

# DISTRICT 303



## eNEWS



Administration Center  
201 South 7th Street  
St. Charles, IL 60174  
331.228.2000  
[JustAsk@d303.org](mailto:JustAsk@d303.org)

*February 22, 2019*

## HOPE Club Prevention Week Assembly at North

St. Charles North High School's HOPE Club kicked off prevention week on February 11 with their Prevention Week Assembly. Aimed at raising awareness and reducing the stigma associated with mental health, students and staff members collaborated to create presentations, testimonials and videos addressing the different factors that contribute to mental and emotional wellness. During the assembly, talented members of 7th Hour Vocal Jazz Workshop performed "Soldier," written by Gavin DeGraw, inspiring students with the lyrics and their voices.

In preparation for this important week, students were surveyed in wellness classes about main contributors to mental and emotional wellness. Based on the results, the assembly focused on addressing the pressures of life, bullying, the influence of social media, and substance abuse.



"As students become more aware of the different factors that contribute to mental health, they can recognize when to seek support," said English teacher and HOPE club advisor, Mrs. McCleary.

The first presentation featured Social Studies Teacher, Mr. Kupet, who shared his struggle with mental illness.

He reassured students that they're not alone in their fight and that they should seek help the same way they would if they were physically hurt.

North students talked about the pressures of life, sharing relatable stories about the challenges teenagers face, dealing with family and school pressure, and different coping mechanisms that can help.

The Bullying Prevention Task Force group also took part in the assembly. They showed a video they produced with student interviews related to bullying. In the end, they encouraged students to "be brave and stand up to bullying."

Two senior students addressed the topic of social media and how it can have an impact on mental health. They talked about the influence social media has on personal image and self-esteem, different ways to manage social media use, such as knowing the time spent on the different apps, and they shared tips to "unplug."

Student Assistance Counselor, Mr. Cermak and Wellness teacher, Mrs. Pheny concluded the assembly by talking about substance abuse. They shared statistics about substance abuse among teenagers and why they resort to those bad habits, making students aware of support systems in place in the school and the community to address the underlying issues that lead to substance abuse.

At the conclusion of the assembly, students were given a suicide prevention exit slip to complete. It encouraged students to reach out for support and meet with one of the "trusted" adults in the school, or any member of the student support team. "We want to follow up with students to make sure they get the help they need," said Mrs. McCleary.

# Ferson Creek Students Receive Flag from U.S. Air Force

Last fall, Ferson Creek first grade students spent time writing letters and packaging up candy that they sent to troops in Qatar. On February 8, students in Mrs. Shanahan's class received a surprise gift sent by Staff Sergeant Joseph Follen, who is serving in the United States Air Force.



The Staff Sergeant wrote a letter to students and sent them a flag with a framed certificate detailing that the flag was flown on a B-1B aircraft on a combat mission on December 31, 2018.

The students attentively listened to Mrs. Shanahan read the letter Staff Sergeant Follen wrote. He thanked them for the letters and the box with 37 lbs. of candy they sent him, which he received the day before Thanksgiving.

He expressed how he enjoyed reading all their letters and had their class picture hung on his wall. He answered some of the questions students had about his favorite color and favorite animal, and shared how much he loves working on jets and helicopters.

After they read the letter, students cautiously unfolded the flag, insisting it did not touch the floor. Then, Mrs. Shanahan happily hung the flag in their classroom for everyone to admire.

---

## Munhall Students Make UV Bracelets



As first grade students in Miss Schwartz's class at Munhall studied about the sun, the moon, and the stars, they learned about how the ozone layer protects the earth from the sun's harmful UV rays. To understand this, students made bracelets using color-changing beads and pipe cleaners, which represented the skin.

When students experimented by exposing the beads to UV light, they quickly noticed how the beads changed color, which helped them understand that the same happens to skin after prolonged exposure to the sun.

Just like people protect their skin from the sun's rays, students were tasked with protecting their bracelets. Some students used plastic containers, clothing, and books and other items in their desks to make small shelters. After building their shelters, Miss Schwartz exposed them to the UV light again, and students saw the effectiveness of their methods, noticing how the UV light did not affect the better protected bracelets. It was evident by their enthusiasm that they were fascinated by the entire process.

Miss Schwartz taught students the consequences too much exposure to UV rays can have on the skin, and about skin cancer. She also explained how they can be protected by using sunscreen, clothes, and limiting their sun exposure time.



