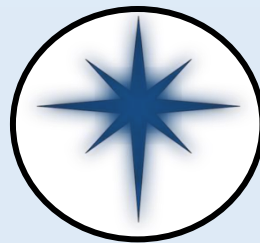


THE POLARIS EXPRESS



February 9, 2018
St. Charles North HS

MONDAY, FEBRUARY 12

CLUB MEETINGS

DECA	Rm 114	2:30-3:15 p.m.
Digital Media/Photo	Rm 423	2:30-3:30 p.m.
Nat'l Art Honor Soc.	Rm 412	2:30-3:30 p.m.
Mock Trial	Rm 201	2:30-4:00 p.m.
Stargazer	Rm 429	2:30-4:00 p.m.

STUDENT COUNCIL

SC Executive Board	Rm 112	2:30-4:00 p.m.
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VISITING COLLEGES

Savannah College of Art & Design	LRC	10:55-11:42 a.m.
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REHEARSAL

Prevention Wk. Presentation Practice	AUD	2:30-5:00 p.m.
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SPECIAL EVENTS

School Board Mtg.	Thompson 6 th Gr. Ctr.	7:00-9:00 p.m.
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TUESDAY, FEBRUARY 13

CLUB MEETINGS

Engineering Design Club	Rm 406	2:30-3:15 p.m.
Debate	Rm 215	2:30-3:30 p.m.
Educators Rising	Rm 409	2:30-3:30 p.m.
Tech Crew	Rm 133/ Scene Shop/Stage	2:30-5:30 p.m.
Stargazer Layout	Rm 429	2:30-6:00 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.
North Star Council Bonding	Rm 405	3:00-5:00 p.m.

VISITING COLLEGES

Robert Morris College	LRC	9:09-9:56 a.m.
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ACADEMIC SUPPORTS

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

Wind Ensemble/MS Concert	AUD	7:00-9:00 p.m.
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WEDNESDAY, FEBRUARY 14

Regular Schedule – (Tutorial Schedule Cancelled)

CLUB MEETINGS

HOSA	Rm 407	2:30-3:15 p.m.
Math Team Practice	Rm 123	2:30-3:15 p.m.
MEC	Rm 124	2:30-3:15 p.m.
Mock Trial	Rm 201	2:30-4:00 p.m.
Key Club	Rm 302	2:30-4:00 p.m.
Stargazer Layout	Rm 429	2:30-6:00 p.m.

WEDNESDAY, FEBRUARY 14 (cont'd)

STUDENT COUNCIL

Student Council Mtg.	AUD Foyer	12:45-1:45 p.m.
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ACADEMIC SUPPORTS

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

Prevention Wk. Presentations during Wellness Classes	AUD	7:20-2:21 p.m.
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THURSDAY, FEBRUARY 15

CLUB MEETINGS

Nat'l Honor Society	Rm 302	6:45-7:15 a.m.
German Nat'l Honor Society	M484	2:30-3:30 p.m.
Renga/Slam Poetry	Rm 204	2:30-3:30 p.m.
Stargazer Layout	Rm 429	2:30-6:00 p.m.

VISITING COLLEGES

Univ. of IL @ Chicago	LRC	11:48-12:35 p.m.
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SPECIAL EVENTS

Amazing Race Capt. Mtg.	Rm 302	2:30-3:30 p.m.
Vocal Jazz Concert	AUD	7:30-9:30 p.m.

FRIDAY, FEBRUARY 16

CLUB MEETINGS

Fellowship of Christian Students	Rm 302	6:30-7:00 a.m.
GSA	Rm 444	2:30-3:15 p.m.
Stargazer Layout	Rm 429	2:30-6:00 p.m.

