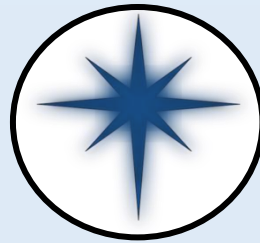


THE POLARIS EXPRESS



February 16, 2018
St. Charles North HS

MONDAY, FEBRUARY 19

(Presidents' Day – Schools Closed)

SPECIAL EVENTS

Parent University - "Depression, Anxiety, & Suicide Awareness:
Supporting Children to Improve Resiliency"

The Office 6:00-8:00 p.m.

TUESDAY, FEBRUARY 20

CLUB MEETINGS

Voluntourism Club	Rm 302	6:40-7:15 a.m.
Scholar Athletes	Rm 407	2:30-3:15 p.m.
Book Club	LRC-Cube A/B	2:30-3:30 p.m.
Debate	Rm 215	2:30-3:30 p.m.
Stargazer	Rm 429	2:30-4:00 p.m.
Tech Crew	Rm 133/ Scene Shop/Stage	2:30-5:30 p.m.

STUDENT COUNCIL

Class of 2018	Rm 441	6:45-7:15 a.m.
Class of 2019	Rm 407	6:45-7:15 a.m.
Class of 2020	Rm 300	6:45-7:15 a.m.
Class of 2021	Rm 221	6:45-7:15 a.m.
SC Executive Board	Rm 112	2:30-4:00 p.m.

ACADEMIC SUPPORTS

Spanish NHS Tutoring LRC-Nook 2:30-3:15 p.m.

SPECIAL EVENTS

German Nat'l Honor Soc Induction Rm 302 6:30-7:30 p.m.
Concert Band, Symphonic Band, & Wind Symphony w/MS Honor
Band in Concert AUD 7:00-9:30 p.m.

WEDNESDAY, FEBRUARY 21

(Early Release Schedule)

CLUB MEETINGS

Math Team Practice	Rm 123	2:30-3:15 p.m.
Culture Shock Club	Rm 234	2:30-3:30 p.m.
Mock Trial	Rm 201	2:30-4:00 p.m.

STUDENT COUNCIL

Student Council Mtg. AUD Foyer 1:30-2:45 p.m.

ACADEMIC SUPPORTS

Peer Tutoring Rm 101-104 6:00-8:00 p.m.

SPECIAL EVENTS

Juniors – "Searching for the University of your Dreams"
AUD 7:00-9:00 p.m.

THURSDAY, FEBRUARY 22

CLUB MEETINGS

German Nat'l Honor Society	M484	2:30-3:30 p.m.
Renga/Slam Poetry	Rm 204	2:30-3:30 p.m.

FRIDAY, FEBRUARY 23

CLUB MEETINGS

Fellowship of Christian Students	Rm 302	6:30-7:00 a.m.
GSA	Rm 444	2:30-3:15 p.m.

SATURDAY, FEBRUARY 24

SPECIAL EVENTS

Project Dance Main Gym 1:00-5:00 p.m.

FUTURE DATES

Feb 27- Winter Choir Concert
Feb 28- Tutorial Schedule
Feb 28- Parent University - "Social Media & You: A Parent's
Guide"
Mar 1- Winter Orchestras in Concert
Mar 2- Teachers' Institute Day – No School
Mar 5- Spanish Nat'l Honor Society Induction Ceremony
Mar 5- PTO Mtg.

PTO NEWS

BUTTER BRAIDS ARE BACK- YUM!

Butter Braid pastries are light and flaky, containing mouthwatering fillings like cinnamon and various fruit flavors, and caramel rolls. They are easy to bake, and make a wonderful treat for anytime!! This year we are again selling cookie dough. Along with being delicious, they are very profitable for our PTO, which uses the proceeds to benefit your student. Visit our Website to place your order: <http://www.scnpto.com/>

The North PTO is looking for donations for the North HS basket for the Greater St. Charles Education Foundation annual fundraiser. The Foundation is dedicated to supporting excellence in Education in the District 303 community and has supported many efforts at North. Our basket theme this year is Entertainment and we are requesting gift cards from restaurants or any entertainment venue; we are accepting donations now through March 5; please drop off your donation at North in an envelope marked "PTO Education Basket". Any questions can be directed to Maggie Arnold at maggiearnold@sbcglobal.net.

A BIG thank you to all those who contributed to the teachers Valentine Day festivities and a HUGE thank you to Stephanie Porteous who chaired the event.

Upcoming February Parent Universities

Click on the links below to register

February 19, 2018-Parent University brought to you by Centennial Counseling

6:00-7:00 p.m. – Arcadium Coffeehouse (*Please note the time and location change*)
Depression, Anxiety & Suicide Awareness: Supporting Children to Improve Resiliency

District 303 Middle and High School Student Services Team Staff members will hold a panel discussion on depression, anxiety, and suicide awareness efforts taking place in the District. The discussion, in partnership with Centennial Counseling, will also include ways parents can support their children to improve resiliency and keep conversations about mental health issues going.

February 28, 2018-Parent University

6:30-8:30 p.m. – Wredling Middle School Cafeteria
Social Media & You: A Parent's Guide

Have you ever wondered what your children do on their phones? How are they communicating and with whom? What's a streak? Do they need both an Instagram account and a Snap Chat account? How can you monitor their use and keep them safe? How much screen time is too much screen time?

District 303 has assembled a panel of local experts to help answer these questions and more. The evening will include the basics of social media outlets being used by teenagers, tips on how to monitor your child's use of social media, legal ramifications with inappropriate use of social media, as well as student's perspectives. Social media can be overwhelming for parents and it's important for you to understand what's available to students and how they're using it.

Panel members include:

Circuit Court Judge Clint Hull
Rich Wistocki, retired Naperville PD and national speaker
Chuck Pierce, SCPD
Representative from the State's Attorney's Office
A parent
D303 High School students
Carol Smith, D303 Director of Communications and Community Relations
Megan Mkrtshjan, D303 Assistant Director of Curriculum

