



East High School Orange & Black Bulletin



November 23, 2020



TEXTBOOKS/NOVELS TO RETURN?

Attention Saints! Do you still have a textbook, calculator, library book or novel? There is someone at East on school days at Door #1 from 7:30 a.m. - 5:00 p.m. Please return these items so we can share them with another Saint!



REMOTE LEARNING—CHROMEBOOK SUPPORT

Student Device Help for In-person Days - If you require Chromebook assistance while on the East campus, please bring your device to the LRC Help Window located across from room B213. On remote days, please use the Chat/Student Device Exchange Remote Learners directions below.

Chat - D303 has implemented an online chat support solution. This is the best way for families to get technical support for district devices and services. We will be able to assist you during normal business hours, but if you leave a message, support staff will follow up with you the next business day. Here is the link to access chat: <https://helpdesk.d303.org/chat/>

For families needing technical assistance via phone, please contact the HelpDesk number at: 331-228-4357.

Student Device Exchange Remote Learners—For problems with a D303 issued device, a socially distanced exchange service is available at the main entrance of the Haines Center, Monday – Friday, from 7:00 a.m. – 11:00 a.m. It is recommended to troubleshoot via the above “Live-Chat” service before bringing in a device for exchange. Haines Center: 305 S. 9th Street, St. Charles IL 60174



MATH RESOURCE ROOM INFORMATION

The math resource room is your one-stop shop for math help! You can drop in during your free period to get help with homework, specific topics, and even test prep with a certified math teacher! Simply go to meet.google.com, click join meeting, and enter the nickname listed below during your free period to see what it's all about! This is especially helpful if you do not share an off period with your teacher!

Period	Nickname	Teacher
4th	mrrperiod4	Mrs. Veto
5th	mrrperiod5	Mrs. Oelslager
6th	mrrperiod6	Mrs. Hampton
7th	mrrperiod7	Mrs. Ullman



PRINCIPAL'S NEWSLETTER

The Principal's Newsletter is available in [English](#) and [Spanish](#) on the [East Communications Page](#). Go East!



JOIN SCIENCE OLYMPIAD

Did you know Science Olympiad has monthly national competitions this year? You can join any time to compete in your interested area. December's competition will be weather. January will feature an Anatomy and Physiology challenge. There will be more competitions throughout the year. Or, you are always welcome to just hang out and talk science as well! Join our Google Classroom for more details, code **agx57tf**.



HALO YEARBOOK

HALO Yearbook is looking for motivated, focused, organized, creative students who want to help document our community and dynamic life at East! If you are interested in joining our team, please contact Mrs. Conley or Mr. Shackelford. We are planning a very unique book this year and look forward to many firsts in the way we capture this story. Reach out to the advisors if you have any questions: nathan.shackelford@d303.org or danielle.conley@d303.org.



NEED THE WRITING CENTER?

If you are in a position where you need some extra help with a writing assignment for any class (or for college applications), consider utilizing the Writing Center here at East. We are open Periods 3-7 and all appointments are virtual. To schedule an appointment or speak with a teacher representative, please enroll in the STCE Writing Center page using this code: **xgdrkuo** and log in at any time during the hour. Feel free to explore the page and reach out to teachers in advance to let them know what you are working on so that they can best be prepared for your needs.



LEADERSHIP STUDIES

Leadership Studies applications are now available for the 2021-2022 school year. To be considered for a spot in next year's Leadership Studies class, fill out an application and submit it as an attachment to Mr. Biernacki at john.biernacki@d303.org. Applications can be found on the LS Application page (enroll code: **aba6iup**), through the English Department website, through your counselors in the College & Career Department, or through Mr. Biernacki (via email). The deadline for all applications is January 8, 2021. No late applications will be accepted. Contact Mr. Biernacki with any questions you have about the course or the application process.

ENGLISH ELECTIVES – ALL GRADE LEVELS

As you sign up for next year's classes, consider taking Debate Class as well as Speech Class. They focus on communication skills that will make you stand out from the crowd. Watch for more information on the Morning Announcements and see the flier in this bulletin. These are electives for all grade levels!



THANK YOU SAINTS!

