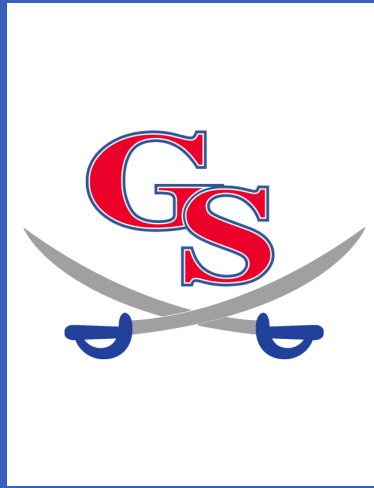


Issue #5 | October 23, 2020



GLENBARD SOUTH

Where Excellence Is Tradition

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

First Week of Hybrid

[Visit our Website](#)

Principal's Message



Dear Parents/Guardians:

As we transitioned to hybrid this week, Glenbard South saw 60% of our student body in our classrooms and hallways. It was a wonderful experience to see students after such a long absence. My hope is that all Raiders will be together at some point this school year.

Thank you to our faculty, support staff, maintenance, and security teams; they have done a tremendous job preparing our school so that it is a safe learning environment, and thank you to our students for adhering to our safety protocols!

Mid-October is the halfway point of 1st semester and we are preparing for Parent-Teacher conferences next week. This is a key time to reflect upon our instructional practices and student academic success. Since the start of the school year, teachers have been working with their professional learning communities (PLC) to execute a robust curriculum, analyze student academic progress, and provide student support. Here's some feedback I've gathered from students, faculty, and parents:

- Online learning is going well for most students but presents challenges for others.
- Students enjoy the use of breakout rooms (small group instruction) so they have opportunities to collaborate and practice new concepts or skills.
- Time management and organization is a concern.
- Teachers and counselors are exploring ways to stay connected with students.
- Students perceive the school day ends at 12:25 pm rather than 2:30 pm.
- Available student supports are being underutilized.

I thought it would be helpful to share these resources. I would encourage parents and students to communicate with their counselors or teachers if they have questions or concerns.

School day structure to best manage your time and utilize academic supports

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Remote Day		
Period 1: 7:30-8:40	Period 1: 7:30-8:40	Period 1: 7:30-8:10 Period 2: 8:20-9:00	Period 6: 7:30-8:40 *	Period 6: 7:30-8:40 *
Period 2: 8:45-9:55	Period 2: 8:45-9:55	Period 3: 9:10-9:50 Period 4: 10:00 - 10:40	Period 7: 8:45-9:55 ***	Period 7: 8:45-9:55 ***
Period 3: 10:00-11:10	Period 3: 10:00-11:10	Period 5: 10:50 - 11:30 Period 6: 11:40-12:20	Period 8: 10:00-11:10	Period 8: 10:00-11:10
Period 4: 11:15-12:25 *	Period 4: 11:15-12:25 *	Period 7: 12:30-1:10 Period 8: 1:20-2:00	Period 5: 11:15-12:25 *	Period 5: 11:15-12:25 *
Lunch break: 12:30-1:20	Lunch break: 12:30-1:20		Lunch break: 12:30-1:20	Lunch break: 12:30-1:20
1:20-2:30 Homework and/or Asynchronous Learning (Teacher PLC time)	1:20-2:30 Homework and/or Asynchronous Learning Teacher Office Hours Math Lab, Writing Center, AP Cafe	2:00 - 2:30 Homework and/or Asynchronous Learning Teacher Office Hours Math Lab, Writing Center, AP Cafe	1:20-2:30 Homework and/or Asynchronous Learning Teacher Office Hours Math Lab, Writing Center, AP Cafe	1:20-2:30 Homework and/or Asynchronous Learning Teacher Office Hours Math Lab, Writing Center, AP Cafe
*Student Lunch periods are now considered on-campus study halls unless a parent-approved opt-out form is completed. Only periods 4, 5, and 6 qualify for the opt-out option. More questions? Speak to your student's counselor.				
*** 7th-period lunch may not leave campus under any condition. Students are not permitted to leave and re-enter the building.				

