



East High School Orange & Black Bulletin



September 28, 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

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 cannot make office hours or you do not share an off period with your teacher!

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



JOIN SCHOLASTIC BOWL

Hey Saints—have you joined a club yet? Consider Scholastic Bowl for 2020-21. See the flier in this bulletin. Click on the interest form that is included on the flier and Mr. Connell or Mrs. Neville will get back to you with specific club information.



JOIN CANOE CLUB

Being outdoors is really the cool thing to do lately! If you want more, Canoe Club is here for you. We plan to go hiking before the weather turns cold. Grab some friends, join our club, and let's get outside! To get more info, contact Mr. Shackelford, nathan.shackelford@d303.org. We will be having meetings and making plans very soon.



JOIN TRUNK FULL OF FUNK

One of the things that makes East HS so special is how much we love to honor the creativity and talent of our students with 4 shows each year. If you have something you'd like to share, we plan to collect videos of student performances and show them in a Youtube Premiere format in October. Keep your eyes peeled for more info on our upcoming show. If you are interested in performing contact Mr. Shackelford. nathan.shackelford@d303.org If you would be interested in recruiting acts, organizing, and Emceeing a show, please contact Mr. Shackelford to find out more about being on the Trunk Committee. nathan.shackelford@d303.org



JOIN HALO YEARBOOK

Rain or shine or A/B Odd/Even schedule... the yearbook must go on! 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 plan to start having meetings on campus soon and would love to have you involved. 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.



JOIN 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 this month! If you are interested in joining the staff, email Mrs. Ladowski to get the meeting code for the next Monday meeting.



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.

Monday, September 28 @ 2:30 pm - 3:30 pm - [Bradley University](#)

Tuesday, September 29 @ 2:30 pm - 3:30 pm - [Aurora University](#)

Wednesday, September 30 @ 2:30 pm - 3:30 pm - [Purdue University Main Campus](#)

Thursday, October 1 @ 2:30 pm - 3:30 pm - [Marquette University](#)

Friday, October 2 @ 2:30 pm - 3:30 pm - [Loyola University Chicago Campus](#)

MONDAY, SEPTEMBER 28



MATH TEAM

The Math Team will meet on Monday, September 28 at 2:10pm on Google Meets: STCE Fighting Saints Math Team. Please join us to discuss t-shirts and the logistics of our first meet. Our first meet will be held this Wednesday, September 30! We will compete between 6 and 8 PM. The competition will be held at Google Meets: STCE Fighting Saints Math Team. Calc-u-later!



Monday, September 28 is the last day to commit to the optional FCCLA Fall Leadership Conference. If you are interested in attending, please complete the Google Form on our Google Classroom page. Join our Google Classroom using the code **cbawcqj**. Reach out to Ms. Rosignal, Ms. Becker and Ms. Brenner with any questions about these amazing opportunities.

TUESDAY, SEPTEMBER 29



SPEECH & ACTING TEAM

Check out the Speech & Acting Team on Tuesdays, 15 minutes after the school day ends. We have acting, quick-prep, reading, and speaking events to choose from and no experience is necessary. See our flyer for more information! Join our next virtual meeting on Tuesday, September 29. Go to meet.google.com and click the "Join a Meeting" button and enter the nickname "Join Speech" to see what we are all about! If you have any trouble entering the Google Meet, please email one of the Coaches: Mr. Burkhardt (courtenay.burkhardt@d303.org), Miss Britton (briana.britton@d303.org), or Ms. Winiarski (andrea.winiarski@d303.org).



MODEL UN

There is a quick informational meeting about joining Model UN Club after school at 2:30 PM on Tuesday, September 29. See the flier in this bulletin for more information. Join the Google Classroom to enter the meeting—the code is: **sazajic**. No experience necessary. See you there!



CREATIVE WRITING CLUB

Saints—Creative Writing Club will have our virtual meetings on Tuesdays. Join us on Tuesday, September 29 from 2:40-3:30 PM. Join our Google Classroom (code **lr7xb26**) to access the meet link. Hope to see you there!



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, September 29 via Google Meet. Use the Code EcoMSTCE to get in. See you then! Please join the Google Classroom the code is **t6eujog**.

