

District 303 E-NEWS

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Administration Center
201 South 7th St.
St. Charles, IL 60174
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justask@d303.org

September 27, 2019



East and North Students Welcome German Exchange Students

St. Charles East and North students welcomed 21 students from Sankt Ansgar Schule, a school in Hamburg, Germany, as part of the 2019 German American Partnership Program. For three weeks, German students stay with 10 host families from East and 11 from North to experience student life in St. Charles.

"This past summer, 21 students from St. Charles stayed with host families for three weeks and attended high school abroad. Now, their host students get to stay with them for three weeks and attend school in St. Charles," said St. Charles East German Teacher and GAPP Coordinator, Nicole Johnson.

During their stay, German students learn about and adapt to a different lifestyle, attend school, and participate in school-related activities. German students who attend North came at just the right time to participate in some of the school's traditions, such as the homecoming parade, football game, and the homecoming dance.

Students were invited to City Hall and spoke with Mayor Ray Rogina. He asked the German students many questions about their country including about famous landmarks, important cities to visit, and must-do ac-



tivities. He was also very curious to know what the German students thought about schools in St. Charles, the differences between both countries' typical high school activities, and what students do for fun.

When it was the students' turn to ask questions, he welcomed thoughtful discussions about economics and politics and was impressed by how much students knew about the relationships between Germany and the United States. Students also asked the mayor about his favorite places in St. Charles and why he decided to run for mayor.

"I am constantly impressed by the close relationships the students are able to form in a few weeks, and many have lasting connections and go back to visit their host partner and family," expressed Mrs. Johnson.



**Talk with Your Teen About E-cigarettes:
A Tip Sheet for Parents**

See
page 8
to learn
more.

On September 23, 2019, members of the Elementary School Day Think Tank met for their first of three meetings. The group, comprised of parents, teachers, and administrators, engaged in discussions and activities centered around innovative learning in District 303, and reviewed and analyzed over 900 responses the District received from the community feedback form. The new 40-minute longer elementary school day will be implemented at the beginning of the 2020-2021 school year. A summary of the Think Tank's first meeting will be available on the District 303 website Monday, September 30, 2019.

“Wild 4 Fitness” at Wild Rose

Encouraging students to engage in physical activity for 30-minutes each day was the goal of the Wild 4 Fitness challenge at Wild Rose Elementary. Students at all grade levels completed obstacles that tested their strength, balance, and coordination.

Students used stationary bikes to “race” each other, tested their balance and focus on the balance beams, and motivated each other to successfully cross the monkey bars. Although some students found doing cartwheels to be a bit of a challenge, the support they received from their classmates encouraged them to persevere through that and other challenging courses.

“After moving and being active, kids go back to class energized and ready to learn,” said PE teacher, Mrs. Shanel, who appreciates the support they received from Anderson, Lincoln, St. Charles Gymnastics, and the PTO in the planning and setting up for the event.

Even after students caught their breath and hydrated, they responded “Yes!” when Mrs. Shanel asked them if they had fun and wanted to go through the obstacles again.



Light or Sound?



As part of their Light and Sound Project Lead the Way unit, Mrs. Harmon's first grade students paired up and used snap and squishy circuits to create a device that could send a “rescue signal” to their partner from a long distance. Lincoln students brainstormed and collaborated with their partner to draw and design a device that would either produce light or sound, or a combination of both, to emit a great “rescue signal” as a solution to their problem.

Once their teacher approved their designs, students used the resources and tools found in the Marker Space to construct their device. They used batteries, small LED bulbs, cables, playdough, and a small sound box to create their circuit.

“If it doesn't work, it's okay to go back and make modifications to it make it better; that's what scientists do,” said LRC/Media Specialist, Mrs. Cranmer, who guided students through the construction process.

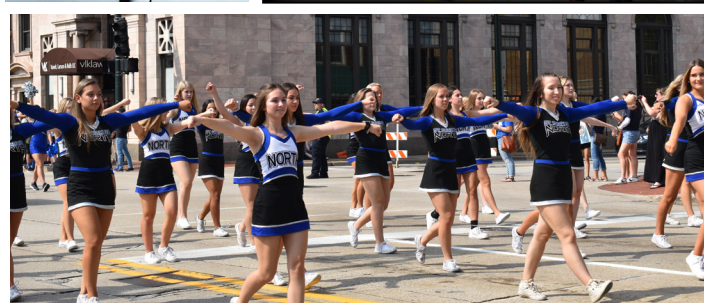
As students tested their models, many opted to make modifications to them to turn them into circuits that used both light and sound, as they figured out they had better chances of being rescued if their partner could see and hear their signal.