Important Dates

Important dates:

- On-campus SAT makeup test for seniors Oct. 27
- Parent-teacher conferences via Zoom Oct. 28-29
- No School Oct. 30
- Election Day, no school, Nov. 3
- Athletic on-campus contact days, ongoing

Over 1st semester there are a few weeks where classes meet on a day different than the regular Hybrid schedule. Please make sure to review the semester calendar with your student so they know which class to go to or login to.
Please review our first semester calendar [here](#).

October 26-30	Periods 1-4 Group A on Campus Group B Live Stream	Periods 1-4 Group A Live Stream Group B on Campus	Periods 5-8 Group A on Campus Group B Live Stream	Periods 5-8 Group A Live Stream Group B on Campus	NO SCHOOL
November 2-6	Periods 1-4 Group A on Campus Group B Live Stream	NO SCHOOL	Periods 1-4 Group A Live Stream Group B on Campus	Periods 5-8 Group A on Campus Group B Live Stream	Periods 5-8 Group A Live Stream Group B on Campus

INSTRUCTIONAL INSIDER

Academic Supports

Academic Supports are available every day at South!

Glenbard South High School 2020-21



Math Lab

Math help is available throughout the day, every day through Zoom.

Click here for more information to access the Math Lab

Writing Center

Writing help is available everyday from our Writing Center for all writing assignments.

Click here for more information to access the Writing Center

AP Cafe

Need help with your AP classes? We can assist with anything related to AP courses and exams through Zoom every day.

Click here for more information to access the AP Cafe

***Click here to access more information on all of these academic supports.

Staff Office Hours

All staff members have office hours and availability by appointment to help students. Click here to find out more information for your teachers, be sure to look at the tabs at the bottom for each department!

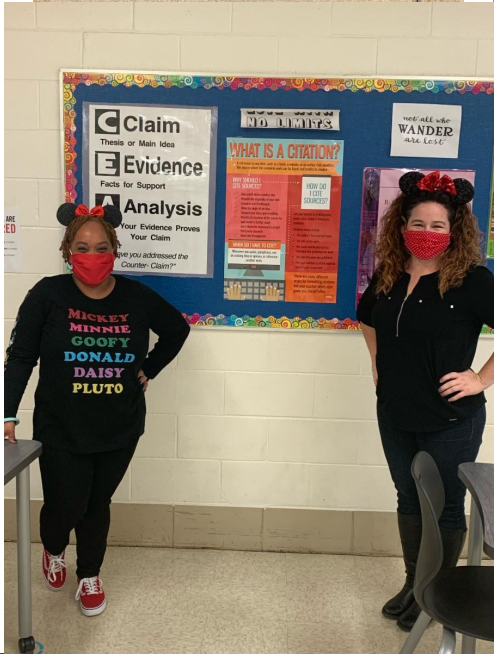
FRESHMAN FOCUS

Freshman Focus is a specialized program designed for all 9th grade students at Glenbard South High School. It’s core mission is to instill Raider readiness, school pride, and support student success. Freshman Focus has been implemented for the past two school years during the school day for the entire first semester. The program is supported by Glenbard South staff who present on a variety of topics to help freshmen navigate their first year of high school. Student Link Leaders (student mentors) are also involved in Freshman Focus and help to bring the presentations full circle by facilitating conversations with their freshmen groups and engaging in activities to keep them interested. This year, Freshman Focus has gone virtual. Virtual meetings are held each week on Remote Wednesdays from 2:05pm to 2:25pm via Zoom. Examples of topics discussed at Freshman Focus are: school spirit, accessing school

resources, stress management, and college/career planning. Ninth grade students are strongly encouraged to attend. Zoom links for Freshman Focus are sent weekly to student emails. They can also get the link from their Link Leader.

Spirit Week

Thank you to all who participated! We had a great time showing our Raider Pride and dressing up in person as well as virtually! Take a look at a few of our Highlights including the Spirit Van Pop Up in the Butterfield East Subdivision!



Red Ribbon Week



Supporting the Full Healthy Potential of Every Teen

Educate yourself. Know the harms that vaping, smoking, drugs and alcohol can have on your physical and mental health.