The Salvation Army Food Drive & 2020 Turkey Drive were a success! Thank you for your generosity. See the pictures included at the end of this bulletin. Have a safe and happy Thanksgiving!



COLLEGE VISITS

Saints - we have scheduled virtual visits. Click the link to enter the live virtual conference with a college rep. For the full listing, go to the [College Visit](#) page on the CCR Website.

November 30, 9:50 am - 11:00 - Wayne State University

<https://wayne-edu.zoom.us/j/96598116196?pwd=KzM3ZHRsRzBQWlFCdFdBbFpqcE5Kdz09>



MONDAY, NOVEMBER 30

X-RAY NEWSPAPER

Be sure to check out East's new online newspaper at eastxray.com! We have new stories and fun stuff added for November! If you are interested in joining the staff, email Mrs. Ladowski to get the meeting code for our next meeting.

MATH TEAM



The Math Team will start practice at 2:40 p.m. on Monday, November 30. Our next competitive meet is Wednesday, December 2! The meet will start at 6:00 p.m. on our Zoom link! Please join us to compete for East!

TUESDAY, DECEMBER 1

CREATIVE WRITING CLUB



Saints—Creative Writing Club will have our virtual meetings on Tuesdays. Join us on Tuesday, December 1 from 2:40-3:30 PM. Join our Google Classroom (code **lr7xb26**) to access the meet link. Hope to see you there!



SCIENCE NATIONAL HONOR SOCIETY—TUTORING

Science National Honor Society will be offering peer tutoring on Tuesdays from 2:45-3:30PM. See the flier in this bulletin for more information. Fill out the google form and you will be sent more information. Join us!

SPANISH NATIONAL HONOR SOCIETY

Spanish National Honor Society's next meeting is on Tuesday, December 1 from 2:45 to 3:15 p.m. Check Google Classroom for the Zoom link for the meeting. Service hours have been updated on the spreadsheet.

TUTORING - SPANISH NATIONAL HONOR SOCIETY

Spanish National Honor Society will be offering peer tutoring on Tuesday—Fridays. Stop by virtually to hang out with some of our SNHS members and get some help. See the flier in this bulletin for days and times. You are welcome anytime within the hour. Go to meet.google.com and use the code **spanishhelp**. See you there!

SPEECH AND ACTING TEAM



The Speech & Acting Team has started practicing but there's still plenty of time to join! You can prepare a speech on a cause you care about, read a program of poetry/prose you love, talk about current and political events, or perform a dramatic or comedic acting piece. We are an IHSA activity and will be attending virtual tournaments throughout the winter season. Come check us out every Tuesday after school! Our next meeting is Tuesday, December 1 at 2:30 p.m. online on Google Meet using the nickname "Join Speech". Interested but can't make Tuesday meetings? Contact one of the Coaches: Mr. Burkhart (courtenay.burkhart@d303.org), Miss Britton (briana.britton@d303.org), or Ms. Winiarski (andrea.winiarski@d303.org).



ECOMINDED

Interested in learning about the environment you live in and those around the world? Wondering what you can do to help support and protect natural environments? Then Eco-Minded is the club for you! Next Eco-Minded Meeting is Tuesday, December 1 via Google Meet. Use the Code **EcoMSTCE** to get in. See you then! Please join the Google Classroom the code is **t6eujog**.



ART CLUB

Join us for the next Art Club meeting on Tuesday, December 1 from 2:30-3:30 p.m. Bring your creative ideas to share as we plan and move toward our next art journey. We will be focusing on planning holiday and winter decorations as well as greeting cards. All are welcome.

Use this link: <https://classroom.google.com/c/MTczNzgwMTE1OTco?cjc=vmmj6t>

WEDNESDAY, DECEMBER 2



MOCK TRIAL

Mock Trial will meet virtually on Wednesday, December 2 and Thursday, December 3 from 2:30 to 4:00 pm. The Google Meet "nickname" is **STCEMOCK**. Contact Mr. Sarmiento with any questions.

THURSDAY, DECEMBER 3



AUTO CLUB

Happy Thanksgiving Auto Club! Take a break, give thanks for the positive things in our lives and for so many opportunities to grow. We are all stretching and growing in different ways. Don't forget that you have friends at East and in Auto Club. Stay connected with each other! Our next meeting will be a whole club virtual meeting at 2:45 on Thursday, December 3. See Classroom for the meeting code. Here's our chance to "visit" with members from all 4 teams again. Plus, we hope you will share thoughts about staying connected and engaging with the car culture as we look toward Semester 2!



