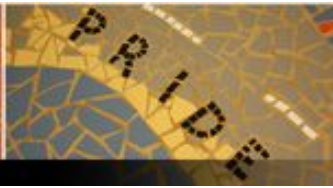




Glenbard North

Prepare for success **A**ct with integrity **W**ork together **S**how Respect



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First Semester Final Exams



Dr. John Mensik
Principal

I would like to thank all the parents and guardians who attended our recent Parent/Teacher conferences. Your involvement in your student's academic curriculum is an important component to their success.

Quickly, we have seen the weather change reminding us that winter is just around the corner. There are

several things to keep in mind as we approach the winter season.

Remember first semester final exams will occur BEFORE winter break this year. **Final exams will be on Wednesday, December 20, Thursday, December 21, and Friday, December 22.** I hope you will encourage your student to continue working hard these remaining weeks of the semester. We have many resources and interventions available for students to receive additional academic help. Please encourage your student to take advantages of these opportunities to help empower them to reach their greatest potential.

Also, good attendance and being on time increases your student's probability for success, decreases disruption to instruction, and fosters the development of self-discipline. Keep an eye on weather predictions and allow extra time during inclement weather for your student to arrive on time

Important Numbers

Attendance Office

630-653-9092

Deans' Office

630-681-3113

School Counseling Office

630-681-3107

Main Office

630-653-7000

Nurses' Office

630-681-3312 or 3322

Theatre Box Office

630-681-3399

Connect With Us



P.R.O.W.L. Hotline

630-681-3192

Please Reach Out We Listen

Students are encouraged to "speak up" and tell an adult in the school when they feel uncomfortable or witness inappropriate behaviors such as bullying. If a situation is reported, the administration will investigate the claim, assess its validity and handle it accordingly.

Latex Allergies

Latex balloons or products containing latex pose a significant health threat to students with

latex allergies. These products are **NOT ALLOWED** on campus at any time, including after school, evening or week end events.



drive on time. Our students are an amazing group of kids and I enjoy greeting them or talking with them before school, in the hallways, during lunch time, and at school events. It has been a tradition during the month of December for our Administrative Team to serve free hot chocolate before classes begin on Friday mornings in the Student Cafeteria. I invite students to join me and the rest of our Administrative Team for a cup of hot chocolate between 7:00 AM to 7:25 AM on Friday mornings December 1, December 8, December 15, and December 22.

As always, please do not hesitate to contact me at 630-681-3184 or john_mensik@glenbard.org

Theatre Department

GLENBARD NORTH THEATRE PRESENTS:

Sometimes I think my head is so big

THE ELEPHANT MAN

because it is so full of dreams...

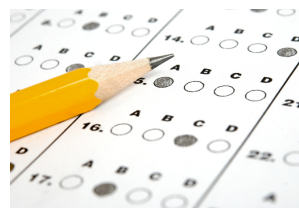
a play by Bernard Pomerance

NOVEMBER 9/10/11 at 7:30 pm \$8

www.glenbardnorthhs.seatyourself.biz

[Click here for tickets](#)

Final Exam Schedule



**December 20 December 21
December 22**

Day 1 - Wednesday, December 20, 2017

7:30 - 8:55 AM Period 5 Exam
8:55 - 9:05 AM Passing Period
9:05 - 10:30 AM Period 3 Exam
10:30 - 10:40 AM Passing Period
10:40 - 12:05 PM Period 7 Exam
12:15 - 1:15 PM Resource Period
(Individual assistance available)

Day 2 - Thursday, December 21, 2017

7:30- 8:55 AM Period 6 Exam
8:55 - 9:05 AM Passing Period
9:05 - 10:30 AM Period 2 Exam
10:30 - 10:40 AM Passing Period



10:40 - 12:05 PM Period 8 Exam
12:15 - 1:15 PM Resource Period
(Individual assistance available)

Day 3 - Friday, December 22, 2017

7:30- 8:55 AM Period 4 Exam
8:55 - 9:05 AM Passing Period
9:05 - 10:30 AM Period 1 Exam
10:30 - 10:40 AM Passing Period
10:40 - 12:05 PM Zero Hour PE Exam,
Rescheduled Exam
(Individual assistance available)
12:15 - 1:15 PM Resource Period
(Individual assistance available)

Other Information:

Students can reschedule a Day 1 or Day 2 exam. Only students who have three written exams on Day 1 or 2 may choose to reschedule one of those exams based on the following criteria:

Student presents a compelling educational rationale to the teacher in advance.

Student has obtained approval from the teacher by the end of the day on December 15th.

Students who reschedule a period 5, 6, 7 or 8 exam are required to report to the classroom during that time unless a parent calls the Attendance Office to excuse them.

