00 a.m. Please follow the Parent/Guardian quick start guide to begin scheduling conferences.

Important Information

Parents will NOT contact teachers to schedule conferences.

Parents will only be able to schedule conferences using PowerPTC through their PowerSchool account starting September 26th at 9:00 am until October 26th at 11:59 pm.

Parent-Teacher Conferences occur October 28th 4:00–8:00 pm and October 29th 2:00–6:00 pm

Please use the following link: PowerSchool to sign-on and schedule your conferences. If you do not have a PowerSchool account, please notify the API Office.

Conferences are 5 minutes in length.

Friday, October 30th is a non-attendance day for students

If parents experience technical difficulty or if they are unable to schedule a conference online, they may contact Donna Heuser at 630-942-6715.

PowerPTC

Quick Start Guide

Logging into PowerPTC

1. Log into **PowerSchool**
 - a. If you not have a PowerSchool account, please visit ps.glenbard.org to create one
 - b. Please wait 1 week before your account is active in PowerPTC
2. Click the  icon in the top right corner
3. Click **PowerPTC**
4. Choose either English or Español
5. Click the **Guardians & Parents - Click Here to Login >>>** link.

Adding an Activation Code to an Existing Account

1. Open a web browser and navigate to: <https://www.powerptc.net>
2. Log in with your existing account.
3. Click on **My Settings**.
4. Under the **Add New Activation Code** section enter your activation code.

Scheduling Your Conferences

1. Open a web browser and navigate to: <https://www.powerptc.net>
2. Log in with your account.
3. Click on **Conference Schedule**.
4. Select the **date** you would like to schedule your appointments on.
5. Select a starting **time** for your appointments.
6. If you would **not** like to attend conferences with certain courses, uncheck the box under the **Schedule** column.
7. Click **Build Your Schedule Now!**
8. Finally, click **Print Schedule** to create a hard copy of your parent-teacher conference schedule.
9. If you are scheduling for more than one student, you can switch the active student you are scheduled for by clicking on the **Select a Student** link from the left-hand menu.

PSAT/NMSQT: Saturday October 17th

Saturday, October 17: PSAT/NMSQT - Juniors - Deadline to Register was September 15.

Glenbard juniors are encouraged to take the PSAT10/NMSQT (National Merit Scholarship Qualifying Test) on Saturday, Oct. 17. Students should arrive at arrive through Door #4 at 7:45AM with #2 pencils, calculator, and a school ID or State ID. The test will begin at 8AM and should end around 11AM. This exam serves as both a good practice for the SAT and as an opportunity to qualify to enroll in the National Merit Scholarship competition. This exam is being offered free of charge to juniors this year.

Please contact Ms. Ashley Douglas at ashley_douglas@glenbard.org with any questions.

YEARBOOK PHOTOS FOR FRESHMEN, SOPHOMORES, and JUNIORS

Yearbook Photo for Freshmen, Sophomores and Juniors

We are excited to safely welcome our freshmen, sophomores, and juniors to Glenbard South to have their yearbook photos taken for the 2020-21 school

year. Lifetouch will once again be photographing our students as they would have done at Back-to-School Week. We are confident in our safety procedures, as well as those of Lifetouch, in order allow our students to be photographed. You can view Lifetouch's Picture Day Safety video by clicking [here](#).

Students are required to sign-up in advance for a time slot. Yearbook photos will be taken on October 13 and October 14 from 3-9pm. Time slots have been set up specifically to ensure only a determined number of students are in the building per slot. In order to sign-up for your time slot, please click on the [Sign-up Genius Link here](#).

Please read the following notes prior to coming to Glenbard South:

- Students should enter through Main Entrance (Door #4). Students will proceed through the thermal scanner to verify they are fever-free.
- Only students will be allowed to enter the building.
- All families must certify that their student is free of fever and COVID-19 symptoms prior to entering the building. Your student has a link to the electronic self-certification on their iPad. You can also access it at www.glenbard.org or by clicking [here](#). The green "Allowed Access" screen should be shown upon entry. If doing so from an iPhone, you may want to follow [these](#) instructions.
- After entering the Main Entrance (Door #4), students will proceed to the cafeteria to have their photograph taken.
- Once the photograph is taken, students will exit using door #3. There will be signs marking the path through the school.
- **A mask must be worn at all times while in the building.** The only exception is while the photograph is being taken.