MATH HONOR SOCIETY—TUTORING

Saints - Math Honor Society Peer Tutoring is every Thursday from 2:35 to 3:30 p.m. via meet.google.com with join code: **mhspeertutoring**. Join us!



FCA

Fellowship of Christian Athletes will be meeting virtually every Thursday after school from 3:00-4:00 PM. You do not need to identify as a Christian or an Athlete to participate; we want all to feel welcome to attend. You will need to RSVP with Mrs. Moore (natalie.moore@d303.org) for details about the meeting. New members are always welcome.

FRIDAY, DECEMBER 4

GAMERS CLUB

Gamers Club is meeting virtually after school on Friday, December 4. Please go to meet.google.com and use the code **ea54r4u** to join the meeting! See you there!

FCCLA

Event registration is due no later than Friday, December 4 for competition this year. Please visit our Google Classroom page and fill out the Event Registration Google Form to commit to an event. If you are unsure of which event to compete in, reach out to one of your advisors - Ms. Becker, Ms. Brenner, or Ms. Rosignal.



KEY CLUB

Thank you to all that made dog toys! We donated over 300 dog toys to the animal shelter as a club! For the month of December, we will not have a meeting. There will be a second round for the Plastic Bags Collection. All plastic bags are due by the end of school on December 7! There is a box at Door #1.



OPERATION SNOWBALL

Operation Snowball's mission to build a community of caring focused on positive peer to peer and adult to student relationships. We share ideas and do activities centered around all issues that teens face in an ever more complex world--there is no issue too big or too small that Operation Snowball doesn't seek to understand and help build resilience through community and connection. We meet every 2nd and 4th Thursday of each month. Our next meeting is Thursday, December 10. ALL are welcome--our google classroom code is: **iuqft3l**



CLASS OF 2021—SENIOR PHOTOS

Formal Senior portraits are taken from August – January by Root Studios/HR Imaging here at East. See the remaining dates and times listed below. Senior families will receive communication/brochure from Root Studio about making an online appointment. Please call Customer Service directly for more information: 815-433-1869.

Room B121 – enter door #40

Monday, December 14, 3:30 p.m. - 8:30 p.m. (by appointment only)
Tuesday, December 15, 3:30 p.m. - 8:30 p.m. (by appointment only)
Wednesday, December 16, 3:30 p.m. - 8:30 p.m. (by appointment only)
Thursday, December 17, 3:30 p.m. - 8:30 p.m. (by appointment only)

Room B121 – enter door #40

Tuesday, January 19, 3:30 p.m. - 8:30 p.m. (by appointment only)
Wednesday, January 20, 3:30 p.m. - 8:30 p.m. (by appointment only)
Thursday, January 21, 3:30 p.m. - 8:30 p.m. (by appointment only)
Friday, January 22, 3:30 p.m. - 8:30 p.m. (by appointment only)

Pictures will be taken at East in B121 (enter Door #40). We will practice social distancing. Face coverings are mandatory walking into and out of your appointment. Hand sanitizer will be available before and after your appointment. If you are only interested in a Yearbook photo, you can skip the sitting fee and get the photo done with a single pose. Please get your photo taken before the end of January 2021 to be included in the Yearbook. We do not use any photos taken outside of Root Studios and our ID photos.*

School pictures /ID photos* for all classes will be taken in January 2021.

Dates/times will be shared soon.

COPING WITH STRESS DURING COVID-19

*It's normal to feel sad, stressed, confused, scared, or angry.
Talking to people you trust can help.*

STUDENT SUPPORT FORM

You can use this form to request support from anyone in student support services.



SEEK ADDITIONAL HELP

Student Support Services is still here to support our Saints family! You don't have to walk through life alone!



*Thank
You!*
SUCESSFULL
FOOD DRIVE 2020



SPONSORED BY THE STCE
STUDENT COUNCIL & KEY CLUB

THANK YOU SAINTS!



Your generous donations allowed us to provide Thanksgiving Dinners to 93 local families!