Students who reschedule a period 2 or 3 exam must still report to that classroom for attendance. The classroom teacher may then write a pass to the library or the cafeteria for study hall.

Activities and athletic practices start at 1:15 PM each day. Students must report to the cafeteria if waiting on campus for practice/activities to begin.

Hot Chocolate Fridays December 1, 8, 15, 22

7:00 AM
to
7:25 AM

North Cafeteria



No School

Wednesday, November 22

Thursday, November 23

Friday, November 24

Winter Break

December 25 through January 5

Classes Resume Monday, January 8

Health Tips for Teens



Exercise regularly. Teens should be physically active at least 60 minutes of every day.

Eat a healthy diet. Healthy eating is an important part of your growth and development. Eat plenty of

fruits and vegetables, whole grains, a variety of protein foods, and low-fat dairy products.

Get enough sleep. Most teens need between 9 and 9 ½ hours of sleep every night. Many average only 7 hours. Sleep has a strong effect on your ability to concentrate and do well at school.

Keep up with vaccinations. Get a flu shot every year. If you haven't gotten the HPV vaccine, doctor about it. It can prevent HPV and some kinds of cancer, including cervical cancer.

For more information, please visit:

familydoctor.org/teenagers-how-to-stay-healthy/

Support for Parents



Dr. David Larson
Superintendent

Glenbard Parent Series provides practical tips, support for parents -

As adults, we seek guidance and advice about financial planning, our health and more, but rarely do most adults seek advice about raising their children.

Parenting today is challenging and takes more courage than what was required in the past.

We are fortunate to have the Glenbard Parent Series (GPS), which provides a wealth of free resources for

parents. GPS shares parenting skills by engaging nationally acclaimed speakers, parents and school staff. Each month, we host free events during the afternoon, evening and on Saturdays. Topics range from teaching young people resilience to preparing for the new SAT to understanding anxiety, depression and addiction to managing stress and more.

In addition to hearing from national speakers, there's real power in networking with other parents at GPS events. These conversations are affirming - they make it normal to discuss challenges raising young people in today's world.

The Glenbard Parent Series is a great mechanism that brings our community together. There are approximately 25,000 students in our four high schools and the schools within our six sender school districts. The Glenbard Parent Series is for all of these families, as well as families who don't live within our boundaries. It's common to meet people from surrounding suburbs at GPS events. We welcome everyone.

I encourage you to attend the powerful Glenbard Parent Series programs offered throughout the year.

Here are just a few of the upcoming free events:

The Gift of Failure: Fostering Intrinsic Motivation and Resilience in Kids

7 PM November 14 at Glenbard West

The Gift of Failure: How the Best Parents Learn to Let Go

So Their Children Can Succeed

12 PM November 15 at Marquardt School District 15
Administrative Center

Find Your Future at College Night

6 PM December 7 at Marquardt School
District 15 Administrative Center

Mindfulness and Social Emotional Learning: An Approach for Sailing the Rough Seas of Adolescence

12 PM November 30 at
Community Consolidated School District 93
Administration Center

Children Who Challenge Us: Effective Behavior Management at Home

7 PM December 6 at Glenbard North

Also, connect with GPS on Facebook at facebook.com/glenbardparentsseries

In addition to the regular monthly programs, the GPS Saturday Series helps parents and students navigate the college application process. Free continental breakfast and childcare are provided. We also offer a GPS Spanish series of programs and events hosted by the Families United for Students Excellence (FUSE) African American Parent Committee, which is co-sponsored by the DuPage County Branch NAACP. Check out the schedule of GPS events at www.glenbardgps.org

Athletics



Mr. Matt Bowser
Assistant Principal for
Athletics

For information on sport start times and location, as well as how to register for your sport, [click here](#) to visit us online. Remember each athlete needs a physical, registration online, and a gold card to begin practice.


Follow me on
[twitter](#)

Athletic Boosters



Booster Memberships - Purchasing a Booster membership helps to support your student athlete. There are many levels of membership that you can choose, each offering some additional benefits to you. Forms available online or at our Booster events. If you have membership questions please email membership@gbnboosters.com

Social-Media - [Click here](#) to visit our website.

 Like us on Facebook

[Follow us on twitter](#)

GPS GLENBARD
PARENT SERIES
Navigating Healthy Families

We encourage all parents in our community to attend the powerful Glenbard Parent Series (GPS) Navigating Healthy Families programs offered through the year. GPS facilitates real-world parenting skills by engaging A-list speakers, parents, and school staff to become proactive and informed in pursuit of the mutual goal of strengthening our communities. Each month we host free events during the afternoon, evening, and on Saturdays.

[Click here for more information](#)

Panthers



Prepare for Success
Act with Integrity
Show Respect
Work Together



[VISIT OUR WEBSITE](#)