WEDNESDAY, SEPTEMBER 30



HOPE CLUB

Come one, come all to the open first OPEN HOPE CLUB meeting on Wednesday September 30 at 7:30 AM on Google Meet. HOPE stands for HELPING OTHERS PROTECT EACH OTHER, and HOPE Club is dedicated to depression, anxiety and suicide prevention in the St. Charles East Community. All students are welcome! Join our Google Classroom for more information, announcements, and links: **noeqnky**. HOPE to see you there!

DECA

Are you interested in learning more about Marketing, Finance, Entrepreneurship, Hospitality or Business careers in general? Join us at our very first DECA meeting of the year! There will be opportunities to network with students at East as well as within the area and to improve your professional business skills along the way. DECA will be meeting virtually on Wednesday, September 30 at 2:30 p.m. Join us at meet.google.com using the nickname **stcedeca**. For more information contact Mr. Robert Livermore or Ms. Shannon Stone.

THURSDAY, OCTOBER 1

LATIN CLUB

Latin Club is meeting on Thursday, October 1 from 2:45-3:20 pm on Google Meet! Come ready for some spooky Latin trivia. See you there!



AUTO CLUB

Auto Club will meet on Thursday, October 1. Check the Google Classroom for the schedule. In-person meetings are by invitation only, so make sure you know your scheduled day. Anyone interested in learning more about Auto Club, feel free to join our Classroom with code **qjbqsuw**. Contact Mr. Straiker or Mrs. Johnson if you have any questions.

FCA LAUNCH PARTY



Interested in learning about the club, Fellowship of Christian Athletes, this year? You do not need to identify as a Christian or an athlete to attend! Join us for our FCA Launch event on Thursday, October 1 in the Little Theater from 3:00-5:00 p.m. We will talk about what the club will look like this year and get some fun social distant style games of Bags and Frizknock by going outside! Due to COVID restrictions you must register for this event. Interested in attending or want more information? Please email Mrs. Natalie Moore (natalie.moore@d303.org). Just a reminder... all social distancing practices will be enforced. Temp check, masks worn, self-certification form, and social distancing. You will enter and exit the building through door #1.



MATH HONOR SOCIETY—TUTORING

Math Honor Society will continue tutoring on Thursday nights from 5:00-5:45 PM. Students can attend via Google Meets with the join code of **mhspeertutoring**. See the flier in this bulletin for more information. See you there!

FRIDAY, OCTOBER 2

GAMERS CLUB

Gamers Club is meeting virtually after school on Friday, October 2. Please go to meet.google.com and use the code **ea54r4u** to join the meeting! See you there!

NATIONAL ENGLISH HONOR SOCIETY

Attention juniors and seniors interested in applying for National English Honor Society! If you have a 3.0 average overall, a 4.0 average in English, and a passion for reading and writing, we invite you to apply for NEHS! Our application can be found on our Google Classroom page (code: **udzbuos**). Applications are due by Friday, October 2. If you have any questions, please email Ms. Mazur or Ms. Zachas!



EDUCATORS RISING

Do you love to work with kids or help others reach their goals? Is teaching, medical care, therapy, coaching, or work with young people a future goal? It's not too late to join us on the journey to learn more about the field of education and in providing opportunities for young learners in the D303 community. Educators Rising will meet with Aurora University virtually on Thursday, October 8 to hear from guest speakers and find out more about the opportunities for the 2020-2021 year. Our next official club meeting is on Tuesday, October 20 from 2:40-3:15 p.m. At this time we've established our vision: "United in Success!" *Why?* It takes collaboration with teachers, classmates, counselors, parents, friends, siblings and more to learn and grow at our BEST - *now more than ever, right?*

FCCLA

Hey Saints - there's still time to join FCCLA! Join our Google Classroom using the code **cbawcqj**. Reach out to an advisor for more information about our club and attend our next virtual meeting on Wednesday, October 14 at 2:40pm. Registration and fees for attending members are due at the beginning of our next meeting. Contact Ms. Rosignal, Ms. Becker and Ms. Brenner with any questions .



CLASS OF 2021—SENIOR PHOTOS

Formal Senior portraits are taken from August – October 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, October 26, 3:30 p.m. - 7:30 p.m. (by appointment only)

Tuesday, October 27, 3:30 p.m. - 7:30 p.m. (by appointment only)

Wednesday, October 28, 3:30 p.m. - 7:30 p.m. (by appointment only)

Thursday, October 29, 3:30 p.m. - 7:30 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 November 2020 to be included in the Yearbook. We do not use any photos taken outside of Root Studios and our ID photos.