SENIOR PHOTO INFORMATION

Senior Photos

We are also working with Lifetouch for our Senior Photos. Photos will take place at Glenbard South on October 5, 6, 7, 8, 9, 13. Lifetouch will be sending information to parents with specific scheduling information.

We are confident in our safety procedures, as well as those of Lifetouch, in order to allow our students to be photographed. You can view Lifetouch's Picture Day Safety video by clicking [here](#).

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- **A mask must be worn at all times while in the building.** The only exception is while the photograph is being taken.



SENIORS CAP & GOWN

Below is a link to the Student Cap & Gown Google doc that we created for Seniors. Please Reserve their Cap & Gown Unit Now! No money is required to Reserve the Cap & Gown Unit. Once Seniors submit their height and weight information, they will receive a message to go online to order and pay for their cap and gown, and order their graduation announcements and senior products, when you are ready.

<https://docs.google.com/forms/d/e/1FAIpQLSdYECacmn6NhJWGU8uq9HBWrGNI9zHBV80V9x7NyCcA3PgaFQ/viewform>

Herff Jones can be contacted directly by one of the following:

Online: herffjonesil.com

By Phone: 1-815-756-4743

By Mail: Herff Jones

901 N. 1st Street
DeKalb, IL 60115

Important information regarding Flu Shots

With the flu season coming up, DuPage Health Coalition is joining our partners in DuPage County to make it easier for all of our neighbors to stay healthy and flu-free. With funding provided by The County of DuPage, DHC is offering free flu vaccine vouchers to uninsured DuPage County residents whose financial circumstances make

it difficult to get their annual flu shot. Vouchers will be sent to individuals who request them (by text, email, or mail). Vouchers can be redeemed at any DuPage County Walgreens until December 31st, while supplies last. For more information please click [here](#).

COUNSELOR'S CORNER

School counselors *are available to meet* with all of your students. Please email your counselor and they will provide you with a link to their open appointment slots in their calendar.

Seniors, do you have questions about your college applications or other post secondary goals? Would you like to meet? We are available to meet with you using Google Meet or conference call. A link to open appointment times is sent out weekly in your Class of 2021 group. Appointment availability is updated weekly.

We are ONLY meeting with students during non-instruction time. You may request an appointment with *your counselor* during your lunch, study hall or after classes.

COLLEGE & CAREERS

College application season is upon us, and Glenbard South has been sharing important resources with your students on the ways they can connect with different schools, military recruiters and trade school opportunities. We have designated every Tuesday as College Tuesday in Schoology. Please remind your students to look there for helpful information, tips and tricks, and valuable resources to assist them in the college and career planning process.

One of the best ways to learn about a school is to meet with a college admission representative. These are the same people who will be evaluating your application, so a visit shows demonstrated interest and helps to put a face with the name. We are offering virtual college and military recruiter visits starting the week of September 21. These visits will be conducted via Zoom in the afternoon once instructional time has ended and will be facilitated by a GBS staff member. Here is a list of the colleges signed up to visit with Glenbard South students. The list will be updated weekly as more colleges sign up.

[College and Military Visits Date Listing](#)

[College and Military Visits Alpha Listing](#)

The Illinois Regional and National College Fair are going virtual this year and provide many opportunities to meet remotely with specific college representatives, as well as attend webinars on various college information sessions on things like writing your essay, financial aid, student athletes, HBCUs, pre-health professions and hundreds more. See the links below to register for these events.

[Illinois Regional College Fair](#)

[National College Fair](#)

Below is the link to a video explaining some of the resources to assist students in their college planning this fall. Please see your student's counselor or Anne Lange

anne_lange@glenbard.org in the Career Resource Center for more information.

[College Planning Resources video for students and families](#)

Glenbard South Virtual College Visits open to Juniors and Seniors

While it may look a little different this year, we want to do all we can to assist juniors and seniors with college planning. Glenbard South will be hosting limited virtual college visits with representatives via Glenbard Zoom starting the week of September 28th. Students can view the schools participating and sign up in Naviance. Refresher on how to log into Naviance [here](#).