DEBATE CLASS

Are you tired of just listening to other people's opinions on controversial issues?

Are you interested in law, politics, teaching?

Do you have strong views or want to develop clear opinions on issues like:

- Gun Control
- Foreign aid
- Religion in public school
- Genetic engineering
- Public funding of art
- Inter-league baseball
- Abortion



You will:

- Research important controversial issues
- Thoroughly develop your own views
- Learn the art of winning an argument
- Earn Elective Credit for this class

Express Yourself ~ Sign up for Debate Class and Speech Class!



CMS 101: Fundamentals of Speech

Do you want to have fun improving your oral communication skills?

You will:

- Present a humorous speech
- Create a radio show
- Persuade an audience
- Construct a television commercial
- Build your confidence
- Earn College Credit

Do you want to increase your success in:

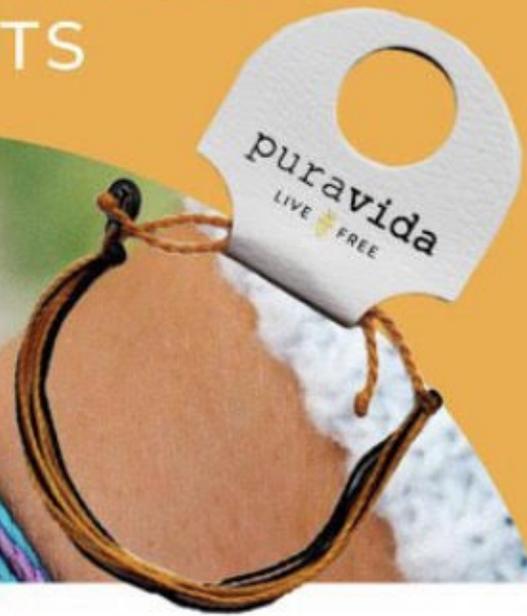
- Class presentations
- Law Club
- Acting
- Government For A Day
- Mock Trial Team
- Interpersonal conversations
- Job Interviews
- Speech Team

Interested?

Talk to Mr. Burkhardt in the English office if you have questions.

STCE CLASS OF 2022
PRESENTS

**Pura
Vida**



BRACELET FUNDRAISER

Monday, November 16th
Until we sell out- First come first serve



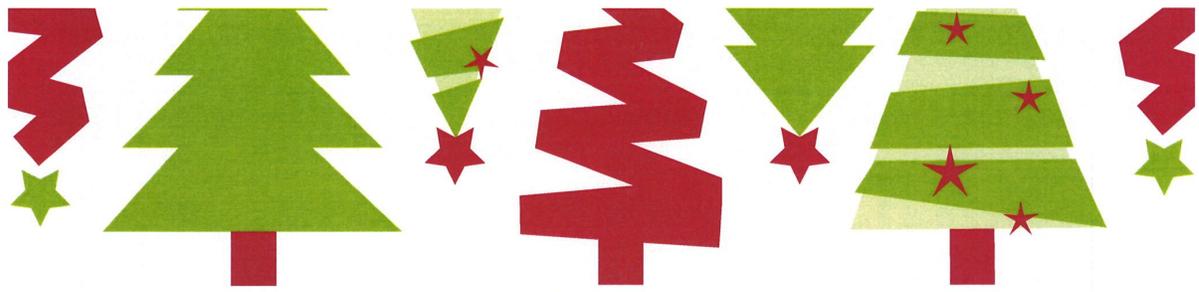
Payment: push coin or check
(no cash)

Order: google form (in email)

Where: pick it up from school
or home deliveries

\$5

Per Bracelet



ST. CHARLES EAST HIGH SCHOOL
PARTNERS WITH

SALVATION ARMY'S ANGEL TREE PROGRAM

This year due to COVID-19, more people than ever in our community are struggling to make ends meet. The Angel Tree program of The Salvation Army in the Tri-City region helps families in need by providing new clothing and toys to hundreds of children each year. Your generous gift from the registry will bring joy to a local child and help us Rescue Christmas.

