

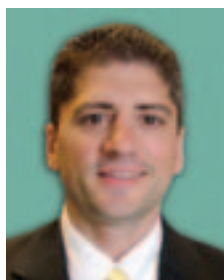


Panther News



December 2009 / January 2010

Glenbard North High School • 990 Kuhn Road • Carol Stream, IL 60188 • (630) 653-7000



A Message from Principal John Mensik

Only a few weeks remain in the first semester which means that final exams are just around the corner. Final Exams will take place on January 13, 14 and 15, 2010. We will follow the same exam schedule as last spring. The schedule is as follows:

Glenbard North Exam Schedule – Semester 1

Day 1 – Wednesday, January 13, 2010

7:35 – 9:00 AM	Period 1/2 Exam
9:00 – 9:15 AM	Passing Period (Snack/Bathroom Break)
9:15 – 10:40 AM	Period 3/4 Exam
10:40 – 10:55 AM	Passing Period (Snack/Bathroom Break)
10:55 – 12:20 PM	Period 5/6 Exam
12:20 – 1:05 PM	Resource Period (Individual assistance available)

Day 1 Bus Schedule

First Bus	12:30 PM
Second Bus	1:15 PM
Activity Bus	3:45 PM

Day 2 – Thursday, January 14, 2010

7:35 – 9:00 AM	Period 7/8/9 Exam
9:00 – 9:15 AM	Passing Period (Snack/Bathroom Break)
9:15 – 10:40 AM	Period 9/10/11 Exam
10:40 – 10:55 AM	Passing Period (Bathroom Break)
10:55 – 12:20 PM	Rescheduled Exam (Individual assistance available)
12:20 – 1:05 PM	Resource Period (Individual assistance available)

Day 2 Bus Schedule

First Bus	10:50 AM
Second Bus	1:15 PM
Activity Bus	3:45 PM

Day 3 – Friday, January 15, 2010

7:35 – 9:00 AM	Period 11/12/13 Exam
9:00 – 9:15 AM	Passing Period (Snack/Bathroom Break)
9:15 – 10:40 AM	Period 14/15 Exam

Day 3 Bus Schedule

One Bus	10:50 AM
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Other Information:

- Students may only reschedule a Day 1 exam. Only students who have three written exams on Day 1 may choose to reschedule one of those exams to Day 2 or Day 3 based on the following criteria:
 - o Student presents a compelling educational rationale to the teacher in advance.
 - o Student has obtained approval from the teacher by the end of the day on **January 8th**.
- Students who reschedule exam 1/2 or 5/6 are required to report to the classroom during that time unless a parent calls the Attendance Office to excuse them.
- Students who wish to reschedule exam 3/4 will not be allowed to leave the building. Students will need to report to class, and your classroom teacher could write you a pass to the cafeteria study hall.

Sincerely,
John T. Mensik

<http://www.glenbardnorthhs.org>

Inspire...Empower...Succeed



A Message from Superintendent Michael Meissen

In this economy, we hear about municipalities, neighboring school districts and, of course, the state making budget cuts because of the economic downturn. Glenbard District 87 is not spared from the effects of this historic economic situation.

Glenbard is operating with a balanced budget this school year and has maintained a balanced budget over the past four years. However, the combination of a decades-low Consumer Price Index, which is the basis for year-over-year property tax increases, and reduction in state funding have dramatically, impacted revenue projections for Glenbard.

Our current financial projections indicate that revenue will be down by \$25 million over the next five years. Our five-year financial projection indicates that:

- Expenditures will exceed revenues.
- Fund balances would decline and would require Glenbard to borrow money through Tax Anticipation Warrants or short-term borrowing to pay its bills.
- The district would not be in a solvency position.
- The District would be placed on the State's Financial Watch List and be required to develop a corrective action plan to improve its financial position.

In order to achieve our financial objectives, we must reduce costs by \$4.5 million per year from our previously projected spending levels.

We have developed a five-year plan to achieve our financial and educational objectives with the expected decline in revenue.

Glenbard's financial objectives:

- Maintain a balanced budget.
 - Continue the practice of not using tax anticipation warrants – or short-term borrowing to meet cash flow requirements.
 - Maintain a solvency position in our aggregate fund balances.

We have approached our cost reduction plan with the following guiding principles in mind:

- Ensure effective, efficient and equitable use of resources that are essential to the educational success of students.
- Minimize impact to student instruction.
- Document rationale behind reduction programs.
- Consider equity; school-based inputs.
- Consider "game changers," such as the federal government stimulus plan.
- Transparent process > build trust.

The financial objectives are aligned with our educational priorities. A fundamental priority is to maintain quality programming and maximum educational opportunity for our students.