St. Charles North Homecoming Parade 2019

3



Go
North
Stars!



St. Charles High School Students Earn National Merit Scholarship Recognition

4

St. Charles East students Jazalyn Belz, Ayumu Seiya, and Sean Yetter have been named semifinalists in the 65th annual National Merit Scholarship Program. These academically talented high school seniors have an opportunity to continue in the competition for 7,600 National Merit Scholarships worth more than \$31 million that will be offered in the spring of 2020. There are approximately 16,000 Semifinalists this year.



The National Merit Scholarship Program is an academic competition for recognition and scholarships that began in 1955. High school students enter the National Merit Program by taking the Preliminary SAT/National Merit Scholarship Qualifying Test—a test which serves as an initial screening of approximately 1.5 million entrants each year—and by meeting published program entry/participation requirements.

To be considered for a National Merit Scholarship, semifinalists must advance to finalist standing in the competition by meeting high academic standards and all other requirements explained in the materials provided to each semifinalist.

Winners of the National Merit Scholarship have their scholarships funded by either the National Merit Scholarship Corporation, the institute of higher education that they select to attend, or by corporations or foundations who participate in the scholarship fund.

Students from both high schools were named National Merit Commended students. They represent the top 5 percent of performers on the PSAT.



St. Charles East

Andrea Brink
Thomas Ditsworth
Allison Haab
Hannah Harris
Grace Jackson
Tyler Johnson
John Massa
Joshua Nelson
Henry Pierce
Isabel Prath
Allen Steinberg
Kaitlin Wixted



St. Charles North

Kyla Lannert
Meghan Lu
Samantha Rydberg
Tobias Strader

ANNUAL KICK-A-THON

The annual Kick-A-Thon is **Friday, October 4, 2019** before the start of the varsity football game between North and East at St. Charles East High School. We hope you will join the St. Charles East and North dance teams kick to fight cancer. Proceeds from the event will be donated to the American Cancer Society, The Living Well Cancer Center in Geneva and Fox Valley Food for Health.



Visit <http://www.kick-a-thon.org> to make a donation, become a community kicker or corporate sponsor, or for more details.

Parent University

Parent University programming in St. Charles District 303 continues to evolve to meet the ever-changing needs of our families.

As a follow-up to the documentary LIKE, we are bringing in national digital citizenship speaker Josh Ochs in October. He will be spending time in both middle and high schools talking with students about their digital footprint. During his time with parents on October 30, Josh will show parents how to protect their children on 40+ apps. All District 303 parents will have access to Josh's own Parent University resources for the next year.

[Click here to register for the Digital Citizenship](#) presentation on October 30, at 6:30 p.m. in the Thompson Middle School Cafeteria.

The St. Charles Education Foundation
Board of Directors cordially invites you to attend the

2019 Annual Meeting

as we recognize the 2018-2019 Grant Recipients

***Wednesday, October 16, 2019 at 7:00 p.m.
Board Room in Administration Center
201 South 7th Street, St. Charles, IL 60174***



We support projects and innovative ideas that will enrich D303's students' education. We look forward to seeing you!

The St. Charles Education Foundation is a 501(c)3 not-for-profit organization operating independently of District 303.



Community Unit School District 303

201 S. 7th Street, St. Charles IL 60174 • (331) 228-2000 • www.d303.org

SCHOOL BOARD

Carolyn Waibel
President

Nick Manheim
Vice President

Jillian Barker
Secretary

Michael Bryant
Heidi Fairgrieve
Becky McCabe
Edward McNally

Citizen Advisory Committee (CAC)

The St. Charles Community Unit School District 303 School Board believes that strong partnerships with all stakeholders ensure that students have access to rigorous curriculum, innovative learning experiences, and opportunities for academic, social, and emotional growth.

As part of our strategic commitment to engage our families and the community, the District 303 School Board has established a Citizen Advisory Committee (CAC) to help promote ongoing two-way conversations. We are seeking stakeholders who can provide information, feedback, support, and guidance to the School Board.