SENIORS - REGISTER TO VOTE

Attention Seniors: It's not too late to register to vote! If you will turn 18 by November 4, online registration is available to register to vote with Kane County. If you live in Kane County click on this link: <https://ova.elections.il.gov/> It's easy, simple and contact-free! Do it today and make sure to vote!

THE
reSpectful
motivAted
Involved
kiNd
on Time
reSponsible
WAY

The St. Charles East
High School
Drama Department
Presents...

ALPHA CAST

Andrew Biallas
Tabitha Franzetti
Calum Lowe
Caven Menezes
Andrew Moran
Addy Petrine
Andrew Petrine
Elizabeth Nowak
Megan Yarusso

OMEGA CAST

Austin Aquino
Aaron Delaney
Ryan Forde
Isaiah Irlbacker
Ava Johnson
Malea Kinnison
Meredith Musial
Jayd Steinke
Hannah Wojcik
Quinn York

Grace Condon-Stage Manager
Keira Denker-Foley Artist
Nicole Marinucci-Foley Artist
Katie McConnell-Stage Manager
Alex Pallan-Recording Chief
Peyton Smith-Sound Chief
Maria Ramirez-Piano/Organ/Music Chief

The WSCE
“Horror &
Suspense”
Radio Hour
Featuring
Dracula



Produced & Directed by
Mr. John Mizanin

Sponsored by
“Happy Boy Atomic Products”
The future is coming!

[Click here to
Donate to the Drama Dept.](#)

[Click here to
Listen to the Show](#)



St. Charles East



Scholastic Bowl Team

*Be a part of the winning team!!
Demonstrate your knowledge of any
and every subject!*



**Contact Mrs. Neville
or Mr. Connell with any questions**
carole.neville@d303.org
john.connell@d303.org

What is Scholastic Bowl?

Scholastic Bowl is a game in which two teams compete head-to-head to answer questions from all areas of knowledge, including history, literature, science, fine arts, current events, popular culture, sports, and more. The defining feature of Scholastic Bowl is the use of a “buzzer system” that lets players interrupt the reading of a question when they know the answer. That element adds a dimension of confidence, anticipation, and rapid recall to a game about knowing facts. Answering with speed leads to opportunity for more points!

We are in the process of organizing for the school year. We typically practice once a week for tournaments. If you would like to explore scholastic bowl please join us for our first few scrimmages. Fill out the attached [interest form](#) to be included on future communications.

STCE MATH TEAM

$$\begin{array}{l} 2 > -3 \\ 0.999\dots = 1 \\ \pi \approx 3.14 \\ \sqrt{2} \\ 5^2 \\ 101_2 = 5_{10} \end{array} \quad \begin{array}{l} + \\ - \\ \times \\ \div \end{array}$$

JOIN

Google Classroom: [gc75a54](#)

First Practice

Monday, September 14th
2:10—3:00 link will be 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.

MEET DATES

WEDS. SEPT. 30

WEDS. NOV. 4

WEDS. DEC. 2

THURS. FEB 4

THURS. MAR. 4

SAT. FEB 27

PRACTICES

MATH TEAM =
MONDAYS!
(EVERY MONDAY
WE HAVE
SCHOOL)
2:10PM



Math

QUESTIONS?

EMAIL A COACH:
SANDRA.LEDVORA
LYNN.TREVARTHEN
SCOTT.DABROWSKI

@D303.ORG

SPEECH & ACTING TEAM

Tuesdays : 15 minutes after the school day ends

CHOOSE FROM 14 EVENTS

2 PARTNER EVENTS:

Dramatic Duet Acting
Humorous Duet Acting

GOOGLE MEET NICKNAME:

Join Speech

GO TO [MEET.GOOGLE.COM](https://meet.google.com) TO ENTER THIS

NICKNAME & TRY OUT THE TEAM

12 INDIVIDUAL EVENTS:

Dramatic Interpretation
Extemporaneous Speaking
Humorous Interpretation
Impromptu Speaking
Informative Speaking
Oratorical Declamation
Original Comedy
Original Oratory
Poetry Reading
Prose Reading
Radio Speaking
Special Occasion Speaking

WHAT?

Are you interested in improving your communication skills through competitive acting or competitive speaking? Do you want to be a part of an IHSA activity that's fun while preparing you for college and a career?

