

Issue #7 | December 2020



GLENBARD SOUTH

Where Excellence Is Tradition

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

[Visit our Website](#)

Principal's Message



Dear Glenbard South Families:

At the end of a calendar year, it is typical to be reflective and appreciative. I think it's particularly appropriate this year.

As 2020 comes to a close, I would be remiss if I did not acknowledge the struggles that have been a part of our community and our world. The term "unprecedented" might seem overused, but it does state the obvious. The reality is that families have experienced dramatic changes that have impacted their finances, health, safety, and emotional well-being of loved ones. Glenbard South has been responsive and supportive through personal connections, academic, social-emotional supports, and financial assistance.

We also know that education has been turned inside-out and upside-down and students have been affected. I am proud of our students in all that they've accomplished this semester. I want to commend and thank our Glenbard South staff for their ability to be

adaptive and creative with their curriculum and instruction. Even with their own family challenges and sacrifices, our entire staff, including secretaries, assistants, maintenance, security and food service has done their very best to make our building safe, clean, and welcoming.

Notables:

- Glenbard South raised \$5400 which provided 50 Thanksgiving meals and 50 Virtual Tree gifts to GS families in need. An additional \$6,000 was raised through our Needy Family Fund. Should you wish to donate or need assistance, please contact Jose_Jaramillo@glenbard.org or Lisa_Cooper@glenbard.org.
- Equity work is of major importance. We are creating a student equity group that will work with personnel to gather input in making Glenbard South an inclusive environment.
- The semester started with a commitment to ensure that Glenbard South is a safe supportive community. Our first webinar on Sexual Violence Education aired on Dec. 9th. We will continue to educate our students and staff about healthy relationships and how to seek resources.

On behalf of Glenbard South, we wish you a happy healthy winter break.

Special Announcements

This week the district announced we will return to ***In-person Hybrid*** learning on January 19, 2021. Parents should go to [PowerSchool](#) to make a selection for either fully remote or in-person hybrid.

Additionally, Glenbard District 87 contracted with SafeGuard Surveillance, LLC. to provide weekly COVID-19 saliva screening to students and staff. The primary goal is to allow for more consistent in-person instruction by assessing the risks of returning to our hybrid model and lessening community spread. It is important to know that students attending hybrid instruction or coming on campus for extracurricular activities and athletics **must agree to the COVID-19 Student Consent and Waiver in [PowerSchool](#). The deadline is Dec. 22nd.** Further details can be found [here](#). An informational video will be provided in early January.

Spring Semester Calendar

The full calendar for our Spring Semester can be found [here](#).

Future Freshman Night

Future Freshman Night

January 14, 2021

To be held on Zoom Webinar

<https://glenbard.zoom.us/j/87050585284>



Students & families of the Class of 2025: Please join us to learn about the course enrollment process and all of our elective course offerings!

6:00- 6:45pm Welcome and General Overview to Enrollment

- Welcome by Principal Coughlin (5 minutes)
- Counselor(s) Enrollment Packet and general information (30 minutes)
- Core Department Chairs and Special Education review core courses (10 minutes)

6:45- 7:45 pm Presentations

- 6:45-6:55 Tech and Engineering
- 6:55-7:05 Art
- 7:05-7:15 Music and Speech
- 7:15-7:25 Business
- 7:25-7:35 FACS
- 7:35-7:45 World Language

7:45 pm Building Tour

**Save the Date for Saturday, January 16th for Questions and Answers with the Counselors
Enrollment Forms due to Glenbard South High School by January 20th
More information regarding all sports and activities coming in April 2021**

FALL SPORTS CONGRATULATIONS

Fall Sports All Conference Athletes

Congratulations to the following varsity athletes for earning Upstate 8 Conference All Conference honors:

Boys Cross Country: Gabe Alcala, Ryan Allspach, Caleb Walter, Ethan Woods

Girls Cross Country: Alex Gonzalez, Ellie Stewart

Boys Golf: Nick Gelino, Ben Kozak, Ben Michelon, Jack Michelon, Brian Uvodich

Girls Golf: Christina Stuart

Girls Tennis: Taylor Erickson, Mikaely Evans, Lorenza Foster Simbulan, Amber Hood, Alana O'Dowd, Sophia Pistryak, Claire Pohlman, Madelyn Puzon, Audrey Sweeney

Fall Sports Academic All Conference Athletes

Congratulations to the following varsity athletes for earning Upstate 8 Conference Academic All Conference recognition for earning a 4.5 GPA. Freshman on varsity teams are not eligible for Academic All Conference per the Upstate 8 Conference bylaws.