- Up to 90% of people with a lifelong substance -use disorder began to use drugs, alcohol, or tobacco before the age of 18.
- Know your family history
- Get involved at school, in your community, or at home. Physical activities and social interactions will keep you happy and healthy!
- Manage your stress. Take a break and do something you like to do: go for a walk, exercise, listen to music, meditate, or speak with someone about what is going on.
- Physical activities and social interactions that are safe and socially distant will keep you happy and healthy!
- Take care of yourself by eating healthy foods and getting enough sleep every night.
- Share family meals with no technology as often as possible.
- Unplug when you can
- Ask for help

This IS a challenging time-you got this!



Students observe Red Ribbon Week

During Red Ribbon Week, which is Oct. 23 - 31, students involved in Students for Students and Reality Illinois ask you to remember the life of Enrique Camarena, who died in the line of duty as a DEA officer working for a Drug-Free America. Young people who use marijuana or nicotine products in any form, including e-cigarettes and vaporizers, are uniquely at risk for long-lasting effects and addiction as it affects the developing brain circuits that control attention and learning. Also, e-cigarette vapors expose the lungs to a variety of toxic chemicals.

Short-term effects of marijuana include disrupted learning and memory, difficulty with thinking and problem solving, distorted perception, loss of motor coordination, increased heart rate, depression and anxiety. Join us and support a Drug-Free America.

Students for Students will host and support Red Ribbon Week with the following events. We hope you will join us!

Let's Celebrate Red Ribbon Week 2020!!

Monday:

Group A hybrid: send a selfie of yourself wearing RED to Ms. Zupec
Group B remote: set your background to red and send a screenshot to Ms. Zupec

Tuesday:

Group A remote: send a selfie of yourself wearing RED to Ms. Zupec
Group B remote: set your background to red and send a screenshot to Ms. Zupec

Wednesday & Thursday:
Check the red wall across from the commons to see your selfies and screenshots!

Monday through Thursday:
Check Schoology for positive messages from SFS reminding you why you are important!
Win bracelets with the message “I Make A Difference” by participating in Red Ribbon Week!
Be aware of the presence of Red Ribbon Week in and around the building as you navigate the hallways!

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Parent Teacher Conferences

Parent-Teacher Conference Scheduling Ends on Monday, October 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.

Important Information

Parents will NOT contact teachers to schedule conferences.

Parents will only be able to schedule conferences using [PowerPTC](#) through their PowerSchool 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.

Winter Sports Start Dates and Registration Info

Although we continue to await guidance from the IHSA and IDPH regarding the winter season, we still want to prepare and proceed as though we will begin all sports on time. All winter sports (listed below) will begin on November 16th. Coaches will begin to publish information regarding tryouts and practices in the next few weeks as we approach the start date. Any student wishing to participate must be registered in PowerSchool for their sport and have an updated physical on file in the athletic office. Any student who does not have these requirements met will not be able to start on the first day. Questions regarding registration can be directed to the athletic office at beatriz_aguirre@glenbard.org or timothy_carlson@glenbard.org. You can also call the athletic office at 630-942-6653. We hope to have more information from the IHSA and IDPH in the next week. We will communicate any changes that may come as a result of that information.

Sports offered during the winter season:

Boys Basketball

Girls Basketball

Boys Bowling (Co-op with Glenbard East, practices held at Brunswick Zone in Glendale Heights)

Girls Bowling (Co-op with Glenbard East, practices held at Brunswick Zone in Glendale Heights)

Competitive Cheerleading

Competitive Dance

Girls Gymnastics

Boys Swimming (Co-op with Glenbard West, practices held at BR Ryall YMCA in Glen Ellyn)

Wrestling

College and Career Planning

Virtual Visits at Glenbard South: So far this fall, we have had about 75 college and military recruiters who have conducted virtual visits just for our Glenbard South students. These visits will be continuing throughout the month of November. Attending a visit gives your student a chance to speak directly with the admissions representative who will be evaluating their application and get answers to their specific questions. Here are a few schools attending in November:

- Southern Illinois University, Edwardsville
- The University of Alabama
- University of Kentucky
- Cornell College
- Mississippi State University
- University of Kansas
- Savannah College of Art and Design
- Roosevelt University
- Saint Mary's College
- Cardinal Stritch University
- Wesleyan University
- Ohio Wesleyan University
- McKendree University
- The University of Findlay
- Western Michigan University
- Calvin University
- University of Wisconsin, Stevens Point
- Salve Regina University, RI
- University of Nebraska, Lincoln
- Lewis University
- Kenyon College, OH
- Missouri State University
- Central Michigan University
- Northern Illinois University
- University of Wisconsin, La Crosse
- Baylor University, TX
- Mount Holyoke College, MA
- Southern Illinois University Aviation Program
- FIDM, Fashion Institute of Design and Merchandising, CA
- College of DuPage Nursing Program
- Michigan Technological University
- Iowa State University
- Dominican University
- High Point University, NC
- Louisiana State University
- Saint Anthony College of Nursing
- Allegheny College, PA
- U.S. Navy

Check out the link below and sign up in Naviance to attend.

[College and Military Visits by Date](#)

[How to Sign Up for a Virtual Visit in Naviance](#)

The National College Fair has one more virtual fair date on Sunday, November 8 from 1-9pm. There will be live and interactive Zoom events, as well as the opportunity to schedule an individual meeting with a rep or chat with a college

counseling expert. Check out this [Quick Start Guide](#) and go to <https://virtualcollegefairs.org/events> to register for this free event.

The IACAC Virtual College Exploration series held this fall has compiled over 350 recordings of presentations from various colleges and universities. These include college-specific as well as general college knowledge sessions. Check them out at your convenience. <https://www.iacac.org/virtual-college-exploration/students/> Scroll down and under the Sessions tab, hover over the box to the left of the Schedule and click on Recordings.

Career Planning Resource

Career One Stop is a website sponsored by the U.S. Department of Labor and a great resource for career planning. It includes interest and skills assessments, career profiles, videos, and projections for various occupations. Check it out at: <https://www.careeronestop.org/ExploreCareers/explore-careers.aspx>

First Gen

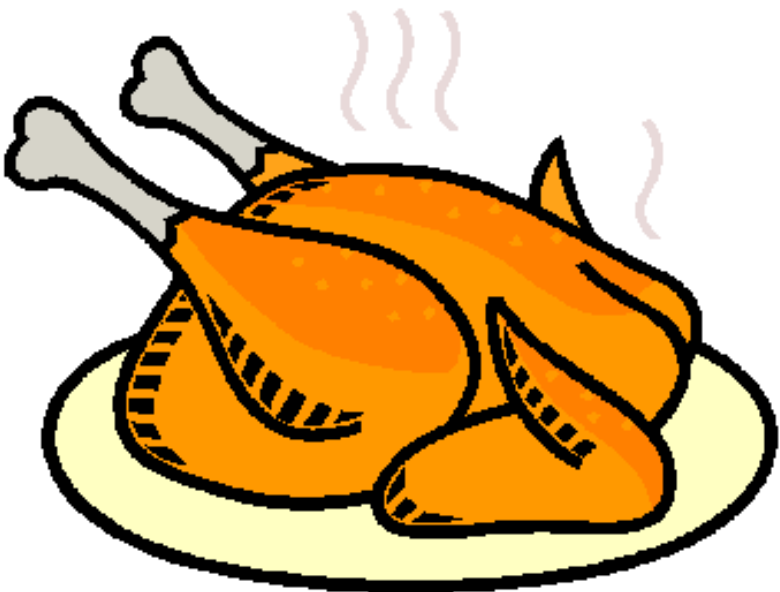


First-Generation Program

Ashley Douglas, our part-time counselor, will be coordinating the First-Generation Program at Glenbard South while working closely with the other school counselors in the building. Ashley worked at Glenbard South from 2015-2019 and is returning to our department this school year. As a first-gen student herself, Ashley knows the value of gaining access to support and resources to help navigate the college and career process.

Ashley will continue to implement the developmental, preventative, and comprehensive program that has been in place for the past two years which is designed to meet the unique needs of our first-gen students. Ashley will be hosting remote sessions for each grade level to explore college, career, scholarship, and financial aid topics. Seniors, juniors and sophomores should expect to hear from Ashley soon regarding first-gen remote sessions. The first-gen remote sessions for freshmen will begin during second semester. Ashley will also be individually supporting first-gen students alongside their school counselors as they explore and navigate their unique postsecondary plans.