Acting Events

- Dramatic Duet Acting
- Humorous Duet Acting
- Dramatic Interpretation
- Humorous Interpretation
- Original Comedy

Quick-Prep Events

- Extemporaneous Speaking
- Impromptu Speaking
- Radio Speaking

Reading Events

- Poetry Reading
- Prose Reading
- Radio Speaking

Prepared Speeches

- Informative Speaking
- Oratorical Declamation
- Original Comedy
- Original Oratory
- Special Occasion Speaking

Model United Nations Club



If you are interested in joining the Model United Nations Club for school year 2020/2021 please join us for a quick informational meeting:

Tuesday, Sep. 29 at 2:30 PM

Join the Google Classroom to enter the meeting
Class Code: sa3ajic

Contact either Ms. Valentine or Mrs. Truax with questions!

allison.valentine@d303.org

tracie.truax@d303.org

$$\frac{9x-2}{11 \times 3} \quad \int (x \pm a)^n \quad e=2,79$$

ST. CHARLES EAST HIGH SCHOOL

MATH HONOR SOCIETY PEER TUTORING

Got a problem?
We're here to help you solve it!

Peer Tutoring starts September 10th. Sessions will be held every Thursday from 5-5:45pm. Students can attend via meet.google.com with join code **mhspeertutoring**.

If you have any questions, please contact Mrs. Trevarthen at:
lynn.trevarthen@d303.org

Calc-u-lator!

$$y = \frac{\Delta x}{\Delta^2}$$

$$S_3 = \begin{vmatrix} 1 & 0 & 1 \\ 0 & 0 & 1 \end{vmatrix}$$





High School Remote Learning Calendar August - September 2020 (revised 9/23/20)

Full Days: Students attend periods 1-8

Calendar is subject to change

Tuesdays/Thursdays (noted as **ODD** days): Students attend odd numbered periods 1,3,5,7

Wednesdays/Fridays (noted as **EVEN** days): Students attend even numbered periods 2,4,6,8

Monday	Tuesday	Wednesday	Thursday	Friday
AUGUST				
		19th: Full Day 8:30am-2:00pm	20th: ODD Periods 1,3,5,7	21st: EVEN Periods 2,4,6,8
24th: Full Day 8:30am-2:00pm	25th: ODD Periods 1,3,5,7	26th: EVEN Periods 2,4,6,8	27th: ODD Periods 1,3,5,7	28th: EVEN Periods 2,4,6,8
31st: Full Day 8:30am-2:00pm				

Monday	Tuesday	Wednesday	Thursday	Friday
SEPTEMBER				
	1 st : ODD Periods 1,3,5,7	2 nd : EVEN Periods 2,4,6,8	3 rd : ODD Periods 1,3,5,7	4 th : No School Institute Day
7 th : No School Labor Day	8 th : Full Day 8:30am-2:00pm	9 th : EVEN Periods 2,4,6,8	10 th : ODD Periods 1,3,5,7	11 th : EVEN Periods 2,4,6,8
14 th : Full Day 8:30am-2:00pm	15 th : ODD Periods 1,3,5,7	16 th : EVEN Periods 2,4,6,8	17 th : ODD Periods 1,3,5,7	18 th : EVEN Periods 2,4,6,8
21 st : EVEN Periods 2,4,6,8	22 nd : ODD Periods 1,3,5,7	23 rd : 12 th grade SAT <i>Asynchronous learning for grades 9, 10, 11</i>	24 th : ODD Periods 1,3,5,7	25 th : EVEN Periods 2,4,6,8
28 th : Full Day 8:30am-2:00pm	29 th : ODD Periods 1,3,5,7	30 th : EVEN Periods 2,4,6,8	1 st ODD Periods 1,3,5,7	2 nd : EVEN Periods 2,4,6,8

FULL DAYS

Period	Time
1	8:30-9:00
2	9:10-9:40
3	9:50-10:20
4	10:30-11:00
5	11:10-11:40
Break	11:40-12:10
6	12:10-12:40
7	12:50-1:20
8	1:30-2:00

TUESDAYS/THURSDAYS (ODD)

Period	Time
Office Hours	7:20-8:15
1	8:30-9:45
3	10:00-11:15
5	11:45-1:00
7	1:15-2:30

WEDNESDAYS/FRIDAYS (EVEN)