© 2020 The Salvation Army

How To Participate:

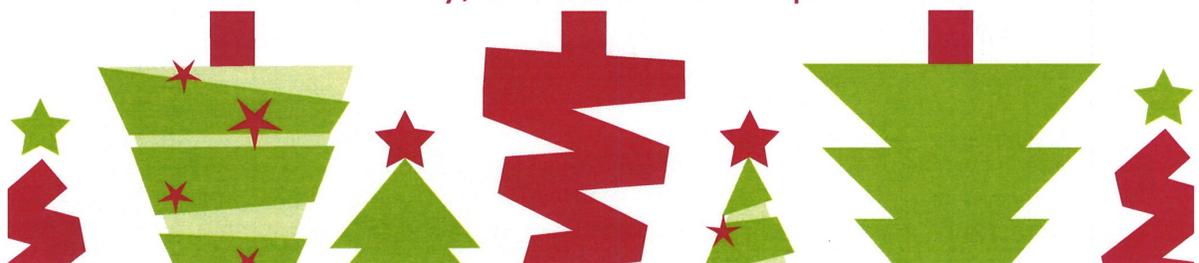
- Scan the QR code or click this [link](#) to shop from the Salvation Army's page on Walmart - items will ship directly to The Salvation Army.
- OR Purchase gift cards to various stores in increments of \$25 and drop off at Door #1 at St. Charles East High School.



Deadline: Kindly shop online OR drop off gift cards to STCE at Door #1

by

Friday, December 4 @ 5:30pm



STCE MATH TEAM

$$\begin{array}{c} 2 > -3 \\ 0.999\dots = 1 \\ \pi \approx 3.14 \\ \sqrt{2} \\ 5^2 \\ (1-2) + 3 \\ 101_2 = 5_{10} \end{array}$$

MEET DATES

WEDS. SEPT. 30

WEDS. NOV. 4

WEDS. DEC. 2

THURS, JAN, 28 DUKANE CONF. MEET

THURS. FEB 4

SAT. FEB 27 REGIONAL MEEET

THURS. MAR. 4

PRACTICE

After school every Monday

The link is on our Google

Classroom

The Math Team has gone remote! We will compete against other schools in the North Suburban Math League. You will compete as an individual and with the team.

JOIN

Google
Classroom:
gc75a54



Math

QUESTIONS?

EMAIL A COACH:

SANDRA.LEDVORA

LYNN.TREVARTHEN

SCOTT.DABROWSKI

@D303.ORG



SPANISH NATIONAL HONOR
SOCIETY PRESENTS

AFTER SCHOOL SPANISH HELP

STRUGGLING TO
UNDERSTAND
GRAMMAR CONCEPTS?
WANT HELP WITH
VOCAB?

Join us virtually at the following
times to get some help from a
Spanish NHS member!

Tuesdays: 1:00-2:00 PM

Wednesdays: 1:30-2:30 PM

Thursdays: 1:30-2:00 PM

Fridays: 1:00-1:30 PM

Go to meet.google.com and use
the code **spanishhelp**

Science National Honor Society Peer Tutoring

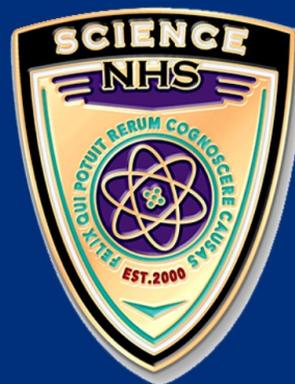
Need help in science?

Tutoring sessions happen every Tuesday from 2:45-3:30. To attend, all you have to do is fill out the google form below and the zoom link will be emailed to you.

<https://forms.gle/YXDkyRt4oPzJKW297>

If you have any questions, please contact Mrs. Neville at:

carole.neville@d303.org



MUSIC TO YOUR MOUTH



Make dinner a selfless act by joining us for a fundraiser to support Saint Charles East Music Boosters. Come in to the Chipotle at **3821 E Main St** in Saint Charles on **Wednesday, December 9th** 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 Saint Charles East Music Boosters.

NEW! ORDER ONLINE FOR PICKUP

Use code LW43Y2L 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. \$150 minimum event sales required to receive any donation.