Sponsor a South Family this Thanksgiving



Glenbard South High School prides itself in supporting students and families, especially during the holiday season. This year, we are coordinating a “Sponsor a South Family” event. We are inviting all staff,

retirees, clubs, and sports teams and community members to consider sponsoring a family in need as we approach the Thanksgiving Holiday!

We will be accepting donations in the form of a check made out to: The Glenbard South Needy Family Fund. Please drop off donations at Door 4 or the Main Office. Donations should be made by Friday November, 6th so that packages can be put together and delivered in time for the holiday.

-The Student Services Team

BOOSTERS

CAUSE
AN EFFECT



Make dinner a selfless act by joining us for a fundraiser to support Glenbard South Boosters. Come in to the Chipotle at **695 Roosevelt Rd** in Glen Ellyn on **Wednesday, October 28th** between **4:00pm** and **8:00pm**. Bring in this flyer, show it on your smartphone or tell the cashier you're supporting the cause to make sure that 33% of the proceeds will be donated to Glenbard South Boosters.

NEW! ORDER ONLINE FOR PICKUP

Use code DXVWZMR before checkout in 'promo' field. Orders placed on Chipotle.com or through the Chipotle app for pickup using this unique code will be counted towards the fundraiser.



All online orders must be placed for pickup at the same time/location of the fundraiser. Delivery cannot be counted at this time. Gift card purchases during fundraisers do not count towards total donated sales, but purchases made with an existing gift card will count.

GPS

Dr. Michael Maslar

Mindfulness and Self-Compassion: *Tools for Your Mental Health*

7:00 p.m. Thursday, Nov. 5

Use this link to join the webinar:



<https://glenbard.zoom.us/j/85974473076>




Thurs. Nov. 5, 7:00 p.m. *Mindfulness and Self-Compassion
Tools For Your Mental Health*

Dr Michael Maslar Director of Mindfulness and Behavior Therapies Program
The Family Institute at Northwestern University

Use this link to log in to this webinar from your computer, tablet or
phone: <https://glenbard.zoom.us/j/85974473076>.



Peggy Orenstein



7:00 p.m. Tuesday, Nov. 17

Use this link to join the webinar:

<https://glenbard.zoom.us/j/81340204983>

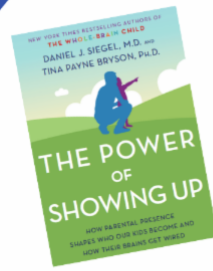
Navigating the Landscape of Teen Sexuality & Relationships

Tues. Nov. 17, 7:00 p.m *Navigating the Landscape of Teen Sexuality and Relationships*

Peggy Orenstein, author of *Girls and Sex: Navigating the Complicated New Landscape* and *Boys and Sex: Young Men on Hookups, Love, etc.*

The event will be live-streamed by the College of DuPage [here](#).

Dr. Tina Payne Bryson



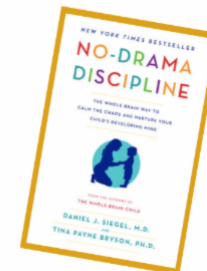
The Power of Showing Up
How to Calm the Chaos and Nurture Resilience in Ourselves and Others

7:00 p.m. Tuesday, Dec. 1

Use this link to join the webinar:
<https://cod.edu/GPS>



Join us at 6:30 for an Early Childhood program for parents of children ages 3-8.



Tues. Dec. 1, 6:30 -7:00 p.m.

Early Childhood Program – ages 3-11

No Drama Discipline: Strategies to Nurture Your Child's Developing Brain

Tues. Dec. 1, 7:00 p.m. -8:00 p.m.

The Power of Showing Up: How to Calm the Chaos and Cultivate Lifelong Resilience

Dr. Tina Payne Bryson, author of “No Drama Discipline: The Whole Brain Way to Calm the Chaos and Nurture Your Child's Developing Brain,”

“The Yes Brain: How to Cultivate Courage, Curiosity and Resilience in Your Child,” and

The Power of Showing Up: How Parental Presence Shapes Who Our Kids Become and How their Brains Get Wired”

GPS Take 5 Parent Preview on The Power of Showing Up: <https://youtu.be/FmVvJw3aQmo>

The event will be live-streamed by the College of DuPage [here](#).