Period	Time
Office Hours	7:20-8:15
2	8:30-9:45
4	10:00-11:15
6	11:45-1:00
8	1:15-2:30



High School Remote Learning Calendar October 1-October 16, 2020 (as of 9/22/20)

Tuesdays/Thursdays (noted as **ODD** days): Students attend odd numbered periods 1,3,5,7
 Wednesdays/Fridays (noted as **EVEN** days): Students attend even numbered periods 2,4,6,8

Monday	Tuesday	Wednesday	Thursday	Friday
OCTOBER				
			1 st : ODD Periods 1,3,5,7	2 nd : EVEN Periods 2,4,6,8
5 th : ODD Periods 1,3,5,7	6 th : 9 th grade PSAT Asynchronous learning for grades 10, 11, 12	7 th : EVEN Periods 2,4,6,8	8 th : No School Conferences	9 th : No School School Improvement Day
12 th : No School Columbus Day	13 th : Full Day 8:30am-2:00pm	14 th : 11 th grade PSAT Asynchronous learning for grades 9, 10, 12	15 th : Orientation Day 1 A Students (A-Le)	16 th : Orientation Day 2 B Students (Lf-Z)

The high school schedule and calendar timetable will change
for all students beginning October 19
 when in-person students return to the classrooms.

FULL DAYS

Period	Time
1	8:30-9:00
2	9:10-9:40
3	9:50-10:20
4	10:30-11:00
5	11:10-11:40
Break	11:40-12:10
6	12:10-12:40
7	12:50-1:20
8	1:30-2:00

TUESDAYS/THURSDAYS (ODD)

Period	Time
Office Hours	7:20-8:15
1	8:30-9:45
3	10:00-11:15
5	11:45-1:00
7	1:15-2:30

WEDNESDAYS/FRIDAYS (EVEN)

Period	Time
Office Hours	7:20-8:15
2	8:30-9:45
4	10:00-11:15
6	11:45-1:00
8	1:15-2:30



High School In-Person Attendance Calendar October 19-31, 2020 (as of 9/22/20)

Subject to change

October Calendar beginning with the start of in-person learning:

Full Days: All students attend periods 1-8 remotely

Group A = Students attending in-person with last names **A-Le**

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

Group R = Students attending fully remote

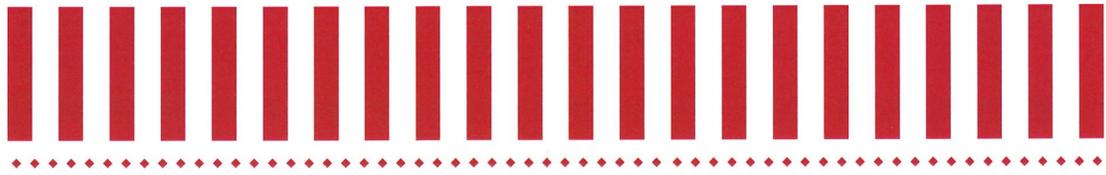
Monday	Tuesday	Wednesday	Thursday	Friday
OCTOBER				
19 th : Begin Q2 All Students Remote Learning 7:20am-2:30pm	20 th : Group A: In Person Group B: Remote Group R: Remote Odd class periods	21 st Group A: In Person Group B: Remote Group R: Remote Even class periods	22 nd : Group A: Remote Group B: In Person Group R: Remote Odd class periods	23 rd : Group A: Remote Group B: In Person Group R: Remote Even class periods
26 th : Group A: In Person Group B: Remote Group R: Remote Odd class periods	27 th Group A: In Person Group B: Remote Group R: Remote Even class periods	28 th Group A: Remote Group B: In Person Group R: Remote Odd class periods	29 th : 10 th grade PSAT Asynchronous learning for grades 9, 11, 12	30 th Group A: Remote Group B: In Person Group R: Remote Even class periods

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
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		



Portillo's[®] for GOOD

FUNDRAISERS

Bring in this flyer or show it on your smartphone
and 20% of the proceeds will benefit

STCE SENIOR CLASS

October 12, 2020

5:00pm - 8:00pm

at the Portillo's located at:

**3895 E. Main Street
St. Charles, IL 60174**

We look forward to seeing you there!

To learn more about how you can partner with us
to serve up a better tomorrow, visit
portillos.com/good



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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>



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>

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)