Monthly meetings will be held at the District 303 Administration Center and facilitated by one or more school board members. The meetings will be open to the public and follow the Open Meetings Act.

We are excited to begin this process of partnering with our community and hope that you consider completing the application. The initial design team made up of 5 citizens will work with the school board liaisons to establish group norms, create structure, write by-laws, and develop a meeting calendar. Citizens who are chosen to be part of the larger committee will begin working in January 2020.

Your participation is vital to the success of this committee. If you are interested in serving as a volunteer on the Citizen Advisory Committee (CAC), [please complete the application and submit it by September 30, 2019.](#)



Wredling
Middle School
proudly presents...



October 10th, 4:30 p.m.
October 11th, 7 p.m.
October 12th, 2 p.m.

Children 2
and under are
FREE

Tickets will go on sale one hour before showtime!
Concessions available \$1 each

Wredling Middle School, 1200 Dunham Road, STC

Important Information About e-cigarettes

Earlier this week the Illinois Department of Public Health provided school districts across the state with information about e-cigarette use by middle and high school students. We believe it is important to share this with parents so that you can have conversations with your children about the dangers of e-cigarette use.

E-cigarette use is epidemic in the US and Illinois.

Among Illinois high school seniors, e-cigarette use is significantly rising while cigarette use is declining. In 2018, 8.4% of 8th grade students and 23.1% of 12th grade students reported using e-cigarettes. Using e-cigarettes puts youth at risk for addiction and other health consequences, but unfortunately, 40% of 10th and 12th graders said there is low- or no-risk of harm when using e-cigarettes.

Tobacco 21 law, effective July 1, 2019, prohibits the sale of all tobacco products, including e-cigarettes, to person under 21, however, youth continue to access and use these products at alarming rates. Parents and anyone who works with young people may have seen an e-cigarette device without even knowing it. The most often sold e-cigarette in the United States is a brand called JUUL, which [looks like a USB flash drive](#). JUUL “pods,” which contain liquid heated by the device, have as much nicotine as a pack of 20 cigarettes. They also come in flavors, which can make them more appealing to young people. E-cigarettes can also look like other everyday items, such as highlighters, credit cards, remote controls, and pens. There are many internet websites which provide easy-to-follow instructions on how to alter or “hack” these devices to add other products such as marijuana.

Use the attached tip sheet to have conversations with your children about the dangers of e-cigarettes.



Talk with Your Teen About E-cigarettes: A Tip Sheet for Parents



BEFORE THE TALK

Know the facts.

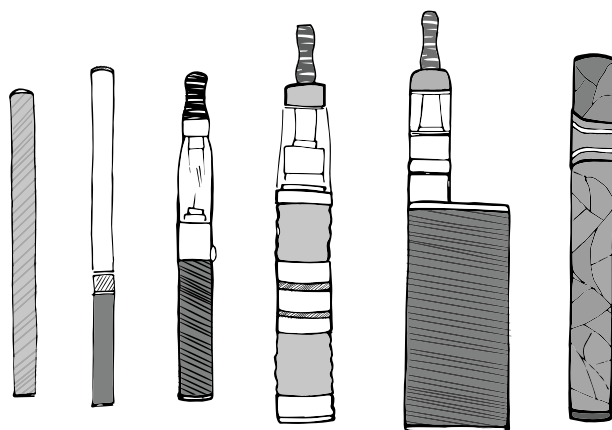
- Get credible information about e-cigarettes and young people at E-cigarettes.SurgeonGeneral.gov.

Be patient and ready to listen.

- Avoid criticism and encourage an open dialogue.
- Remember, your goal is to have a conversation, not to deliver a lecture.
- It's OK for your conversation to take place over time, in bits and pieces.

Set a positive example by being tobacco-free.

- If you use tobacco, it's never too late to quit. For free help, visit smokefree.gov or call **1-800-QUIT-NOW**.



START THE CONVERSATION

Find the right moment.

- A more natural discussion will increase the likelihood that your teen will listen. Rather than saying “we need to talk,” you might ask your teen what he or she thinks about a situation you witness together, such as:
 - » Seeing someone use an e-cigarette in person or in a video.
 - » Passing an e-cigarette shop when you are walking or driving.
 - » Seeing an e-cigarette advertisement in a store or magazine or on the internet.