All events will be presented virtually, links will be posted on our web site. Log in from your computer, phone or tablet

UPCOMING EVENTS



Mindfulness and Self-Compassion Tools For Your Mental Health

Dr. Michael Maslar

Thursday, November 5, 7:00 p.m.

Link to this event - <https://glenbard.zoom.us/j/85974473076>



Navigating the Landscape of Teen Sexuality and Relationships

Peggy Orenstein.

Tuesday, November 17, 7:00 p.m.

Link to this event - <https://www.cod.edu/GPS>



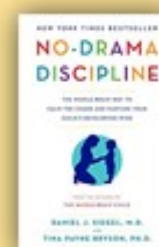
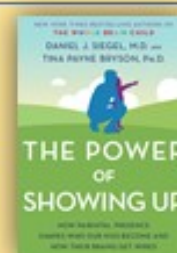
The Power of Showing Up: How to Calm the Chaos and Cultivate Resilience

Tina Payne Bryson

Tuesday, December 1, 7:00 p.m.

Link to this event - <https://www.cod.edu/GPS>

Join us at 6:30 for Early Childhood event: No Drama Discipline



LIKE: A Documentary about the Impact of Social Media on our Lives

Film Screening with Dr. Devorah Heitner

Tuesday, December 8, 7:00 p.m.

Link to this event will be posted on our website when available



FUSE and B-PAC/GPS PROGRAMS



Find Your Future at College Night

Dr. Raquel Wilson and Susanna Melon

Presented in English and Spanish

Wednesday, December 2, at 7:00 p.m.

Link to this event: <https://glenbard.zoom.us/j/86307881828>



Secrets of Successful Parents/La Familia Primero

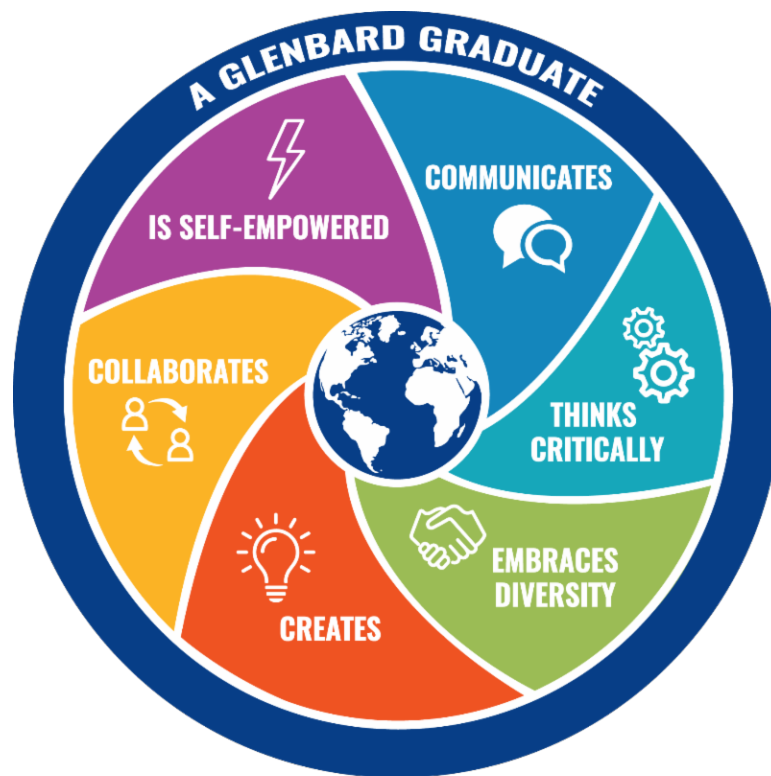
Dr. Ferney Ramirez

Presented in Spanish only

Thursday, December 10, at 7:00 p.m.

Link to this event: <https://glenbard.zoom.us/j/86307881828>





GLENBARD
PROFILE OF A
GRADUATE



Glenbard South High School | 23W200 Butterfield Rd., Glen Ellyn, IL 60148

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