We developed the following cost reduction plan in collaboration with our school leaders:

- Operations and Maintenance Fund (Capital Outlay): \$2 million targeted reduction, which represents 45 percent of the total reduction requirement.
- Education Fund (staff): \$1,680,700 targeted reduction in the areas of certified staff, support staff, confidential staff and administration. We will use federal stimulus plan funds to offset certified staff reductions.
- Transportation Fund: \$255,000 targeted reduction
 - Bus route reductions: AM/PM and after-school service.
- Other reductions: \$263,000 targeted reduction
 - Andy Frain Security; Driver Education fee increase; Athletics.

It is important to note some of cost savings steps that we have taken:

- New bus routing software reduces 5.5 routes, saving the district more than \$200,000 per year.
- Glenbard locked in electric rates at an increase of 3 percent for a two-year term, saving \$400,000 (2-year savings) over previous projections.
- Security contract negotiation saves \$153,800 per year.
- Stationery and supply costs: We have contracted with vendors such as Office Depot, Home Depot and others. Office Depot annual savings are projected at \$50,000 per year, a 35 percent savings.

In these challenging economic times, we pledge to you that we will be fiscally responsible while continuing to provide a quality, comprehensive education for all students.

A Message from Nurses Maggie Olsen and Celeste Ackermann



Staying Healthy this Winter! With the cold and flu season upon us, we are asking students and their parents to follow the guidelines set by the DuPage County Health Department. These guidelines will help control and prevent the spread of illness, especially influenza. Since influenza is primarily spread by direct contact with nose and throat secretions, there are measures we can all take to reduce our chances of becoming sick with influenza:

- **Practice good hand hygiene by washing your hands often** with soap and water, especially after coughing or sneezing. Alcohol-based hand cleaners are also effective. We now have sanitizers in the cafeteria and main areas of the school.
- **Know the signs and symptoms of the flu.** Symptoms of the flu include fever (100 degrees F, 37.8 degrees C or greater), cough, sore throat, a runny nose, body aches, headache, and feeling very tired. For medical concerns, contact your physician.
- **Stay home, if you are sick.** Sick children should be kept home for at least 24 hours after they no longer have a fever without using fever-reducing drugs. Many students are returning to school too soon after being ill, and have to be sent back home.
- **Cover your nose and mouth** with a tissue or your arm when you cough or sneeze.
- **Do not share eating utensils or drinking containers.** Persons should not share straws, cups, glasses, water bottles during sports or recreation, etc.
- **Get your family vaccinated for seasonal flu and 2009 H1N1 flu. Call the DuPage County Health Department for free flu vaccines at 1-866-311-1123 to schedule an appointment.** The appointment line is taking calls 24/7. If you have questions about H1N1, call the H1N1 24 hour Hotline at 630-221-7600. For more influenza information and updates, please visit www.protectedupage.org, www.cdc.gov/h1n1flu/, or www.flu.gov.

Emergency Contact Information - It is extremely important that you keep your emergency contact information up to date in PowerSchool. We are finding that many numbers have changed since registration. If you are going to be out of town, please let the school know who to contact in your absence if your child should become ill or injured.

Illness During the School Day - All students must be excused through the Nurses' Office before going home due to illness. Parents or a designated emergency person will be called for consent for the student's release. If a student is ill, they should NOT call parents with their cell phone unless they have been seen by the nurse and use of their cell phone is approved. **If emergency contact numbers change during the school year, please notify the school registrar immediately at 630-681-3179.**

Medication at School - With allergies, colds, and flu, etc. already upon us, it is important to review the medication policy at Glenbard North. No medications, including prescription and over-the-counter medications will be allowed in school unless a school **Medication Authorization Form** completed by both the parents and doctor is submitted to the Nurses' Office. Students are allowed to carry and self administer an inhaler only, if the Medication Authorization Form is completed and on file in the Nurses' Office. Please stop in the Nurses' Office to pick up this form.



***A Message from
Assistant Principal
for Operations
Eric Johansen***

With the end of the first semester rapidly approaching, it is a great opportunity to reflect on our students' academic, athletic and extracurricular achievements. It is also an exciting time as we begin looking forward to the many opportunities a new semester will present.

As we look ahead, please review some important reminders I have included below. I wish you all a wonderful winter break!

PowerSchool Reminder – Many of you are accessing PowerSchool regularly to check your student's overall grades, individual assignments, attendance and more any time of the day that you would like. You even have the option of receiving automated updates regarding your student's grades and attendance via email. You may access all of this information by going to www.glenbardparents.org and entering your student's username and password. The username and password are sent to you with each progress report and report card you receive. If you have questions regarding access to PowerSchool, do not hesitate to contact me at 630-681-3201.