SATURDAY, FEBRUARY 17

SPECIAL EVENTS

The Amazing Race	NHS	10:00-12:00 p.m.
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FUTURE DATES

Feb 19-	Presidents' Day (Schools Closed)
Feb 19-	Parent University – "Depression, Anxiety, & Suicide Awareness: Supporting Children to Improve Resiliency"
Feb 20-	Concert Band, Symphonic Band, & Wind Symphony w/MS Honor Band in Concert
Feb 21-	Early Release Schedule
Feb 21-	Juniors – "Searching for the University of your Dreams"
Feb 24-	Project Dance
Feb 27-	Winter Choir Concert
Feb 28-	Tutorial Schedule
Feb 28-	Parent University - "Social Media & You: A Parent's Guide"

PTO NEWS

North PTO is hosting a **VALENTINE PARTY** for staff and teachers on Wednesday, February 14. Please consider signing up! We are hoping for generous volunteers to bring their favorite finger type sweet, candy, cookie, bars, etc. If no time to bake, we would love a \$10 gift card from Starbucks or Panera to raffle. See link below.



Valentine Donation Sign Up

Our next PTO meeting will be Monday, March 5, at 7:00 p.m. in the LRC. Principal Christenson will be there to present the results of the district school survey. We hope to see you there!

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 Mkrtschjan, D303 Assistant Director of Curriculum



Illinois Youth Survey Parent Notification Letter

St. Charles North and District 303 are working with Center for Prevention Research and Development at the University of Illinois to conduct a survey of Illinois middle and high school students. The purpose of the Illinois Youth Survey is to better understand Illinois youth risk and protective behaviors as they related to student problems and academic success. The surveys will be administered in Illinois schools during the 2017-2018 academic school year. At St. Charles North, the survey will be administered on March 6, 2018, in sophomore and senior English classes.

If your child participates, he/she will be asked to complete a survey (with no names or identification numbers) that will be confidentially administered by an English teacher. The survey is a completely voluntary and privacy will be strictly protected. Students will be given an electronic survey via the Internet, and it will last about between 45-50 minutes. If there are any questions your child does not wish to answer, he/she is free to skip questions and they may stop taking the survey at any time they choose. Students who do not wish to participate in the survey or stop participating or whose parents choose to deny permission for their participation will be provided with an appropriate alternative activity (e.g. reading in the school library or quiet reading) while the surveys are being administered. The staff handing out surveys will remind students of these rights before the survey begins.

This questionnaire asks about:

- Personal use of alcohol and other drugs, perception of risks, where accessed, consequences of use, approval or disapproval of use;
- students' feelings about their school experience;
- family and personal characteristics;
- family communication about substance use;
- feeling about self and moods;
- student health behaviors - food intake, exercise, height and weight.

While the survey asks personal questions about illegal behavior, several steps are taken to protect privacy of students participating in the survey. Students can skip any or all questions if they feel uncomfortable, survey administrators will make efforts to insure privacy during the survey completion process. Collecting information from Illinois students has many benefits to youth in your community and throughout the state. Results are summarized by grade level and reported back to your school to help determine what programs may be needed to keep students safe and healthy. When this research is discussed or published, no one will know that your son or daughter were in the study. However, laws and university rules might require us to disclose information about your child's anonymous responses. For example, if required by laws or University Policy, study information they supply may be seen or copies by the following people or groups:

- a. The university committee and office that reviews and approves research studies, the Institutional Review Board (IRB) and Office for Protection of Research Subjects; and
- b. University and state auditors, and Departments of the university responsible for oversight of research.

If you wish to look over the survey questionnaire, it is available for review in the St. Charles North Main Office or online at <https://iys.cprd.illinois.edu/about/content>. Obtaining full participation is very important to the ability of your child's school and community to continue to improve the programs and strategies to prevent youth problem behavior and enhance youth development.

If you **DO NOT** want your child to participate in the survey, please pick up a form from the Main Office to complete, sign it, and return it to the school within 2 weeks. Your decision to deny permission will not in any way influence your future relationship with your child's school, and you may also withdraw your child during the survey by notifying the school office.

If you have any questions about the survey administration at North High School, please contact Brenna Ohlson, Dean of Students at 331-228-6343 or brenna.ohlson@d303.org. If you have any questions regarding the project and wish to contact a staff person at the University of Illinois, please contact Nancy Flowers at (888) 333-5612 (Illinois toll free) or email her at nflowers@illinois.edu. If you feel you or your child have not been treated according to the descriptions in this form, or if you have any questions about your rights as a research subject, including questions, concerns, complaints, or to offer input, you may call the office for the Protection of Research Subjects (OPRS) at 217-333-2670 or email OPRS at irb@illinois.edu. Thank you for your prompt attention to this request.