

District 303 E-NEWS

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St Charles District 303



@StCharlesD303

Administration Center

201 South 7th St.

St. Charles, IL 60174

331.228.2000

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August 30, 2019



PLTW Students Build Gliders for a Flight Challenge



Eighth-grade students in Mr. Harmon's Project Lead the Way class used the Engineering Design process to build gliders, which helped them better understand the four forces of flight they've been studying.

Students first learned about the reasons and ways in which we fly, as well as the different types of aircraft. Then, taking into consideration how lift, thrust, drag, and weight affect aircraft, they designed a glider using an online simulation to see how those concepts would affect their gliders. They made adjustments to their models as they observed the simulation until their model was able to fly for at least eight seconds.



Once their models were successful in the simulation, they used that template to create a 3D model using wood, glue, and clay.



They sanded the wings and body, made additional cuts, and glued some pieces to their gliders for stability and security.

As students tested their models in the hallways. Mr. Harmon prompted them to observe their gliders' flight, encouraged them to think critically about what may have caused the glider to behave a certain way, and to think about what modifications they needed to make. "Yes, the weight was off," he exclaimed as one of the students explained to him his reasoning after observing his glider fall. "To get it to fly straighter, add more weight to the front of it for it to fight through that lift," he said.

As they made final adjustments and modifications, they excitedly began to decorate and paint their gliders to have them ready for the final test; "the flight challenge."



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

See
page 8
to learn
more

Thompson Middle School Open House

On a sunny and warm August evening, District 303 welcomed the St. Charles community into the newly renovated Thompson Middle School during an open house. More than 170 parents, students, and staff members visited with former St. Charles High School students, community members, and dignitaries in the learning spaces.

During the opening ceremony, District 303 Superintendent, Dr. Jason Pearson welcomed everyone before Thompson Principal, Steve Morrill shared his appreciation and excitement to be able to begin the school year in a building that merges tradition with innovation.



School Board President, Carolyn Waibel, and Vice-President, Nick Manheim, thanked the community for its patience and support throughout the construction project. "We are very proud of our district staff for working collegiately with our trusted partners in St. Charles for the past two years to bring this Thompson project to a timely, safe, and, quite frankly, awesome completion," Ms. Waibel said.

Both before and after the ribbon-cutting ceremony, attendees were entertained by student musicians. Student leaders from the Where Everybody Belongs program provided tours of the building for guests. They shared information about the school and the renovations, allowing attendees to explore the new science labs, the gym, the athletic rooms, as well as the open collaboration spaces.

Thompson High School graduates reminisced about their school days, found photos of themselves in the historical displays, and proudly showed off their lockers that withstood the test of time. Noting how much things have changed since they attended school in that building, the alumni marveled at the opportunities students have to learn and get involved. Historical artifacts, documents, class photos, and even old uniforms and trophies were on display, courtesy of the St. Charles History Museum.



District 303 Welcomes you to Let's Talk!®

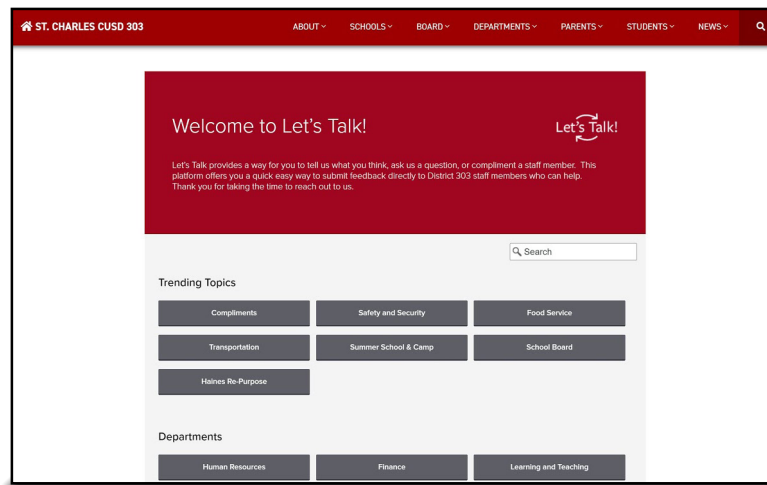
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The newest customer service tool in District 303 launched on August 1. "Let's Talk!" provides a way for everyone – students, staff, parents and community members – to share their feedback, ask questions, make suggestions, or compliment a staff member.

"Let's Talk!" makes it easy to join the conversation about how to strengthen our schools and better serve our students. This platform offers a quick, easy way to submit feedback directly to District 303 staff members who can help.