Graduation Information – The Class of 2010 Graduation Committee is working hard to plan the commencement ceremony which will take place on Sunday, June 6, 2010 at 4:00 PM in the Physical Education Building at the College of DuPage. The 4:00 PM commencement ceremony is later than previous years, as there is another ceremony scheduled prior to ours. Please keep the following dates in mind as we prepare for this year's commencement ceremony.

Important Dates for the Class of 2010

January 26	Cap & Gown Orders
January 27	Cap & Gown Orders
April 7	Exit with Pride/Panoramic Photo
May 21	Senior Obligations Due
May 28	Last Day for Seniors & Senior Picnic
June 2	Cap & Gown/Ticket Pick-up
June 4	Graduation Rehearsal at COD
June 6	Graduation at COD (4:00 p.m.)

Please Note: This year, all graduates will receive six tickets. Glenbard North will not be able to provide additional tickets. If you need additional tickets, you will have to talk with fellow graduates and/or their families as they may have tickets that they will not use.



***A Message from
Assistant Principal
for Instruction
John Healy***

December is a very festive month, and a busy month at Glenbard North. December is when we start planning for the arrival of our new students. In the next few weeks, our department chairs will be meeting with eighth grade teams to discuss placement of

each incoming student at Glenbard North. Four factors are typically considered when placing a student in classes: the student's EXPLORE test score, teacher recommendations, parent/student desires, and a student's sequence of courses in middle school. Eighth grade parents should be receiving their student's EXPLORE test scores, and placement information through the mail in the next few weeks. All of this, and much more, will be discussed during Eighth Grade Family Night on Wednesday, January 20, 2010 at 7:00 PM.

Final exams are January 13-15th, and mark the end of the first semester of the school year. If your student is struggling in course work, winter break is a good chance to review course content, and begin preparing for final exams. The Carol Stream Public Library will be open during extended periods during finals week to support our students during exams.

PLAN test results should be arriving through the mail to parents of sophomores sometime during the month of December. Included within these results is a projected ACT score band. This score band should not be viewed as a static measure, but as a measure that can easily be influenced by hard work and preparation. Students can impact these scores by:

- Reading for enjoyment outside of school,
- Taking rigorous coursework,
- Availing themselves of summer school opportunities,
- Taking an ACT prep class.

Sophomores will next be assessed in April. They will take a retired ACT test. Results of this testing session will be available immediately. Each of these assessments should be viewed as a snap-shot of a student's performance on a particular day.

Juniors will be taking the Prairie State Achievement Exam on April 28 and 29, 2010. This is arguably the most important exam that they will take during their academic career. Please mark your calendars, and avoid any distractions during these two important days. Completion of the PSAE is a graduation requirement for all students attending high school in Illinois.

Thank you for your continued support. It was great to see over 700 parents at parent-teacher conferences. Have a great holiday season.

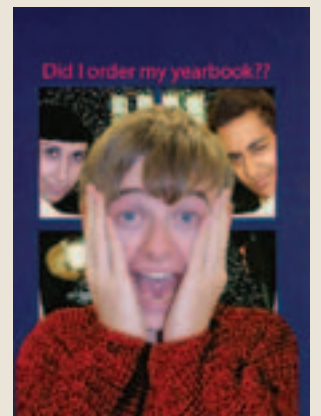
Yearbooks

If you would like a 2010 yearbook, it must be pre-ordered by January 27, 2010. Due to a large number of 2009 books that went unsold last year, there will be no extra yearbooks ordered to sell in the spring on 2010. There are two ways to order:

1. Online – \$40 (this is the only way to get your book personalized, and also provides you with a confirmation number of your order) The link is <http://jostensyearbooks.com?REF=A01663160>
2. By check - \$40 payable to JOSTENS. Please send to the school c/o Yearbook. Your cancelled check is your receipt.

Senior Yearbook Recognition Ads ("baby ads") – All ads are due on January 27, 2010. Please go to the website at <http://shop.jostens.com/> to create your ad. If you need assistance with the online creation process, the yearbook staff is more than happy to help. However, if you prefer to send your photo and payment via US mail, it must be received by Jostens January 27, 2010. Envelopes were passed out at registration, or you may pick one up in the Main Office.

Past Yearbooks for Sale - There are still many yearbooks left from previous years available for purchase. For availability, please email rosemary_borzym@glenbard.org





A Message from Assistant Principal for Student Services Debra Cartwright

We are well into the 2009-2010 school year and I hope that you and your student have had a great start to the school year. Thank you to all the parents that attended Parent Open House and Parent/Teacher Conferences. These meetings and opportunities for parents to meet with our teachers are an important message that success in school is a healthy partnership between students, parents and teachers. Your involvement in your student's education is truly appreciated and celebrated as strength of this school.