EL CAMBIO QUE UNO CREA



Haz que la cena sea un acto generoso uniéndote a nosotros en un evento de recaudación de fondos para apoyar a Saint Charles East Music Boosters. Acude al Chipotle en **3821 E Main St** el **Wednesday, December 9th**, entre las **4:00pm** y las **8:00pm**. Trae este volante, preséntalo en tu teléfono o dile al cajero que estás apoyando la causa con el fin de asegurar que el 33% de los ingresos se done a Saint Charles East Music Boosters.

NUEVO! ORDENA EN LÍNEA PARA RECOGER.

Usa el código LW43Y2L en la casilla de información denominada 'promo'. Sólo las ordenes que usen este código identificador y encargadas para recoger, vía chipotle.com o por la aplicación de Chipotle, contarán como válidas para la recaudación de fondos.



Todos los encargos en línea para recoger deberán ser de el mismo lugar del evento y en el tiempo precisado por la recaudación de fondos. Servicio a domicilio no será considerado válido. Compras de tarjetas de regalos durante la recaudación de fondos no contarán hacia el total de ventas donadas, pero sí contarán las ordenes puestas con una tarjeta de regalo ya existente. Se requiere un mínimo de \$ 150 dólares de ventas para recibir cualquier donación.



High School In-Person Attendance Calendar November 2020 (as of 9/22/20)

Full Days: All students attend periods 1-8 remotely

Subject to Change

A Days = Students attending in-person with last names A-Le

B Days = Students attending in-person with last names Lf-Z

Monday	Tuesday	Wednesday	Thursday	Friday
NOVEMBER				
2 nd : Group A: In Person Group B: Remote Group R: Remote Odd class periods	3 rd : No School Election Day	4 th : Group A: In Person Group B: Remote Group R: Remote Even class periods	5 th : Group A: Remote Group B: In Person Group R: Remote Odd class periods	6 th : Group A: Remote Group B: In Person Group R: Remote Even class periods
9 th : No School Teacher Remote Learning Planning Day	10 th : Group A: In Person Group B: Remote Group R: Remote Odd class periods	11 th : Group A: In Person Group B: Remote Group R: Remote Even class periods	12 th : Group A: Remote Group B: In Person Group R: Remote Odd class periods	13 th : Group A: Remote Group B: In Person Group R: Remote Even class periods
16 th : All Students Remote Learning 7:20am-2:30pm	17 th : Group A: In Person Group B: Remote Group R: Remote Odd class periods	18 th : Group A: In Person Group B: Remote Group R: Remote Even class periods	19 th : Group A: Remote Group B: In Person Group R: Remote Odd class periods	20 th : Group A: Remote Group B: In Person Group R: Remote Even class periods
23 rd : No School Thanksgiving Break	24 th : No School Thanksgiving Break	25 th : No School Thanksgiving Break	26 th : No School Thanksgiving Break	27 th : No School Thanksgiving Break
30 th : All Students Remote Learning 7:20am-2:30pm				

In-Person sessions end at 12:15pm. Buses run at 12:30pm. Grab-and-go lunches will be provided.

All Students Full Day Remote		Odd Period Class Schedule		Even Period Class Schedule	
Period	Time	Period	Time	Period	Time
1	7:20-8:05	Period 1	7:20-8:30	Period 2	7:20-8:30
2	8:15-9:00	Period 3	8:35-9:45	Period 4	8:35-9:45
3	9:10-9:55	Period 5	9:50-11:00	Period 6	9:50-11:00
4	10:05-10:50	Period 7	11:05-12:15	Period 8	11:05-12:15
5	11:00-11:45				
6	11:55-12:40				
7	12:50-1:35				
8	1:45-2:30				

Office Hours For Remote Assistance

Day/Time	Day/Time	Day/Time	Day/Time
Tuesday	Wednesday	Thursday	Friday
2 nd : 1:00-1:30	1 st : 1:00-1:30	8 th : 1:00-1:30	7 th : 1:00-1:30
4 th : 1:30-2:00	3 rd : 1:30-2:00	Open: 1:30-2:00	
6 th : 2:00-2:30	5 th : 2:00-2:30		



High School In-Person Attendance Calendar December 2020 (as of 11/17/2020)