You may find the Let's Talk! button on the front of the D303 website (district.d303.org) or on any school's website. At those locations, you will find buttons for hot topics, district departments, and schools.

When you submit a question, comment, or suggestion we will respond to you within two business days. We appreciate your feedback and look forward to hearing from you.



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.



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.](#)

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 9
School Board Meeting - 7:00 p.m.
Corron Elementary School
455 Thornwood Way, South Elgin, IL 60177

September 16
Learning & Teaching Committee Meeting - 5:30 p.m.

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*

2019-2020 Calendar Highlights

September 2
Labor Day Holiday (No Students, Offices Closed)

October 11
School Improvement Half-Day (No students in the afternoon)



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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 UNIT SCHOOL DISTRICT 303
201 South 7th Street, St. Charles, IL 60174

**2019-2020
School Calendar**

July

M	T	W	T	F
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26
29	30	31		

August

M	T	W	T	F
			1	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28	29	30

September

M	T	W	T	F
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30				

October

M	T	W	T	F
	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30	31	

November

M	T	W	T	F
				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29

December

M	T	W	T	F
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30	31			

AUGUST

Teacher Institute Days (No Students)	August 12-13
First Day of Classes.....	August 14
School Improvement/Half Day (No Students Afternoon)	August 30

SEPTEMBER

Labor Day Holiday	September 2
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OCTOBER

School Improvement/Half Day (No Students Afternoon).....	October 11
Columbus Day Holiday	October 14
End of 1st Quarter (Middle, High Schools)	October 18

NOVEMBER

End of 1st Trimester (Elementary Schools).....	November 1
School Improvement/Half Day (No Students Afternoon).....	November 13
K-12 Parent/Teacher Conference (No Students).....	November 25
K-8 Parent/Teacher Conference (No Students).....	November 26
High School Teachers' In-Service (No Students).....	November 26
Non Attendance Day (Offices Open)	November 27
Thanksgiving Break	November 28, 29

DECEMBER

Last Day of School in 2019.....	December 20
End of 2nd Quarter (Middle, High Schools).....	December 20
Winter Break	December 23 - January 3

JANUARY

Teacher Work Day (Middle, High Schools No students)	January 6
Teacher Institute Day (Elementary Schools No Students)....	January 6
School Resumes.....	January 7
Martin Luther King, Jr Holiday	January 20

FEBRUARY

Presidents' Day Holiday	February 17
End of 2nd Trimester (Elementary Schools).....	February 21
Teacher Work Day (Elementary Schools No Students).....	February 28
Teacher Institute Day (Middle/High Schools No Students).....	February 28

MARCH

End of 3rd Quarter (Middle, High Schools).....	March 13
Spring Break	March 30-31

APRIL

Spring Break	April 1-3
School Resumes.....	April 6
K-5 Afternoon Parent/Teacher Conferences (K-5 in classes in AM) (K-5 ONLY-- No students in PM)	April 9
Teacher Institute Day (No Students)	April 10

MAY

School Improvement/Half Day (No Students Afternoon).....	May 6
Last Day for Students if no "Emergency Days" used.....	May 22
Memorial Day Holiday.....	May 25

JUNE

Last Day for Students if 5 "Emergency Days" used.....	June 1
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January

M	T	W	T	F
		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	31

February

M	T	W	T	F
3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28

March

M	T	W	T	F
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30	31			

April

M	T	W	T	F
		1	2	3
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13	14	15	16	17
20	21	22	23	24
27	28	29	30	

May

M	T	W	T	F
				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29

June

M	T	W	T	F
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26
29	30			



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



BEFORE THE TALK

Know the facts.

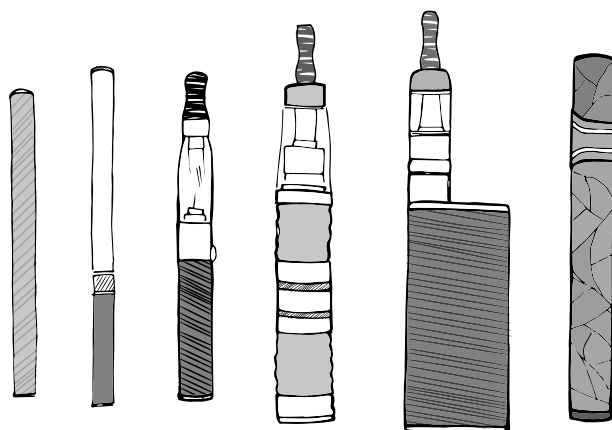
- Get credible information about e-cigarettes and young people at E-cigarettes.SurgeonGeneral.gov.

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