The Glenbard North learning community is committed to assisting your student reaching his/her academic and career goals. Education is a team effort, and we are eager to partner with you and your student in this endeavor. If you notice your student veering off course please encourage your student to use our additional academic support systems.

STRIVE is an after-school study program where students receive assistance with organization, essay writing, report preparation, make-up work completion, understanding subject matter, etc. STRIVE is available Monday through Thursday in Rooms 2217 and 2219. For more information please contact Ms. Beth Larocca at 630-681-3342 or Ms. Monika Numrich at 630-681-3395.

Math Resource is designed to help students who are experiencing difficulty in their mathematic courses. Math Resource is held in Room 2120. This program is available before school on Tuesday and Fridays at 6:45AM and after school on Monday, Wednesday and Thursday from 2:45-3:45 PM. For more information please contact Mr. Brad Mitchell at 630-681-3208.

PASS is an after-school study program designed specifically to support our special education students. Students that attend PASS receive assistance in homework completion, organization and understanding subject matter. PASS is available Monday through Thursday in Room 1414. For more information please contact Ms. Melaine Unteremann at 630-681-3336.

All programs are staffed by certified teachers and specialists, and students may take advantage of more than one resource. Transportation is provided for bus riders. Students with a study hall are encouraged to obtain help in any of the various department resource centers during their study hall time.

You are encouraged to track your students' progress via PowerSchool. Information related to PowerSchool access was mailed to you with the Progress Report information you received.

Attendance - Please remember to call the Attendance Office at 630-681-3190 by 10:00 AM on the day of your student's absence. If the call is not received by 10:00 AM, the absence will be considered unexcused.

Tardiness - Being to school and class on time is an essential habit to develop. A student is tardy when they are not in their classroom when the bell rings. When students enter a classroom late, it interrupts and delays instruction. When a student is tardy, a one hour detention is assigned. I would appreciate you talking to your student about the importance of being punctual to school and their classes.

Cell Phones and Electronic Music Devices - Please remind your student that cell phones and electronic music devices (IPOD's, MP3 players, etc.) are to be powered off (not set on silent or vibrate) and placed in the student locker from 7:30 AM

to 2:30 PM. If a student needs to contact a parent during the school day, a phone call may be made from our Attendance Office by the student free of charge. When a student violates this policy, the item is confiscated and a one hour detention is assigned.

Consider the following:

- 35% of students cheat with their phones
- 23% say it's not cheating if you store answers and read them during a test
- 20% say it's not cheating to text answers to your friends
- 25% of text messages are sent during class

**NEA Today – October/November 2009. Data collected by Common Sense Media*

After School - Students remaining after 2:45 PM each day must be directly supervised by a teacher, coach, or sponsor. Students who are waiting for rides must do so at Doors 1 or 2. We expect our students who wait at these locations to behave appropriately and follow the directions of the adults in our building. Students who fail to do this will be asked to leave the building and wait outside.

Please feel free to contact me at 630-681-3190 any time with your questions or concerns regarding your student.

Whom to See for What

Often students and parents do not know whom to see in school for specific information. Here is a handy reference list:

Academic Issues.....	Guidance Counselor
Attendance	Dean
Bus Information and Issues	Mr. Johansen
Clubs and Student Organizations.....	Ms. Cartwright
Athletics.....	Mr. Bowser
Drivers Education Information	Mr. Heilers
Free Lunch Program and Financial Assistance	Ms. Cartwright
Guest Pass for Social Event.....	Dean
Locker Issues	Dean
Lost and Found	Dean
Medical Issues	Nurse
Parking.....	Dean
Pay for Lost Books.....	Bookkeeper/Main Office
Physical/PE Excuses	Nurse
Student ID Replacement	Audio Visual Department
Summer School	Guidance Counselor
Theft.....	School Resource Officer
Transcripts	Registrar/Guidance Office
Work Permit.....	Registrar/Guidance Office

Music Boosters

Come join us for our holiday concerts! Our music students will provide you with a relaxing enjoyable evening. The Band concert is on Thursday December 10th and the Choir concert is on Tuesday, December 15, 2010. Concerts begin at 7:30 PM in the Livingston Auditorium with refreshments following in the cafeteria.

The Bill Schraft Memorial Fund is now being managed by the DuPage Community Foundation. This fund was originally created by the Schraft family and the Music Boosters of Glenbard North. Currently, it provides one graduating senior music student an award of \$500.

We would like to increase this amount. If you would like to help, you may send your tax deductible donation directly to the fund at:

The DuPage Community Foundation, 104 E. Roosevelt Road, Suite 204, Wheaton IL 60187-5267. They will send you receipt for you taxes. Best wishes for a great holiday season and a happy, hopeful new year!