Once you're logged into Naviance, go to the three lines at the top right corner, go to the College tab and click on Colleges Home and scroll down to College Visits/ Show More for Glenbard South specific virtual visits. Students can view the colleges attending the virtual meetings and sign up to participate. They will be given a link to join the Zoom meeting, and a staff member from Glenbard South will host the event.

If a college you are interested in is not on the list, please contact Anne Lange at anne_lange@glenbard.org and she can help you connect with that school.

Virtual College Fairs open to all students

College Fairs will also be virtual this fall. Both the Illinois Regional and the National College Fair have set up an extensive schedule of events to give students information on finding the right fit school, how to apply, essay writing, financial aid, First Gen, and more. Parents are invited to attend these virtual events also. They will run from mid-September to early November. Please see the links below for more specific information on each event.

<https://www.iacac.org/virtual-college-exploration/>

<https://www.nacacfairs.org/attend/attend-virtual-college-fairs/students/>

Virtual Campus Tours open to all students

You can also visit a campus without leaving your house. Check out these links for virtual tours of hundreds of college campuses.

<https://www.youvisit.com/collegesearch>

<http://www.ecampustours.com/>

<https://campustours.com/>

Webinar Recordings on College Information open to all students

Strive Scan put together an amazing lineup of panelists explaining all aspects of the college experience. These webinars were recorded in the spring and provide a vast library of information. Schools from 47 states and 13 countries participated in about 400 webinars. They are scheduled to be replaced with the new recordings from the fall events, so check them out soon before they are gone.

<https://www.strivescan.com/virtual/>

ATTENTION SENIORS

College Application Season!

Senior year is an exciting time! However, we understand the entire postsecondary/college application process can be a stressful one. Between visits, financial considerations, discussions on the right fit, and pressure put on you by the colleges themselves trying to get you to apply early, things can easily become overwhelming. This is especially true for many

of our seniors who may be the first in their family to apply to college. Your school counselors are available to guide all seniors and their families along the way. This year, the School Counseling department will be releasing a senior presentation series and virtual office hours to help students and families throughout each step of the way.

- **First Step** in the college application process, seniors complete the “Senior Profile” on Naviance. Under “About Me”, click on “My Surveys”, and then click on “Surveys Not Started”. This valuable information will help support seniors’ letters of recommendation. NOTE: The Senior Profile *must* be completed before requesting a counselor rec letter.
- **Second Step** counselors will be sharing a “Senior Success” video and presentation series to discuss the college application process. After the Senior Success presentations are shared, counselors will be organizing small-group meetings with all seniors to prepare for the November 1st deadline used by many colleges. Stay tuned to your child’s Naviance account, future newsletters, schoology, and emails for additional information.
- **Third Step** students will have the opportunity to sign up for a virtual meeting through Google Hangouts, Zoom or conference call.

College App Lingo!

When applying to college, you are bound to come across unfamiliar terms. This glossary can help you make sense of all the information you’re sorting through. [Click here](#) to learn the college app lingo.

FAFSA Required for Seniors

A non-academic graduation requirement that you need to fulfill this year is to file the Free Application for Federal Student Aid (FAFSA), or the Alternate Application for Illinois Financial Aid, or to submit a FAFSA Opt-Out Form (linked below) to your counselor.

FAFSA opens up on October 1st! Our ISAC representative, Ms. Yanika Barfield, can help you file your FAFSA. She has weekly virtual office hours every Thursday. Please contact Mrs. Duffy at 630-942-6648 or michelle_duffy@glenbard.org to schedule a Google Meet appointment with Ms. Barfield.

Here are some helpful links:

FAFSA

<https://fafsa.ed.gov/>

FAFSA Worksheet

<https://studentaid.gov/help/fafsa-worksheet>

Federal Student Aid Scholarship Guide

<https://studentaid.ed.gov/sa/types/grants-scholarships/finding-scholarships>

ISAC student portal

<https://studentportal.isac.org/web/guest/student/>

Students can fill out the alternative application, utilize the map estimator and FAFSA Forecaster, explore the now playing videos which are available in Spanish and English, find internships and link to College Greenlight. etc.

