

## Illinois State Comptroller Cooks with St. Charles East Students

In 2013, the late Illinois State Comptroller Judy Barr Topinka, and Chicago City Clerk Susana Mendoza began the Culinary Kids Initiative in an effort to fight childhood obesity and promote the benefits of a healthy diet and physical fitness.

Now that she is Illinois State Comptroller, Susana Mendoza is continuing the program and advocating for a healthy lifestyle through visits to local schools. On September 12, Comptroller Mendoza visited Tracy Stewart's culinary prep entrepreneur class at St. Charles East High School and joined the students as they prepared a healthy lunch.

The kitchen was full of fall smells as students prepared squash soup, healthy macaroni and cheese with chicken, and bruschetta with goat cheese, figs and olive oil. Corporate Executive Chef Kevin Wassler assisted students with the meal preparation and talked about his journey to becoming a chef with the Nestle Corporation.

Comptroller Mendoza told students that they will have to make many choices during their lifetime, and one of those is what kinds of food they put in their body. She emphasized that food not only makes arms and legs move but also fuels the brain power that students need every day to succeed in school.

Former Chicago Bull Forward Mickey Johnson spoke about the benefits of including physical activity as part of their daily lives.

Thank you Comptroller Mendoza for visiting St. Charles East High School.



# St. Charles North Students Earn National Merit Semifinalists Honor



St. Charles North High School students Cole Hickerson and Jacqueline Oh have been named semifinalists in the 63rd annual National Merit Scholarship Program.

These academically talented high school seniors have an opportunity to continue in the competition for 7,500 National Merit Scholarships worth more than \$32 million that will be offered in the spring of 2018. There are approximately 16,000 Semifinalists this year.

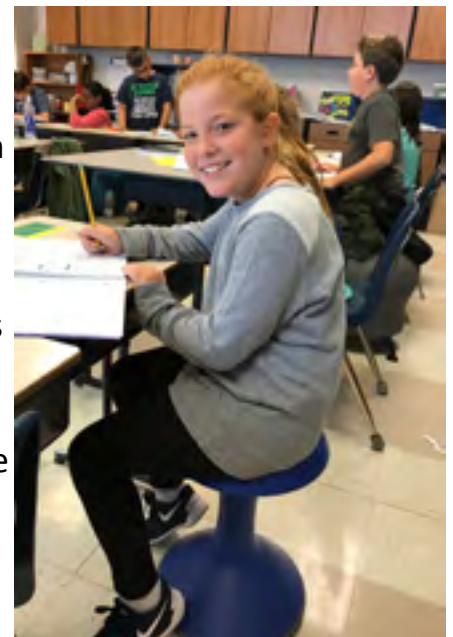
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## Wild Rose Fifth Grade Teacher uses Grant Funds to Purchase Flexible Seating

In the spring of 2017, Wild Rose fifth grade teacher Kerri Johnson received a grant from the St. Charles Education Foundation to purchase flexible seating for her classroom.

Flexible seating includes stability cushions, ball chair, exercise balls, a standing desk with a swing bar, flat desks that can be used for working on the floor and yoga mats. Mrs. Johnson did research on the impact that flexible seating can have on student learning. She found that, because students learn in different ways and have different styles and needs, their ability to have an active role in discovering what flexible seating options work best for them helps them learn.

Izzy, a student in Mrs. Johnson's class said she likes the choices she has for seating in the classroom because, "you're more comfortable and can focus more on your work, and get more stuff done. It's fun!"



# Foreign Exchange Students Come to St. Charles



Nine students from across the globe have descended on both high schools. A reception was held in their honor earlier this week at St. Charles North High School. Five students are visiting from Taiwan and will spend two weeks at each of the District 303 high schools. They said they have enjoyed going to classes at North this week and like the cafeteria food and choices very much. St. Charles North High School is hosting four other students from Japan, Columbia, Germany and Thailand for the entire school year. In addition

to their studies, students are experiencing the culture in and around the Midwest.



## Community Backpack



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Registration Info

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# Homecoming Season is Near!



## North High School

September 22 - Homecoming Parade & Game  
September 23 - Homecoming Dance

## East High School

October 13 - Homecoming Parade & Game  
October 14 - Homecoming Dance

## 2017-18 School Year Calendar Highlights



### Friday, October 6

School Improvement Day  
(No Classes)

### Monday, October 9

Columbus Day Holiday  
(No Classes & Offices Closed)

### March 26-30

Sprink Break

### Monday, June 4

Last Day for Students if no "Emergency Days" Used

### Monday, June 11

Last Day for Students if 5 "Emergency Days" Used

## Upcoming School Board Meetings

### Monday, September 18

Learning & Teaching Committee - 5:30 p.m.

### Thursday, September 21

Business Services Committee - 5:00 p.m.

### Tuesday, October 10

Regular School Board Meeting - 7:00 p.m.



## Check Out Our Interactive Boundary Map



Interactive Boundary Maps are available on the District website. Enter an address and see the schools assigned to that address. [Click here](#) to check it out! Please keep in mind all attendance area questions are officially determined by contacting our transportation department at (331) 228-5180).