Te'sa Dunning, Co-President



Guidance Department Paws for Information

Editor: Robin Craig

Visit the Guidance website at www.glenbardnorthhs.org Click on Academics, Click on Guidance

Seniors - Most students have submitted their college applications; however, if you are planning on going to college, junior college or trade school in the fall of 2010, you must act NOW! Many colleges reach their enrollment capacity and do close admission. Transcripts and letters of recommendation cannot be obtained over the winter break. If you apply online, you must also send an official transcript to the college. An official transcript has the school seal embossed on it, as well as the registrar's signature. Scholarship applications also require an official transcript. There is a \$3.00 fee for each transcript request and payment is required at the time the request is made. Please allow Ms. Diorio, in the registrar's office, two weeks to process transcript requests and scholarship applications.

Important! In order to graduate, ALL seniors must have taken the Prairie State exams. If you did not take them during junior year, you MUST take the Prairie State in April 2010.

Senior Athletes - Students wishing to be a Division I or II athlete should contact the NCAA at www.ncaaclearinghouse.net for information on scholarship processes and recruitment regulations. The NCAA Guide for the College Bound Athlete and NCAA Clearinghouse information is available on the website. A list of Glenbard North approved core courses for eligibility can be found on the NCAA website.

Financial Aid/Scholarship Searches - Many families wonder about the legitimacy of private financial aid search companies. Most of these companies charge \$35 to \$1,000 for a customized list of potential aid sources. They often use names that sound as if they are affiliated with the government. Applying for financial aid or searching for scholarships, loans, etc. should NEVER cost money or require attendance at a seminar. In addition, NO ONE can guarantee to secure a scholarship for your child. Please go to the web site, www.collegezone.com, click on the "Parent" bar and learn about programs in Illinois, as well as the whole financial aid/scholarship system. It is a great site for information on funding a college education.

Also, remember to check the scholarship list that is posted via student email. After signing on to First Class email, the student clicks North Departments and the North Scholarship icon will be found there. There are three files. One is the complete scholarship list, another file contains scholarship applications, and the third contains a list of web scholarship searches. The list contains many national scholarship opportunities, local sources of scholarships, and financial aid Internet sites. Don't forget to check your school email frequently for new scholarship applications and special announcements.

Free Application for Federal Student Aid (FAFSA) - January 1, 2010 is the first date to submit the FAFSA.

To receive any type of financial aid from the government (grants as well as loans), every family must file the Free Application for Federal Student Aid (FAFSA). This form is used to calculate your Expected Family Contribution (EFC). The EFC reports how much money parents and students should be able to contribute to a college education. In addition to colleges, some scholarships require a copy of your Student Aid Report (SAR) from the FAFSA to accompany your scholarship application. The SAR report states how much money, if any, the government will award a student to attend college. The FAFSA can be completed online at www.fafsa.ed.gov. Filing online is faster than a paper copy, and you will receive your SAR report more quickly. The information required on the FAFSA is based on your (parent and student) federal income tax return form. It is recommended you complete the tax return before completing the FAFSA; however, you may estimate in order to submit the FAFSA as soon as possible. Some scholarship applications, such as the Daley Scholarship, require a copy of your SAR report. Submit your FAFSA to the government as soon as possible after January 1, 2010.

Caution! When you file the FAFSA electronically, please make certain you are at the correct web site. The official website is www.fafsa.ed.gov. In addition, there is a link to the official FAFSA website on www.collegezone.com, as well as a link on the North Guidance website which can be found at www.glenbardnorthhs.org (click on Guidance, go to Financial Aid). There are some unofficial websites that include FAFSA in their web address, and they ask you to pay a fee to file for you and to keep track of it. This is unnecessary. The FAFSA is easy to complete, and you can check online regarding the progress of the filing. Remember, the first word in FAFSA is FREE. Do not fall prey to companies (including those online) charging you for something you can easily do.

Juniors - Juniors should make an appointment to visit with college representatives who come to Glenbard North. The list of visiting colleges is posted in the Guidance Office, and is announced in the daily announcements. It is also posted on the Guidance website, under calendar. Make arrangements to visit college campuses by calling the college and making an appointment. Check websites to do college searches, career exploration and scholarship searches. There are links available at the Guidance website where you will find a wealth of information and links to other sites for college and career planning, financial aid, scholarships, etc.

ACT Test Preparation Classes - The ACT assessment is a measurement universities use in admitting students to their institution. Most state-supported universities, particularly in the Midwest use the ACT. Typically, juniors take the ACT in the spring, and ALL juniors will take it on April 28, 2010 as part of the Prairie State Exam. The Prairie State ACT is free of charge, and the cost of the Saturday ACT test is \$32.00 (\$47.00 with the writing test).