FAFSA Nonparticipation Form (Opt-Out Form)

<https://www.isbe.net/Documents/FAFSA-Non-Participation-Form.pdf>

October highlights for seniors:

Submit FAFSA directly to Federal Student Aid Programs as soon after October 1st as possible. You will apply online at www.fafsa.ed.gov or complete Opt-Out Form here <https://www.isbe.net/Documents/FAFSA-Non-Participation-Form.pdf> and turn it into your counselor.

Complete all Early Admission applications that are due November 1st and request transcripts by mid-October.

Make note of early priority deadlines for some universities, such as Illinois State University, which has a priority deadline of November 1st which requires everything to be submitted two weeks ahead of time.

Remember that you must leave AT LEAST 10 SCHOOL DAYS for your transcript to be sent.

Technical Center of DuPage Virtual Explore Day on October 29th

Attention all Sophomores and Juniors! TCD will host a virtual Explore Day on October 29. Set out on an adventure and discover your talents in Auto Technology, Cosmetology, Nursing or many other programs to choose from. More information to follow. For program descriptions go to www.tcdupage.org/programs.

Dr. D's Music Notes WE'RE BACK!!

Greetings Band Students and Parents:

It was great to get to meet everyone officially this past week as school started. I have to commend the students for being willing and able to perform in extremely unusual and challenging circumstances. Needless to say, what we have been doing the past few days isn't what we would consider normal, but so far the students have embraced it and focused on what we CAN do, rather than what we cannot. For obvious reasons, this year's band class needs to focus more on individual growth and performance and less on group performances.

What Does Band Class Look Like?

We have little to no group playing, since playing remotely presents insurmountable challenges with internet latency and timing. Simply put, we can't stay together because everyone's connection has a slightly different lag time. Instead, we are choosing to play and practice individually in "play along track" style with a director or student leader either playing or counting in Breakout Rooms during our Zoom Meetings while sometimes clarifying challenging points. The difficulty with this is also a silver lining of sorts in that the students are forced to be quite independent from each other and every student must stand on their own. The long term effects of this are fantastic if each student can get past the short term difficulties. On the days that we do not have class (Thursdays and Fridays), the students have been given a practice assignment of at least 55 minutes to complete for the next week's music. Percussion classes are similar, but just a little different.

How Do We Know If We're Playing It Correctly?

There will be little check-in (Video) recorded playing assignments for students to submit through Schoology. Students will receive feedback to improve their playing on each assignment. These recordings will also be graded assessments. Some students will be overly concerned about these submissions in terms of grades. However, as long as a student submits a recording by the due date, the test can be re-submitted in order to raise their grade, no matter how the student performed on the first one. The first one of these is the Glenbard South School Song and is due on Saturday. It is not designed to "catch" anyone by surprise. It's just a way to make sure everyone is working on their instrument.

What about Marching Band? What are we doing here?

The Glenbard South Marching Raiders are alive and well! We have scheduled some evening group rehearsals as we move through the next few weeks that will allow the band

to make some music together. Our evening rehearsal plan will look similar to what we have used during band camp, and we are adding a performance as the culmination of the activity in October. This performance will be a bit like the Marching Revue Concert that we have had in the past, but instead of a live audience, we will be streaming or sharing a video for parents and community members. If you are in the Glenbard South Band, you are a part of the Marching Raiders!

Marching Band Calendar

Rehearsals will take place on Tuesday evenings.

