

District 303 E-NEWS

Connect with us!  St Charles District 303  @StCharlesD303

Administration Center
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September 13, 2019



Let the Battle of the Books Begin

"I am so happy to see many of you back from last year and also many new faces," said Mrs. Furlong as she welcomed 42 Wasco students to their third annual "Battle of the Books" Club. This voluntary school-year-long reading program is designed to promote literacy among students. Participants read about 10 books during the year on a monthly schedule.

"The beauty of the book club is to find time to read and engage in book discussions, which help improve communication and writing skills," said Mrs. Di Palermo, one of the three teacher sponsors.



During their first meeting on September 4, students had an opportunity to eat lunch and reunite with old friends and meet the new participants. As Mrs. Furlong discussed the club's expectations and rules, students asked questions about the books, wondered about activities they were going to do related to the books, and waited eagerly to receive their first book.

At their monthly book discussions, students will share their thoughts about the book, as well as notes and questions from their reading notebooks. These activities help students build critical thinking and inference skills.

Throughout the year, students also have an opportunity to become "Book Ambassadors," which allows them to actively promote the books they will be reading and motivate other students to join the club or simply read as much as they can.

A culminating trivia event will take place in May 2020 where students will have an opportunity to work in teams to answer trivia questions, participate in book-related activities, and reflect on what they learned from the books they read.



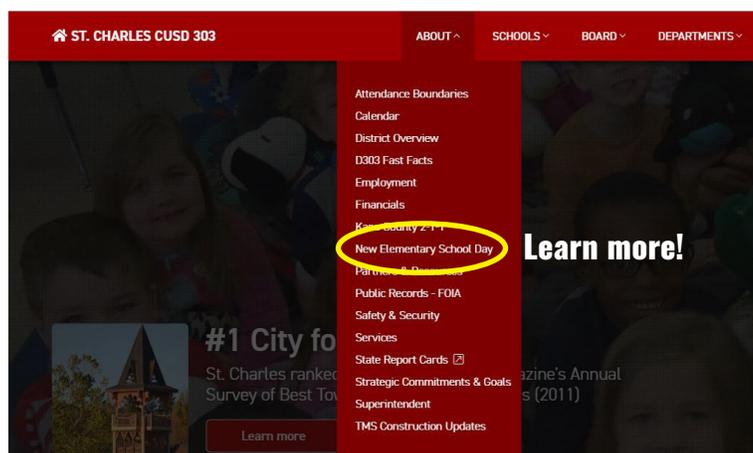
**Talk with Your Teen About E-cigarettes:
A Tip Sheet for Parents**

See
page 7
to learn
more.

New Elementary School Day Implementation

St. Charles School District 303 is excited to be implementing a longer elementary school day beginning in the fall of 2020. This increase will allow our students to maintain their current access to core instruction and provide more fine arts, as well as other enrichment opportunities. The School Board and administration believe the longer elementary day aligns with the strategic commitment to support innovative learning, and it gives our elementary students important enhancements to their school day.

Your feedback is important to us. Please [visit the District 303 website and watch a short video that provides important information about the process, timeline, and next steps.](#) Once you have viewed the video, please complete a short survey that includes ranking a set of skills you feel are important for elementary school students to know and do. We appreciate your input.



Graphic Novels Spark Wild Rose Students' Imagination

Wild Rose students in Mrs. Holstein's third-grade class used a new interactive tool in the LRC to better understand important parts and characteristics of telling stories with graphic novels.

Mrs. Clemens, LRC Media Specialist, showed them how to use the new Prowise touchscreen to label the different parts that make up graphic novels such as frames, gutters, captions, special sound effects, and speech and thought bubbles.

Students looked at different graphic novels and analyzed how the combination of text and illustrations helped to tell a story. After the lesson, students were eager to find new graphic novels among the shelves in the LRC that they used for inspiration to write and illustrate their own graphic novels.