Many times students find it helpful to take a preparation course for the ACT. We offer ACT preparation courses throughout the school year. Each course consists of five 70-minute classes held after school at 2:45 to 3:55 PM. The cost is \$50. The course reviews material on the ACT and test-taking strategies. Session 4 is for students in extracurricular activities and begins at 6:00 PM. The best time to take a review class is as close to the actual taking of the test. If interested, sign up early! Checks should be made payable to Glenbard North. To sign up, see Mr. Peter Giaquinta in the English Department office before or after school, in Room 1304, or call him at 630-681-3164. The remaining sessions are as follows:

Session 3	(before Feb 7 ACT)	runs 1-21, 1-26, 1-28, 2-2, 2-4
Session 4	(6 PM to accommodate after-school student activities)	runs 2-3, 2-10, 2-17, 2-24, 3-3
Session 5	(before April 10 ACT or April 28 PS AE)	runs 3-11, 3-16, 3-18, 3-23, 3-25
Session 6	(before April 28 PS AE)	runs 4-6, 4-7, 4-8, 4-13, 4-14
Session 7	(before April 28 PS AE)	runs 4-15, 4-20, 4-21, 4-22, 4-27
Session 8	(before June 12 ACT)	runs 5-4, 5-6, 5-11, 5-13, 5-18

The College of DuPage Teens on Campus also offers ACT and SAT test preparation courses. Cost and times of classes vary and are listed in the COD Schedule. For specific dates and times, call 630-942-2208 or visit their website at www.cod.edu/youth, click on Test Prep.

Juniors will begin the registration process for their senior year on January 22, 2010.

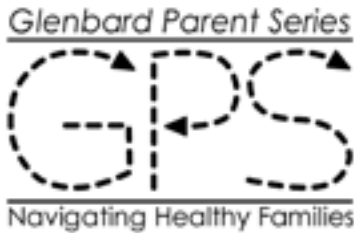
Sophomores - All sophomores took the PLAN (practice ACT) on November 5, 2009. You will receive the results of the PLAN at home. Please add the PLAN results to your portfolio. Remember, you received a portfolio to house all of your testing results and your activity history at your four-year plan meeting in your freshman year. Sophomores will begin registration for their junior year on January 29, 2010.

Freshmen - On November 9th, counselors visited freshmen in their English classes to distribute material for enrollment and four-year plan conference appointments. These individual conferences ran from November 10 through December 12, 2009. A four-year plan is important because it guarantees all graduation requirements and college requirements are put in place. If college is not in a student's future, planning is still required. Vocational training such as the Technology Center of DuPage or the work internship program must also fit into the high school four-year plan. We encourage students to review the four-year plan with his/her parents. A four-year plan may be changed through the years.

When the freshman completes the four-year plan, he/she is actually completing the sophomore enrollment process. Sophomore course choices are the classes the student will enroll in for the 2010-2011 school year. When the student meets with the counselor, a green enrollment sheet will be completed and sent home with the student so the parent may review the course selections. Please watch for the enrollment sheet! A parent signature on the green enrollment sheet is required. Students are then required to return the sheet to the counselor. If you have concerns regarding the course choices your son or daughter makes, please contact the guidance counselor.

<http://www.glenbardnorthhs.org>

Inspire...Empower...Succeed



The Glenbard Parent Series (GPS) - Navigating Healthy Families is devoted to helping parents and their children get through the turbulent teen years in a world that's growing more difficult by the day. The hope is that these monthly programs become a valuable resource to help parents make the most of these years and keep their loving relationships intact. For the 2009-

2010 school year, we have engaged the most knowledgeable and sought-after authors, researchers and experts in the arena of parenting. Here are just some of the items that have been discussed to date: Today's teens have new problems that require new solutions; one in twelve teens suffers from depression; family meal time is important time; your teen's effort - not results - is key; focus on their strengths; keep expectations reasonable in a positive, respectful environment; it's not about controlling teens it's about teaching teens to control themselves; be the parent first, not a friend - they want and need us and the boundaries we set; alcohol is not a drug - it is THE drug; show your values, don't shout them; stay calm in crisis, remain loving while being hated; pick your battles wisely; don't take your child's craziness personally; this too shall pass. Please circle the calendar for our future GPS programs to learn more. Over 375 parents/guardians attended our last parent event -don't miss out!