Ask for support.

- Not sure where to begin? Ask your health care provider to talk to your teen about the risks of e-cigarettes.
- You might also suggest that your teen talk with other trusted adults, such as relatives, teachers, faith leaders, coaches, or counselors whom you know are aware of the risks of e-cigarettes.
- These supportive adults can help reinforce your message as a parent.

ANSWER THEIR QUESTIONS

Here are some questions and comments you might get from your teen about e-cigarettes and some ideas about how you can answer them.

Why don't you want me to use e-cigarettes?

- Science shows that e-cigarettes contain ingredients that are addictive and could harm different parts of your body.
- Right now, your brain is still developing, which means you are more vulnerable to addiction. Many e-cigarettes contain nicotine, and using nicotine can change your brain to make you crave more nicotine. It can also affect your memory and concentration. I don't want that for you!
- E-cigarettes contain chemicals that are harmful. When people use e-cigarettes, they breathe in tiny particles that can harm their lungs.

- The cloud that people exhale from e-cigarettes can expose you to chemicals that are not safe to breathe.

What's the big deal about nicotine?

- Your brain is still developing until about age 25. The Surgeon General reported that nicotine is addictive and can harm your brain development.
- Using nicotine at your age may make it harder for you to concentrate, learn, or control your impulses.
- Nicotine can even train your brain to be more easily addicted to other drugs like meth and cocaine.

- I don't say this to scare you, but I want you to have the facts because nothing is more important to me than your health and safety.

Aren't e-cigarettes safer than conventional cigarettes?

- Because your brain is still developing, scientific studies show that it isn't safe for you to use any tobacco product that contains nicotine, including e-cigarettes.
- Whether you get nicotine from an e-cigarette or a cigarette, it's still risky.
- Some e-cigarette batteries have even exploded and hurt people.

I thought e-cigarettes didn't have nicotine – just water and flavoring?

- I used to think that too. But many e-cigarettes have nicotine. There are also other chemicals in them that can be harmful.
- Let's look at the Surgeon General's website on e-cigarettes (E-cigarettes.SurgeonGeneral.gov) together so you can see for yourself.

I (or my friends) have tried e-cigarettes and it was no big deal.

- I appreciate your honesty. In the future, I hope you (or your friends) will stay away from e-cigarettes and other tobacco products, including cigarettes. Science shows that e-cigarettes contain ingredients that are addictive and could harm different parts of your body.
- Next time we go to the doctor, let's ask about the risks of nicotine, e-cigarettes, and other tobacco products.

You used tobacco, so why shouldn't I?

- If I could live my life over again, I never would have started smoking. I learned that people who smoke cigarettes are much more likely to develop, and die from, certain diseases than people who don't smoke. This was really scary, so I quit smoking.
- Quitting was really hard, and I don't want you to go through that. The best thing is to not start at all.



KEEP THE CONVERSATION GOING

Many parents find that texting is a great way to reach their teens. Here are some suggestions for text messages that might catch your teen's attention. And, you can easily share pages of the website (E-cigarettes.SurgeonGeneral.gov) with your teen.



Share this page

Look for this symbol, click it, type in the message you want or use the message provided, and share with your teen via Facebook, Twitter, or email.

Connect and encourage.

- You always liked science. Check out the science about e-cigarettes and young people: **E-cigarettes.SurgeonGeneral.gov**
- Getting off nicotine is hard but I'm so happy I quit. Don't make that mistake and get addicted. Smoking and tobacco use, including using e-cigarettes, are unsafe for young people.

Remind and repeat.

- Most teenagers don't use e-cigarettes. E-cigarettes with nicotine can mess with your brain, and your brain is still developing until you are at least 25.
- You might be tempted by e-cigarette flavors, but inhaling certain flavorings that have been found in some e-cigarettes can be harmful.

Share facts and resources.

- Just learned that many e-cigarettes have nicotine in them. That's the drug that makes cigarettes so addictive. Nicotine can also mess with your brain development.
- Just saw a report from the Surgeon General that e-cigarettes can mess with how your brain develops and might even affect your mood and focus. Please don't use any products that contain nicotine.
- Hope none of your friends use e-cigarettes around you. Even breathing the cloud they exhale can expose you to nicotine and chemicals that can be dangerous to your health.