# Fox Ridge Family Enrichment STEM Day

On February 15, Fox Ridge Early Childhood Center families attended a Family Enrichment Event, which focused on Science, Technology, Engineering, and Math.

In an effort to bring awareness about the activities and programs available in schools and throughout the community, the DuPage Children's Museum set up stations around the community room for students and families to explore together.

Students and their siblings excitedly moved from station to station with their parents, grandparents, and other family members. Learning Lab Facilitators from the museum and school staff taught students about the different stations, and encouraged them use critical thinking skills as they experimented and learned.

"We want to make them excited for math and science," said Christine Barry, STEM Specialist and School Programs Manager from the DuPage Children's Museum. "Students are natural at being curious and we try to feed that natural curiosity. This is a unique experience they don't get at home or in the classrooms."



During the four different sessions, families learned about shapes as they made geo-mobiles and used geoboards. Each geo-mobile was as unique as the students who created them by using shapes such as cones, cubes, spheres, and cylinders. Families played the "hexagon challenge," which helped them learn how using different combinations of shapes could result in nine different ways to create hexagons.

At another station, students were fascinated by different materials that either float or sink in water. They played with vapor and bubbles and were excited to learn about "CO2 bubbles" and the different states of water.

Students also had an opportunity to see "the small world," using digital microscopes to view pollen spores, textures of different fibers, animals and plants, and even see their clothes, skin, and hair at a microscopic level.

"I think this is a great idea, especially for parents. We can then introduce some of these activities at home, such as counting and creating shapes," said Scott Dethloff, a Ferson Creek parent.

---

## 2018-2019 Preschool Notification of Vacancies

The 2019-20 Community Preschool Program Lottery closed on February 4. To add your child's name to the notification of vacancies list, [click here](#). If you have any questions, please contact the Early Childhood Office at 331-228-4834. You can also visit the [Early Childhood page](#) of our website for more information regarding the D303 Community Preschool Program.



# National Merit Finalists

St. Charles North High School students Adrianna Bugliarello-Wondrich, Kaley Fulcher and Brigid Millette along with St. Charles East students Neehar Shah and Kayla Villa have been named finalists in the 64th annual National Merit Scholarship Program.

These five District 303 students are among 15,000 students nationwide who have been selected for this honor. Beginning in March and continuing through mid-June, National Merit Scholarship Program winners are notified of their selection.

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 1.6 million entrants each year—and by meeting published program entry/participation requirements.



*St. Charles North students L to R: Brigid Millette, Adrianna Bugliarello-Wondrich & Kaley Fulcher*

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.



*St. Charles East students L to R: Neehar Shah & Kayla Villa*



# Lincoln Breakout EDU games

On Valentine's Day, Lincoln 4th grade students worked together and used critical thinking skills to solve a series of puzzles to help Cupid unlock his bow and arrows.

Mrs. Morris's class engaged in a Valentine-themed Breakout EDU game, Cupid's Catastrophe, with the support from LRC Director, Judy Dainko. This activity required students to work together to solve a series of puzzles using clues found in their designated room to unlock a case, similar to an escape room challenge.

Students collaborated with each other, made suggestions and tried many different combinations aimed at solving the puzzles that unlocked five separate locks (a key lock, a letter lock, two number locks, and a directional lock).

Some of the clues called for images to be organized by color, numbers, category, and even by the phrases and images shown. Each clue led to a combination that opened one of the locks.

As they solved the puzzles, students became more

and more excited to know what was hidden inside the locked box. They applied their communication and critical thinking skills, collaborating with each other while being creative with their solutions.

As they got closer and closer, they became a bit anxious, but were soon rewarded as all three of the groups solved the puzzles and unlocked their cases. They animatedly congratulated each other, shared the treats that were hidden inside the case, and proudly held the "breaking out" certificate for pictures as they "saved Valentine's Day."