Michael Pritchard will present *Listen To What Your Kids Aren't Telling You* on Tuesday, at 7:00 PM on February 16, 2010 at Glenbard North High School. Mr. Pritchard wants to prevent the unaddressed grief of teens from turning to anger, rage, and depression. Your children may not be telling you all the funny, sad, painful or wonderful things going on in their lives... or maybe we're just not listening. With humor and insight, this former stand-up comedian, author, counselor and award-winning television personality will share stories about your kids that you need to know. His mission is to educate youth and their parents about respect, responsibility, conflict resolution, and self-empowerment. Learn important communication strategies you can use now. Join us for a pre-meeting discussion group at 6:30 PM. All GPS programs have been funded by a generous grant from the Cebin Goodman Center. No registration is required.

GPS - Saturday Special Event - *Academic Achievement for All* will be held on Saturday, February 20th at Glenbard South High School, 23W200 Butterfield Road, Glen Ellyn from 10:30 AM to 12 noon. Presenting "Looking Ahead, Exploring College, including a discussion of Historical Black Colleges and Universities" in English and Spanish. Experts will give step by step assistance in filling out college financial aid forms. Free babysitting and free continental breakfast. Parental involvement is a significant factor in a teen's academic success. We welcome your participation and your partnership. For questions call 630-942-7573 or gilda_ross@glenbard.org.

Live Life Well Week

The newly created Glenbard North, Students for Students (SFS) Club has organized a special week-long activity based upon the theme of helping students to make good choices and eliminate at-risk behaviors. Stress reduction, substance abuse prevention, respect, concern for others, and safe driving are only a few of the week's student-led programs. Using enthusiasm and creativity, Live Life Well Week seeks to inspire, raise social awareness, advance interpersonal skills, and develop responsible decision making. The highlight of the week will be a presentation by an outstanding and dynamic speaker of national prominence that has touched the lives of millions of students. Michael Pritchard, will address the issue of mutual respect, a positive attitude toward life, and conflict resolution. As part of OPERATION TEEN SAFE DRIVING grant, events have been organized throughout the week to reinforce safe driving skills for life. The grant has been funded by Ford, Allstate Foundation and Illinois Department of Transportation.

Glenbard Gives Books and Valentines for Vets



As we continue our efforts to engage students in service to their community, we would like to congratulate the students, staff and parents of Glenbard North for their participation and inspirational success at the annual Glenbard Gives Books/Make Your Mark for Literacy. In the same spirit, the ACTS (Advocating Character Through Service) Committee has once again organized "Valentines for Vets" on Wednesday, February 3, 2010. Athletic teams, school clubs, together with groups of their friends - all students - are invited to the cafeteria after school to enjoy free pizza while creating banners, beautifully decorated valentines and letters of support for hospitalized veterans and current service men/women in the states and abroad. All Glenbard schools, their feeder elementary districts and many community organizations will join this coordinated effort. Special thanks to the Village of Glendale Heights, the Glenbard Leadership Council and the ACTS Committee. The goal of ACTS is to help students develop an understanding about the importance and impact of service, develop a culture of civic engagement, and promote social awareness for the well-being of others. To volunteer call 630-942-7573 or email gilda_ross@glenbard.org

Glenbard Instructional Volunteer Senior Leader

The GIVS program continues allowing seniors and juniors with a study hall to partner with a mentor teacher and assist in a classroom. GIVS is a beneficial and life enriching experience that allows students to become more engaged in learning, as well as benefit from the experience of giving. Now is the time for students to begin investigating summer opportunities for giving back. One website that serves as a clearinghouse for volunteer service organizations is www.givingdupage.org. Students are encouraged to share their talents, and experience the positive rewards that giving to others brings.

Laws to Know from the Carol Stream Police Department

"Indicators of Possible Gang Involvement"

- Graffiti is found on or around the youth's residence or belongings
- Associating with new friends while ignoring old ones
- Increase in money without explanation
- Signs that the youth has been involved in a fight
- Change in hairstyle or clothing
- Showing fear or having disrespect for the police
- Problems at school
- Change in attitude

If several of the above indicators are found in a youth, then the possibility exists that the youth may be gang involved. If you have any questions, feel free to contact Officer Rudelich at 630-668-2167.

"Jaywalking"

One of the top priorities of the Carol Stream Police Department is the safety of the students that attend Glenbard North High School. Recently, we have observed several students choosing not to use the crosswalks before and after school. The Carol Stream local ordinance states that "Jaywalking" is illegal and carries a \$10.00 fine for each offense. For the safety of you and others, please tell your children to use the crosswalks.

Carol Stream "Fighting" Ordinance

The Village of Carol Stream "fighting" ordinance states that it is unlawful for any person(s) angered with each other to be involved in a fight. Any person caught fighting may be arrested and fined up to \$750.00. Please explain to your child to contact a school administrator, police officer or teacher, if they feel threatened or believe they may be involved in an altercation with someone.