Centers for Disease
Control and Prevention
Office on Smoking
and Health





Big Hearts of Fox Valley NFP is a registered 501(c)3 non-profit organization dedicated to brightening the lives of underprivileged children in our community. We're committed to identifying and coming together to meet social, emotional and basic needs of those around us.

It was almost Christmas time and as we looked under our tree to see the piles of wrapped presents for our children, we thought about the little ones that wouldn't be opening presents on Christmas morning. We decided to reach out to our children's school social worker to see if there were any families that may need some assistance providing Christmas gifts to their kids. We, like many others, didn't realize there was a large number of families in need within our own community.

That's where this all started. In 2014, we were able to help provide Christmas gifts to kids in need within our own school.

Since 2014, we have been coordinating a Christmas gift sponsorship program to help the underprivileged children in School District 303 receive gifts from wish lists that each child personally creates. We work with School District 303 social workers who gather wish list information from families they feel may need some assistance providing Christmas gifts for their children. These wish lists are comprised of a few toy ideas along with clothing and shoe sizes. Many of these kids are in need of basic things like winter coats, boots, gloves, socks, etc. In 2018, we were able to provide gifts to 443 children from birth up to 8th grade. This year, we are excited to be expanding our efforts. We estimate that we will be able to support more than 600 children.

Each year we host a gift wrapping event at our Excel Automotive Repair shop. The entire community is invited to come together to wrap the donated gifts and to celebrate the magic of Christmas. With help from several local community sponsors, we always have plenty of food, drinks and entertainment for the entire family. This is a **FREE** event open to the public and is a great opportunity to show kids about the importance of giving back. In 2018, more than 600 people came together to wrap over 2400 gifts!



Big Hearts of Fox Valley Committees are in the process of creating a few other events that will happen in the upcoming years. We're excited to include an event to benefit high school aged kids as well. Our future goal is to partner with all community individuals and businesses in order to achieve our goal which is to make the lives of the children around us a little brighter.

We hope you will join us in our efforts,
♥ - The Mobley Family



info@bigheartsfv.org | 630.400.1602 | www.bigheartsfv.org

Making a difference in our community by providing needed items to local children.



Lunchroom Supervisors Needed!



District 303 is looking for candidates to serve as Lunchroom Supervisors for the 2019-2020 school year under Organic Life. The application form along with additional information about the required forms can be found online, <http://district.d303.org/employment>.

Contact Patricia Burton at 331-228-5242 or patricia.burton@d303.org to arrange for delivery of completed application. Please do not attempt to apply online, as application forms need to be printed.

BUS DRIVERS NEEDED!

Community Unit School District 303 is currently recruiting bus drivers for the 2019-2020 school year.

Starting pay for the part-time positions that are 4-5 hours per day is \$19.36 per hour. Drivers are responsible for a variety of routes including student pick-up in the mornings and drop off in the afternoons. Special routes for field trips, extra-curricular activities and the Fox Valley Career Center are also scheduled through District 303 transportation.

The District will train qualified candidates who want to obtain their Commercial Driver's License. The process takes about 6 weeks so those interested should apply in the next few weeks to give them time to be trained prior to the beginning of the school year.

Interested individuals may apply online at <http://district.d303.org/employment>, visit the Transportation Office at 901 S. Peck Rd., or call the Transportation Office at 331.228.5180.



Community Backpack



Upcoming School Board Meetings

September 30

Business Services Committee Meeting - 4:30 p.m.
Joint Meeting with St. Charles City Council
City Council Chambers - 7:00 p.m.

October 15

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

**Tuesday due to Monday Holiday*

October 28

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

2019-2020 Calendar Highlights

October 11

School Improvement Half-Day (No students in the afternoon)

October 14

Columbus Day Holiday (No students, offices closed)

October 30

Parent University: Digital Citizenship (Thompson Middle School Cafeteria, 6:30 p.m.)

High School Graduation Reminder



The graduation ceremonies for St. Charles East and St. Charles North High School will be on *Thursday May 21, 2020.*

Friendly Reminder!

Let's Talk! provides District 303 community members, parents, staff, and students a chance to use their voice.

Use Let's Talk! to share your questions, compliments, comments, and suggestions by visiting the District website.