St. Charles East Homecoming Parade 2019



Go Saints!



Parent University

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

Our first program is a showing of the documentary LIKE, from the producers of the movie ANGST, which we showed last year. LIKE is about the impact of social media on our lives.

Please join us, and bring your children, on September 23 at 6:30 p.m. in the Norris Cultural Arts Center to view this powerful movie. Watch the trailer by visiting thelikemovie.com to learn more about the documentary, and [sign up here to RSVP](#).



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

2019 Annual Meeting

as we recognize the 2018-2019 Grant Recipients

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

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



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



Community Unit School District 303

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

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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.](#)

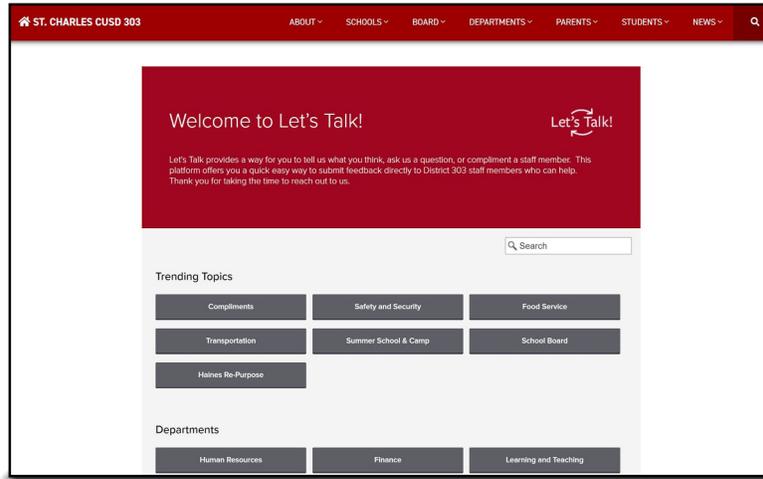
District 303 Welcomes you to Let's Talk!

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.

Important Information About e-cigarettes

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

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

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

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



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



BEFORE THE TALK

Know the facts.

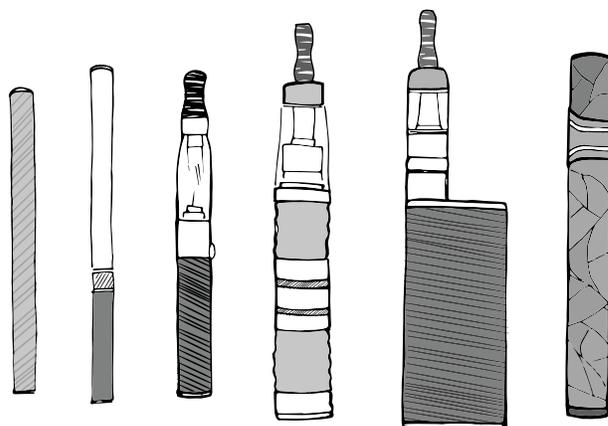
- Get credible information about e-cigarettes and young people at E-cigarettes.SurgeonGeneral.gov.

Be patient and ready to listen.

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

Set a positive example by being tobacco-free.

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



START THE CONVERSATION

Find the right moment.

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



Ask for support.

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

ANSWER THEIR QUESTIONS

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

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

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

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

What's the big deal about nicotine?

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

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

Aren't e-cigarettes safer than conventional cigarettes?

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

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

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

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

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

You used tobacco, so why shouldn't I?

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



KEEP THE CONVERSATION GOING

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



Share this page

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

Connect and encourage.

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

Remind and repeat.

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

Share facts and resources.

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



Centers for Disease
Control and Prevention
Office on Smoking
and Health



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 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

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

October 14
Columbus Day Holiday
(No students, offices closed)



Save the Date

May 21, 2020

Class of 2020 Commencement Ceremonies

St. Charles East
4:00 p.m.



St. Charles North
7:30 p.m.



Northern Illinois University