Tuesday, September 1

5:30-7:30 Brass AND Woodwinds AND Drumline

Tuesday, September 8

3:00-5:00 Drumline

5:30-7:30 Brass AND Woodwinds

Tuesday, September 15

5:30-7:30 Brass AND Woodwinds AND Drumline

Tuesday, September 22

3:00-5:00 Drumline

5:30-7:30 Brass AND Woodwinds

Tuesday, September 29

5:30-7:30 Brass AND Woodwinds AND Drumline

TUESDAY, OCTOBER 6 - CULMINATING PERFORMANCE

5:30 - 7:00 – Dress Rehearsal

7:30 - 8:30 – Performance Under the Lights at Raider Stadium

(RAIN DATE - Wednesday, October 7)

Marching Band Rehearsals

- Rehearsals will take place outside utilizing the Band Practice Field. Students will have temperature/symptom check in at a different location for each 50 person group. The last regular rehearsal and the final performance would take place at Raider Stadium.
- Students will utilize PPE in the form of playing masks and bell covers for instruments.
- Rehearsal will be in smaller (50 person or less) groups with two groups meeting at once in socially distanced format (30 feet between groups of students - same as athletics). One group (brass) would meet on the North end of the field and the other group (woodwinds) would meet on the South end of the field. We would place the smaller drumline group in a “backfield” position on the East side of the field later in the season so that they could rehearse and ultimately perform as one extremely spread out group. All would maintain distance between groups and also a 7.5 foot (4 step) social distance between students within each group.

Marching Band Culminating Performance

- The Culminating Performance would take place at Raider Stadium.
- No fans (unless something dramatically changes). Possible “Drive In” audience from cars. Details are still TBA
- Recorded and/or streamed to share with parents.
- Band would perform in Band T-shirts - we already have some GREAT ideas!

Band Rehearsal PPE

- All students will perform wearing masks. These are only required for an indoor setting, but we will use them whenever possible outside as well. Specialized playing masks are ordered and should arrive shortly. Flutes and Percussionists can wear regular masks.
- All brass and woodwind instruments will utilize bell covers to limit the spread of aerosols.
- Later in the year, once indoor rehearsals begin for the bands, brass students will utilize a pad to soak up condensation out of their instrument water keys. In normal times, these are emptied onto the floor, but this is an extra precaution that we will be taking at this time.
- If students are unable to participate or are uncomfortable with this situation, please contact Dr. Dewald as soon as possible. Thank you!

ALL INSTRUMENTS MUST GO HOME AFTER EVERY REHEARSAL. (Exceptions: Sousaphones and Drumline, which will be stored onsite). Once in person school starts, this may (or may not) change, but for now, everybody carries.

EVERY STUDENT MUST BE SIGNED UP FOR REMIND to receive text messages to your cell phone for the latest information. Schedules and procedures may change on short notice. If you did not receive any REMIND text messages from the band in the past week, please reply to this email and I will send you another invitation. If you are a parent that wants to receive the same messages as their student, please respond as well and I will send you an invitation. Stay informed and stay in touch.

QUESTIONS? CONCERNS? COMMUNICATION?

Email me. . . brian_dewald@glenbard.org Call me. . . (630) 942-6632 Text me through Remind.

Hey guys! We're Back!!

Dr. D

BOOSTERS



BUY YOUR TICKETS NOW: GSBoosters.org

GLENBARD SOUTH BOOSTERS' 3RD ANNUAL

LUAU

**IN-PERSON SOCIAL
BENEFITING THE
BOOSTERS'
SCHOLARSHIP
FUND**

FRIDAY 9/18 from 6:30-9pm
Outdoor field at St. Luke's Church
(west of the football stadium)

**\$25 INCLUDES BOXED MEAL FROM MISSION BBQ
(VEGETARIAN OPTIONS AVAILABLE)**

COVID guidelines will be followed

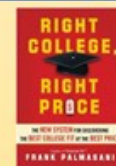
 **GLENBARD SOUTH
BOOSTERS**

GLENBARD PARENT SERIES

UPCOMING EVENTS



**Financial Aid Workshop:
Discovering the Best College Fit at The Best Price**
Frank Palmasani
Saturday, September 26, 10:30 a.m.



**COMMUNITY READ: "Long Way Down"
And STAMPED: Racism, Antiracism, and You**
Jason Reynolds, Library of Congress Youth Ambassador for Reading
Tuesday, September 29, 7:00 p.m.



**Differently Wired: Raising Unconventional
Children in a Conventional World**
Deborah Reber
Tuesday, October 13, 7:00 p.m.



**The New Adolescence:
Raising Happy and Successful Teens
in an Age of Anxiety and Distraction**
Christine Carter, Ph.D.
Tuesday, October 20, 7:00 p.m.