Boys Cross Country: Ryan Allspach, Ryan Chung, Ryan Daca, Matthew King, Caleb Walter, Ethan Woods

Girls Cross Country: Kelly Anderson, Kylie DeNardo, Abigail Knight, Erin Sowl, Ellie Stewart, Madelyn Weber

Boys Golf: Richard Cyrus, Nick Gelino, Trevor Gelino, Ben Kozak, Jack Michelin, Max Riebock, Nathan Schmidt, Brian Uvodich

Girls Golf: Bailey Cloutier, Paige Kennedy, Olivia Kollias, Brooke Scholtens, Madaline Witort

Girls Swimming (recognized through the West Suburban Conference): Lauren Field, Lija Gaikis, Elizabeth Gasperko, Jade Jessup, Jenna Longo, Lillian Nesson

Girls Tennis: Taylor Erickson, Mikaely Evans, Christina Fredrick, Nina Gracia, Amber Hood, Alana O'Dowd, Maya Page, Angela Pescatore, Claire Pohlman, Madelyn Puzon, Madeline Sebahar, Audrey Sweeney, Taylor Yarosz

INSTRUCTIONAL INSIDER

Enrollment process is happening now

Enrollment process is happening now: Consider challenging yourself with an Advanced Placement course during the 2021-22 school year

Thank you to all of you who were able to attend our **AP Informational Sessions on December 2nd and 3rd**. You can watch the [evening](#) and [afternoon](#) sessions if you were unable to attend.

Here are some important takeaways from the information sessions:

- Advanced Placement courses allow students to take a **college-level course** with the support of a high school system.
- Students take an AP exam in May and depending on their score, can **earn college credit** for the course. The amount and type of credit is determined by the college or university.
- We have **18 Advanced Placement courses** that range from 9-12th grade courses.
- Both teachers and students shared how the environment of the AP classes are **rich with curiosity and teamwork**, and the experience itself makes it worth it.
- Both teachers and students shared how there are **many supports available**, both by the teacher and classmates, as well as around the building to make sure students don't fall through the cracks and can be successful in these classes.
- College Admission officers shared they are **looking to admit students who have challenged themselves** and have taken a rigorous schedule.
- Parents and students shared how AP courses help **build resilience, independence** and give students an incredible **sense of accomplishment** by the end of the year.

GOOD NEWS! District 87 will pay for one AP exam for every student each school year! Saving you \$94+ and possibly \$1000s in future tuition costs! Don't miss out, sign up for an AP class now!

To learn more about Advanced Placement courses, go to www.collegeboard.org. Link directly to our [Enrollment Handbook](#) to learn more about all of the dynamic courses offered at Glenbard South.

SAT PREP



The 2021 Glenbard SAT PREP is here!

FREE!

A Academic
Approach®

FREE!

District 87 is offering a **FREE**, 10-week *fully virtual* SAT Prep course for all Glenbard 11th graders. The SAT Prep course is provided by Academic Approach, a leading test preparation provider, in which participating students average a 90-100 point overall gain on their score. Taking the SAT is a graduation requirement and scoring well affords you many post-secondary opportunities after high school, including scholarships and admission to competitive colleges and universities.

Take advantage of this opportunity to increase your SAT score and enhance your college and scholarship options!

Sign up today at bit.ly/3dN8TZn



Glenbard South on **Tuesdays**
2:45pm-5:30pm or 5:45pm-8:30pm

Priority Deadline
for Registration
is December
18th at 5:00pm!

- January 25th-April 8th
- NO Class during Spring Break
- 2 Practice Tests
- 24 Hours of Instruction
- 2 Digital Course Booklets

Contact jamie_wilson@glenbard.org
with any questions

Counselor Corner

Scholarship Information

The application for the Ed Posh Scholarship is now available on the Ed Posh website linked here: <https://www.edposhscholarship.com/scholars/application/> Deadline for this scholarship is 2/15/2021. The scholarship award amount is \$4000 per year. Any questions please contact our school counselor who oversees scholarships, Mrs. Frodyma at jamie_frodyma@glenbard.org

The Glenbard South Local Application is live in Naviance now and will close on January 29, 2021. This one application is used to qualify students for a number of local scholarships that are designated for Glenbard South students only. An email was sent to all seniors and parents with instructions for this scholarship. Instructions and information are also posted on Glenbard South High School's website under the Students Tab/ School Counseling, and in the Schoology group - Class of 2021. Any questions contact Mrs. Frodyma at jamie_frodyma@glenbard.org

Please note that there are other Scholarship opportunities in Naviance under the College tab.

Seniors: It is not too late to apply for college!! Many deadlines are between January 1st and February 1st. Here are a couple documents that address some college questions for you:

This first document is a timeline that breaks down some of the first steps you must take when completing your college applications. It would be best if you START with this document.