Monday	Tuesday	Wednesday	Thursday	Friday
DECEMBER				
30th: All Students Remote Learning Full Bell Schedule 7:20am-2:30pm	1st: All Students - Remote Odd class periods	2nd: All Students - Remote Even class periods	3rd: All Students - Remote Odd class periods	4th: All Students - Remote Even class periods
7th: All Students Remote Learning Full Bell Schedule 7:20am-2:30pm	8th: All Students - Remote Odd class periods	9th: All Students - Remote Even class periods	10th: All Students - Remote Odd class periods	11th: All Students - Remote Even class periods
14th: All Students Remote Learning Full Bell Schedule 7:20am-2:30pm	15th: All Students - Remote Odd class periods	16th: All Students - Remote Even class periods	17th: All Students - Remote Odd class periods	18th: All Students - Remote Even class periods
21st: No School Winter Break	22nd: No School Winter Break	23rd: No School Winter Break	24th: No School Winter Break	25th: No School Winter Break
28th: No School Winter Break	29th: No School Winter Break	30th: No School Winter Break	31st: No School Winter Break	

All Students Full Day Remote	
Period	Time
1	7:20-8:05
2	8:15-9:00
3	9:10-9:55
4	10:05-10:50
5	11:00-11:45
6	11:55-12:40
7	12:50-1:35
8	1:45-2:30

Odd Period Class Schedule		Even Period Class Schedule	
Period	Time	Period	Time
Period 1	7:20-8:30	Period 2	7:20-8:30
Period 3	8:35-9:45	Period 4	8:35-9:45
Period 5	9:50-11:00	Period 6	9:50-11:00
Period 7	11:05-12:15	Period 8	11:05-12:15

Office Hours For Remote Assistance

Day/Time	Day/Time	Day/Time	Day/Time
Tuesday	Wednesday	Thursday	Friday
2nd: 1:00-1:30	1st: 1:00-1:30	8th: 1:00-1:30	7th: 1:00-1:30
4th: 1:30-2:00	3rd: 1:30-2:00	Open: 1:30-2:00	
6th: 2:00-2:30	5th: 2:00-2:30		



FOOD PICK-UP TIMES FOR REMOTE LEARNERS

High School:

7:30 a.m. - 8:00 a.m.

2:45 p.m. - 3:15 p.m.

Every Monday/Thursday



Location:

St. Charles East High School

St. Charles North High School

**Both pick-up times are available for both high schools*

Meals Available:

Lunch



Click here to order:

<https://store.d303.org/?LALECT7775=MYNXC5PXQN>

IMPORTANT REMINDER

Face masks are required to be worn during meal pick-up at all locations. Thank you for helping us keep the D303 community safe!





HORARIO PARA RECOGER COMIDAS PARA LOS APRENDICES A DISTANCIA

Escuela Preparatoria:

7:30 a.m. - 8:00 a.m.
2:45 p.m. - 3:15 p.m.

Todos los Lunes y Jueves



Lugar:

Escuela Preparatoria St. Charles East

Escuela Preparatoria St. Charles North

**Ambos horarios para recoger comidas están disponibles en ambas escuelas*



Comidas Disponibles:

Almuerzo



Para ordenar haga clic aquí:

<https://store.d303.org/?LALECT7775=MYNXC5PXQN>

REGORDATORIO IMPORTANTE

**Se requiere el uso de mascarillas al
recoger comidas en todos los
lugares de distribución.**

**¡Gracias por ayudarnos a mantener
segura la comunidad del distrito!**



District 303 Meal Distribution

Breakfast and lunch meals are FREE for all children between the ages of 1 to 18 and can be picked up at any of the locations and times indicated below. No pre-ordering is needed.

Pick up your FREE meals on the dates below:

<u>Pick-Up Dates:</u>	<u>Number of meals provided per child:</u>
Monday, November 23	7 meals
Monday, November 30	3 meals
Thursday, December 3	4 meals
Monday, December 7	3 meals
Thursday, December 10	4 meals
Monday, December 14	3 meals
Thursday, December 17	4 meals
Monday, December 21	7 meals
Monday, December 28	7 meals
Monday, January 4	3 meals

School Locations:

Anderson Elementary	2:00-3:00 PM
Munhall Elementary	2:00-3:00 PM
Wasco Elementary	2:00-3:00 PM
Thompson Middle	8:45-9:15 AM and 3:45-4:30 PM
Wredling Middle	8:45-9:15 AM and 3:45-4:30 PM
St. Charles East High	7:30-8:00 AM and 2:45-4:30PM
St. Charles North High	7:30-8:00 AM and 2:45-4:30PM

Time:

Neighborhood Locations:

Cumberland Green	11:00AM-12:00PM
St. Charles Place	11:00AM-12:00PM
Prairie Point	11:00AM-11:30AM
The Crossings	11:45 AM-12:15PM

Time:



Distribución de Comidas del Distrito 303

Los desayunos y almuerzos son GRATIS para todos los niños entre las edades de 1 a 18 y puede recogerlos en cualquiera de los lugares y horarios que se indican en la lista. No se necesita pre-ordenar. Venga a recoger sus comidas GRATIS en las siguientes fechas:

<u>Fechas para recoger:</u>	<u>Número de comidas proporcionadas por niño(a):</u>
Lunes, 23 de noviembre	7 comidas
Lunes, 30 de noviembre	3 comidas
Jueves, 3 de diciembre	4 comidas
Lunes, 7 de diciembre	3 comidas
Jueves, 10 de diciembre	4 comidas
Lunes, 14 de diciembre	3 comidas
Jueves, 17 de diciembre	4 comidas
Lunes, 21 de diciembre	7 comidas
Lunes, 28 de diciembre	7 comidas
Lunes, 4 de enero	3 comidas

<u>Escuelas en las que puede recoger:</u>	<u>Horario:</u>
Primaria Anderson	2:00-3:00 PM
Primaria Munhall	2:00-3:00 PM
Primaria Wasco	2:00-3:00 PM
Secundaria Thompson	8:45-9:15 AM y 3:45-4:30 PM
Secundaria Wredling	8:45-9:15 AM y 3:45-4:30 PM
Preparatoria St. Charles East	7:30-8:00 AM y 2:45-4:30PM
Preparatoria St. Charles North	7:30-8:00 AM y 2:45-4:30PM

<u>Lugares en la comunidad donde puede recoger:</u>	<u>Horario:</u>
Cumberland Green	11:00AM-12:00PM
St. Charles Place (Intersección de N.15th St. & Brook St.)	11:00AM-12:00PM
Prairie Point	11:00AM-11:30AM
The Crossings	11:45 AM-12:15PM



FACE COVERINGS ARE REQUIRED AT EAST –
STUDENTS, STAFF, PARENTS & VISITORS



HOW TO WEAR A FACE MASK

Proper face mask usage is important to prevent the spread of illness. This includes proper techniques for wearing the mask, taking it on and off, and storing it.

HOW TO PROPERLY PUT YOUR MASK ON



1 Wash your hands with soap and water or use an alcohol-based hand sanitizer before touching the mask.



2 If your mask has ear loops, use the ear loops to secure behind your ears.



3 If your mask has ties, bring the mask to nose level and tie the top straps across the upper part of your head, above the ears. Bring the mask over your mouth and under your chin. Once it is secure, tie the lower straps behind your neck.



4 Mold or pinch the area around your nose so the mask fits securely. Make sure it covers both your nose and chin.

Helpful Tips



- Do not touch the front of the mask.
- Do not forget to cover your chin.
- Do wear it securely over your nose, from the bridge of your nose to below your chin.
- Do make sure it is fastened securely and fits snugly on both sides, with no gaps.

HOW TO REMOVE A FACE MASK



1 Wash your hands thoroughly with soap and water or use an alcohol-based hand sanitizer.



2 Do not touch the front of the mask.



3 Use the ear loops to remove the mask. If your mask has ties, untie the bottom string first, then the top, and use the ties to pull the mask away from your face.



4 Properly dispose of your mask if necessary, or store it safely. Clean your hands.

Helpful Tips



- Wash and dry cloth masks daily.
- Store masks in a clean, dry location, like a paper bag. They should be carefully folded so that the outer surface faces inward.
- Make sure to clean hands before and after handling your mask.
- If you use a disposable mask, be sure to dispose of it properly.

Sources:
[cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-covid-spreads.html](https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-covid-spreads.html)
[cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-to-wear-cloth-face-coverings.html](https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-to-wear-cloth-face-coverings.html)