**Mindfulness and Self-Compassion Tools
For Your Mental Health**
Dr. Michael Maslar
Thursday, November 5, 7:00 p.m.



**Navigating the Landscape of Teen
Sexuality and Relationships**
Peggy Orenstein
Tuesday, November 17, 7:00 p.m.



**FUSE: Families United in
Support of Equity and
Excellence for African-American
Students**

Strategies for Success
Tue, Sept 22 at 7 pm

B-PAC/GPS PROGRAMS IN SPANISH

**Preparing the Path for High
School & College Success: The
College Application Process**
Lissete Ochoa & Lizette Ramirez
Thu, Oct 8 at 7pm

**Motivate and Achieve:
Strategies that Work**
Dr. Ferney Ramirez
Thu, Nov 12 at 7pm

Superintendent's Message



Suggestions to support students during remote learning

We've had a great start with fully remote learning. I was pleased with our faculty and staff's nimbleness, resourcefulness and flexibility. I have received emails and been in informal conversations with parents, and overwhelmingly, parents and students have been pleased and impressed with the first weeks' learning experience. A

few examples of the comments I heard include:

- “The teacher really prioritizes fostering a classroom community atmosphere.”
- “The organization and structure really help my son stay organized and focused.”
- “The teacher reached out with a personal note to welcome my son even before school started.”
-

Our faculty and staff continue to leverage our technology platforms, tools and infrastructure and tap into our strong instructional plans.

We recognize that some students do well with remote learning and others might struggle. The following are suggestions to help your student do well during remote learning. If you have unique challenges or concerns, please contact your student’s teacher or school counselor.

Establish routines and expectations

During a time of great uncertainty and constant change, it’s important to establish routines and expectations about school work, mealtimes, physical activity and sleep. These practices will support students in their school work and general well-being.

Designate a study space for your student

While students and adults are working from home, it’s important that students have a designated study space in the home. The space should be in a quiet, well-lit area that has room for the student’s iPad and related school materials. A common space where parents/guardians can check a student’s work is ideal.

Monitor communications from your student’s teachers

Be sure to check PowerSchool and Schoology regularly. In PowerSchool, students and parents/guardians can view grades, scores, and schedules. For easy access to this information, use the PowerSchool app on your phone.

[Click here for instructions on accessing the PowerSchool app \(in English and Spanish\).](#)

Schoology is the place where teachers post links to the live stream, along with assignments and learning materials. With your Schoology account, you will be able to view your student’s activity within Schoology, including the homework they have turned in, teacher feedback, due dates for future assignments and other important class information.

Encourage physical activity

It’s important that students make time to move. Something as simple as a long walk or jog can clear the mind and raise the heart rate. Physical activity also is a great thing for parents/guardians to engage in with their teens. Going for a bike ride, shooting hoops or doing yardwork are a few

possibilities.

Be mindful of stress

We've never had to adapt to so much change in so little time. During times as challenging as these, coping mechanisms make a big difference. Encourage your teen to develop positive coping skills such as reaching out socially, exercising, getting a lot of sleep and taking care of themselves and others. These coping skills will help over the long term.

Reinforce importance of social distancing protocols

We've seen an increase in the number of COVID-19 cases among young people in the suburbs when large groups of people gather for social events and ignore health officials' social distancing guidelines. Remind your student the danger of the virus spreading at these events and reinforce the importance of them wearing a mask when in public and maintaining at least six feet from others as much as possible.

Make time for quiet and reflection

Find some quiet in these chaotic times. Take a break from information overload for a bit by turning off the television, video games, YouTube and music.

Set guideline around social media use

Encourage your son or daughter to take a break from social media. Social media breaks can allow a teen to engage in deep focused work or an activity that they love doing. Encourage them to turn off notifications on their phone or device or leave their phone in another location in the home. Taking a break helps them develop healthy attitudes toward social media that will stick with them into adulthood.

Be patient

Each of us is facing new challenges every day, and we each respond to these challenges differently. We need to be patient with ourselves and others. Remind yourself that you and others have never been through a pandemic before, and everyone is doing the best they can.

Many thanks for partnering with us to support our students during this historic time.



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