This second document is a checklist with some tutorials built in.

You do NOT need an appointment with your counselor to request a transcript, but remember to allow your counselor 10 days to process your request. That means you can't wait until the night before the application deadline to request a transcript. The second document listed above has a tutorial on how to request the transcript in Naviance. Make sure it is only INITIAL transcript that is requested.

Upcoming deadline to some colleges that are popular with our students:

Benedictine - rolling admission (no priority deadline)

Butler - February 1 for regular decision (rolling after)

DePaul - February 1 for regular decision

Elmhurst - rolling after their Early Action of November 1

Indiana (Bloomington) - February 1 for regular decision

Illinois State - rolling as space allows after November 15 priority deadline

North Central - rolling admission

Purdue - January 15 regular decision

UIC - February 1 regular decision

UIUC - January 5 regular decision

FAFSA Workshop Districtwide

January 11, 2021 at 6:30pm. More information to follow via email closer to the date.

We look forward to helping our seniors and their families complete this important step in the college going process and newly mandated graduation requirement.

Enrollment Information for 2021-2022

School counselors recently met with all of our students via virtual Zoom meetings. If you missed this important meeting, the main presentation was recorded and is available on our school website. For a complete list of resources, please refer to the Students tab->School Counseling->Enrollment Information for 2021-2022.

We will follow up with each student in January by coordinating efforts with some of their core teachers and popping into their class Zoom meetings.

Here are quick links to a couple important resources:

[Online PowerSchool Enrollment Instructions](#)

Video featured at Enrollment Kickoff Meetings

[Click here to watch](#)

[Enrollment Handbook 2021-2022](#)

Students to distribute stress-relief kits

Stress-relief kits can help push you through these tough times and put a smile on your face. The Prevention Leadership Team with the DuPage County Health Department and Reality Illinois/Teen Advisory Board to the Health Department will host a drive-through event for middle and high school to pick up a free stress-relief bag while supplies last. Student members of Reality Illinois will distribute the kits from 2 to 4 p.m. Friday, Dec. 18, at Glenbard South. Students are encouraged to enter the school parking lot from Butterfield Road.

Reality Illinois is open to all high school students in DuPage County committed to wellness and positive youth development. Each month, the Student Advisory Board meets online to advocate for prevention policies that protect and make our communities a healthier place. To join Reality Illinois or for further information, contact Gilda Ross, Glenbard District 87 student and community projects coordinator, at 630-942-7668 or [here](#).



GS VIRTUAL BAND HOLIDAY CONCERT 2020

This year's Virtual Holiday Band Concert features two selections by the Concert Band - Scherzo for Santa and Brazilian Sleigh Bells. The third, Canticum, will wait for the second semester. The Symphonic Band portion of the show features three selections – Santa's Wild Ride, March from Holst's Second Suite, and Fantasia on the Dargason from Holst's Second Suite. In the same way as the Marching Revue Concert, it is a link to YouTube. Please give it a listen and enjoy!

And Now . . . The World Premiere . . .
[GS Virtual Band Holiday Concert 2020](#)

We care about our students and families! Below you will find a list of resources should you find yourself in need.

Mental Health Support for the Holiday Break

Raider Parents/Guardians-

2020 has been a tough year for everyone. Mental health ebbs and flows depending on the season, situation, and circumstances. There is no doubt that depression and anxiety are on the rise this year, especially in teenagers.

Caregivers, listed are some signs to look out for that may indicate your student is experiencing anxiety and/or depression:

- Displays of sadness or hopelessness
- Irritability, anger, or hostility
- Tearfulness or frequent crying
- Withdrawal from family and friends
- Loss of interest in activities
- Poor School Performance or Lack of Engagement
- Changes in eating and sleeping habits
- Restlessness and agitation
- Feelings of Worthlessness and Guilt
- Lack of enthusiasm and motivation
- Fatigue or lack of energy
- Difficulty Concentrating
- Unexplained aches and pains (somatic complaints)
- Thoughts/mentions of death or suicide
- Incidences of self-injury

We want our Raider students and families to remember: **YOU ARE NOT ALONE!**

It is OK to *not* be OK.

It is *not* OK to suffer silently.

It is *not* OK to feel unsafe.

It is OK to ask for help if you need it.

If you or someone you know is:

- a danger to him/herself, having thoughts of wanting life to end
- a danger to others
- being hurt by someone, stuck in an abusive or neglectful situation

We want our students and families to know that there are a number of supportive resources that can be accessed in the community over the holiday break. You are not alone.