Athletic Boosters

Warm greetings from your Glenbard North Athletic Boosters. As you read this, we have wrapped up our fall sports season and are beginning to see our winter sports come alive. Please support all of our athletes as they proudly represent Glenbard North Panthers in basketball (boys and girls), girls' gymnastics, wrestling, poms, and cheerleading. These student-athletes dedicate their time and energy to make our school and community a fun and exciting place to bring your family.

Our first season on the newly remodeled Weber Field was a great success! The synthetic turf has given many of our students and athletes additional classroom and practice time, especially when conditions were poor due to rain. We were even able to host Glenbard South's football playoff game in November when their field was flooded by rain.

We have a great line-up to kick off the winter season...first on the list is that our concessions will be open again for every sport this winter! Bring your appetites to the best concessions in the DVC! We are always looking for volunteers to help, so visit our website at www.gbnboosters.com to sign-up. Your student's sport will receive a credit of \$5 for every hour you volunteer, plus you'll get to meet some of the best parents in the land!

Speaking of volunteers, we are also looking for additional help on some of our committees. Any time you can spare to lend us a hand is appreciated. We already have committee chair people. We are simply in need of a few helping hands to support these groups.

The Boosters are sponsoring a laser-engraved brick and/or granite stone pathway where you can honor a current student, grad, military service personnel, coach, teacher, grandparent, or anyone else you can think of! Clip art and business logos may be added at no additional charge. Please visit our website for more information and order forms for our "Panther Walk of Pride." Installation will begin in the spring of 2010.

Also, watch for more information about our 2nd Annual Panther Golf Outing. Friday, June 18th is the date for all of you worm-burners, duffers, hackers, amateurs, and pros! We'd love to see you on the tees, fairways, out-of-bounds grounds, and greens ~ showing everyone your skills on the course. We will host a silent auction and prizes will be awarded. A fun time is guaranteed for all that attend!!!!

Good luck to all of our Glenbard North winter athletes as they proudly represent our school.

GO PANTHERS! Patti Fornino & Jodi Keating, Co-Presidents



A Message from Assistant Principal for Athletics Matthew Bowser

Another fall season of hard work, commitment, and great memories has been completed at Glenbard North High School. The fall season featured many individual and team accomplishments. These accomplishments included a great run in the IHSA Playoffs by our varsity football team, freshman Mary Floren qualifying for state in girls' swimming, and an amazing hole in one for boys' golfer Ethan Waterman at the DVC Conference Tournament. I commend all of our athletes for their outstanding work this fall.

With the weather changing and winter well on the way, we are in full swing with our Winter Sports Season. Please come out and join us for some exciting action in girls' gymnastics, boys' basketball, girls' basketball, cheerleading, and wrestling. We will also have boys and girls indoor track starting January 18, 2010. Please visit our website or www.athletics2000.com for a complete list of schedules, rosters, directions, and updated scores. Any schedule changes due to weather conditions will be listed under the announcements section of athletics2000.

Here are some Glenbard North athletic dates to mark on the calendar for the winter:

- December 12, 2009 Wrestling - OPRF, Neuqua Valley, and West Aurora at Glenbard North
- December 19, 21, 22, & 23, 2009 Varsity Girls Basketball at the Wheaton North Tournament
- December 21, 22, 23 & 26, 2009 Varsity Boys Basketball at the Waubonsie Valley Tournament
- January 13, 2010 Girls Gymnastics vs Wheaton Warrenville South at Glenbard North
- March 11, 2010 Winter Sports Awards

Also, remember to look for our cheerleaders as they strive to get back to the state finals this year. Please come out and support your Panthers.

I would also like to say thank all of you who volunteered your time to support our athletic teams. The Glenbard North Athletic Boosters have worked extremely hard to build school spirit, accommodate fans, communicate with athletic teams and the community, and support our athletic teams in any other way possible. I strongly encourage you to get involved in this organization as it directly impacts the experiences of our athletes. Please visit their website at www.gbnboosters.com. Remember, a panther sweatshirt, pullover, flannel pants, or even a Glenbard North Booster apparel gift card will make a great holiday gift.

The amount of support Glenbard North Athletics has received from fans, athletic boosters, staff, parents, and community members has been unbelievable. That support continues to help build and strengthen the tradition of Glenbard North Athletics. **PANTHER PRIDE!**



The Pantherettes will compete at the Schaumburg High School TDI Competition on December 13, 2009. They will be competing in two categories this year; AAA Hip Hop, and for the first time in the school's history, AAA Open Dance.

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Glenbard North School Song

*We're the fighting Panthers of North,
And we're here to win this game.
Watch our valiant Panthers of North
As we justify our fame.
And now we'll show the spirit that our Panthers hold.
The Mighty spirit of the Black and Gold.
So yell loyal fans and cheer our Panthers to victory.*

Inspire...Empower...Succeed