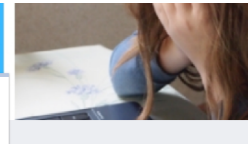
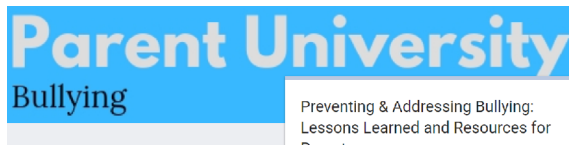


---

## PREVENTING AND ADDRESSING BULLYING: LESSONS LEARNED & RESOURCES FOR PARENTS

*Rescheduled date - 3/4/19*

**Thompson 6th Grade Cafeteria  
6:30-8:00 p.m.**



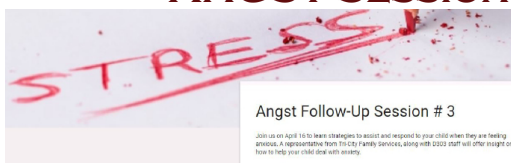
Faculty from the Psychology Department at Northern Illinois University will present practical information from their research and their work as part of a U.S. Department of Education training grant "Project Prevent and Address Bullying." Thompson Middle School is partnering with NIU on this grant project, bringing resources that will be shared throughout the district. The faculty will present helpful knowledge, tips, and resources parents can use when navigating bullying situations. [Click here to register.](#)

La interpretación en español estará disponible durante la presentación.

[Detalles y Registro](#)

---

## FOLLOW-UP ANGST SESSION #3



[Click here to register.](#)



Join us on April 16 to learn strategies to assist and respond to your child when they are feeling anxious. A representative from Tri-City Family Services, along with D303 staff will offer insight on how to help your child deal with anxiety.

**4/16/19, 6:30-8:00 p.m. Wild Rose LRC**

## STCEF Scholarship Deadline - *March 8*



Since 2003 the St. Charles Education Foundation annually awards scholarships to two graduating seniors at each of the two high schools, St. Charles East and St. Charles North. The monetary value of each scholarship will be a minimum of \$1000.00. In order to qualify, seniors are expected to further their education at a 2-year or 4-year college or university, vocational school or post high school institution of higher learning.

The scholarships are a one-time non-renewable award which will be granted on the basis of overall merit. The scholarship applications are available at St. Charles North and East High School guidance offices and [www.stced.org](http://www.stced.org).

## St. Charles Education Foundation's Annual Gala

Mark Your Calendars Now for our Annual Gala and Distinguished Alumni Awards on Saturday, April 6th at Hotel Baker. Hope to see you there!

Already know you can't make it? Please DONATE WHAT YOU CAN to plant the seeds for a beautiful future for D303 schools and students!

Donate to our cause, and find out more about who we are, and all we do, at: [www.stced.org](http://www.stced.org)

More information on Facebook:  
<https://www.facebook.com/GSCEF/>



Please verify that your contact information is correct in [Home Access Center \(HAC\)](#) to ensure you receive emergency communication alerts from District 303.

### Want to stay current with D303?

*There's an app for that!*

**FREE**

Top stories



Easily connect with teachers & staff



Integrate with the all-in-one calendars



**Search St. Charles CUSD 303 to download**

The official St. Charles CUSD 303 app gives you a personalized window into what is happening at the district and schools. Get the news and information that you care about and get involved.



# Community Backpack



## Upcoming School Board Meetings

**March 11**

School Board Meeting @ Bell-Graham - 7:00 p.m.

**March 18**

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

**March 21**

Business Services Committee Meeting - 5:30 p.m.

**April 1**

Policy Committee Meeting - 5:30 p.m.

**April 4**

Community Relations Committee Meeting -5:30 p.m.

**April 8**

School Board Meeting - 7:00 p.m.

**April 15**

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

## 2018-19

## Calendar Highlights

**February 28**

End of 2nd Trimester (Elementary Schools)

**March 1**

Teacher Institute Day - No School

**March 4**

Parent University: Preventing/Addressing Bullying

**March 7**

Parent University: Mindful Parenting Book Study

**March 22**

End of 3rd Quarter (Middle, High School)

**March 25-29**

Spring Break - No School

**April 18**

K-5 PM Parent/Teacher Conf. (K-5 AM class only)



## We're Hiring Substitutes!

### Did you know?

We are ALWAYS hiring:

- Substitute teachers (college degree required)
- Substitute teacher aides (no college degree required)
- RN certified nurses

NEW this year:

- The pay rate has increased to \$100 daily for teaching. There is also a loyalty bonus that increases the daily teaching rate to \$125 after 31 days.
- The pay rate has increased to \$140 daily for long-term teaching.
- The pay rate has increased to \$92 daily for Teacher Assistants.

### Join Our Team!

If you are interested in substituting, please visit <https://bit.ly/2M4dU4Y> to view our substitute handbook or contact our District Substitute Coordinator at Julie.Wenger@d303.org for more details.