Suicide Support Resources:

NAMI- 1-800-273-TALK (8255)

911- when in doubt, call 911

DuPage County Crisis Text Line- Text HOME to: 741741

National Suicide Prevention Lifeline- 1-800-273-8255

There are many wonderful, community resources that are available to students in need. You can access other resources on the District website: [Glenbard District 87 Community Resources](#). Please remember that during the holiday break, Glenbard South staff are not working. Glenbard PPS staff are available during school hours. If you need mental health, social, or emotional support, access one of the resources listed above.

-Glenbard South Student Services Department



GLENBARD SOUTH

HELPLINE

We are here to help you.

Call if you need help from our counselors, social worker, psychologist, nurse, deans and/or help getting food.

📞 **Helpline:** 630-534-4230

📞 **In an emergency, call 911** 911

🌐 **Website:** glenbardsouthhs.org

#RaidersAreBetterTogether

GPS



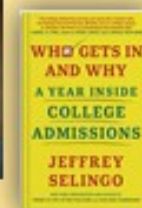
UPCOMING EVENTS



**A Community Conversation About Suicide:
Student Voices, Resources and Hope**
Dr. Jonathan Singer
Tuesday, December 15, 7:00 p.m.
Link to this event - <https://glenbard.zoom.us/j/81472172461>



**Colleges & the SAT
and a Preview of 'Who Gets In and Why'**
Matthew Pietrafetta, Ph.D. with author Jeff Selingo
Wednesday, January 6, 7:00 p.m.
Link to this event will be posted at GlenbardGPS.org when available



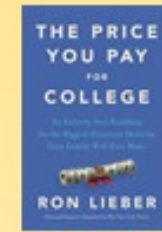
**Middle School Matters: 10 Key Skills Kids Need to
Thrive and Prepare for a Changing World**
Phyllis Fagell
Tuesday, January 12, 7:00 p.m.
Link to this event will be posted at GlenbardGPS.org when available



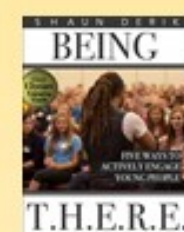
**Parenting in the New Age of Anxiety: Understanding Your
Child's Stressed, Depressed and Amazing Adolescence**
Dr. John Duffy
Wednesday, January 27, 7:00 p.m.
Link to this event - <https://www.cod.edu/GPS>



**The Price You Pay for College: An Entirely New Road Map for
the Biggest Financial Decision Your Family Will Ever Make**
Ron Lieber
Thursday, February 4, 7:00 p.m.
Link to this event will be posted at GlenbardGPS.org when available



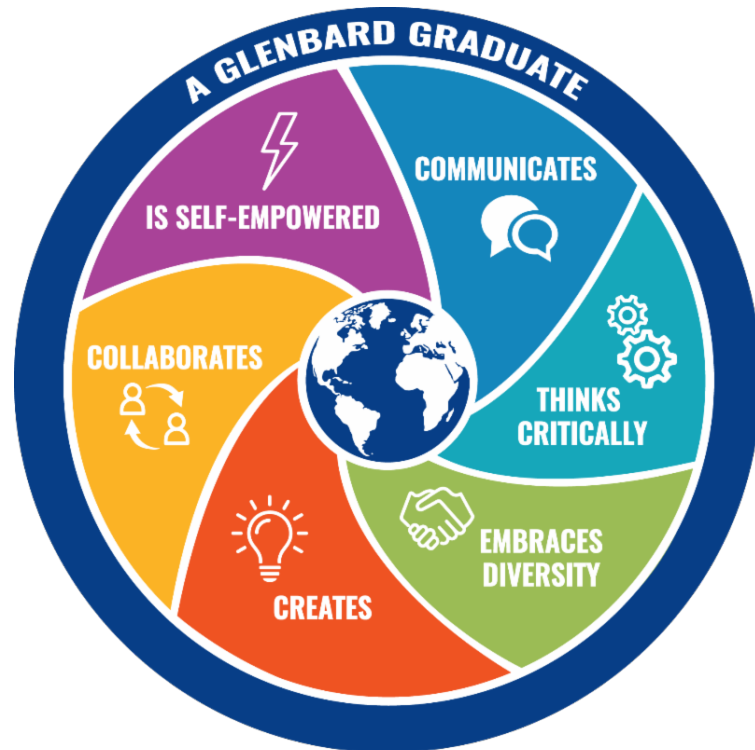
Being T.H.E.R.E.: Five Ways to Actively Engage Young People
Shaun Derek, Live Life Well Week Speaker
Thursday, February 18, 7:00 p.m.
Link to this event will be posted at GlenbardGPS.org when available



FUSE and B-PAC/GPS PROGRAMS



Teen Health Update/La salud de los adolescentes está al día
Dr. Daniel W. Perez & Linda Avila, MA
Presented in Spanish only on Thursday, February 11, 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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