

Sandburg pride

CARL SANDBURG HIGH SCHOOL NEWSLETTER • APRIL 2019



SENIOR SEMINAR

Seniors attended this awesome seminar on Friday, March 22nd from 8:00 am – 1:00 pm. All seniors participated in a series of workshops and presentations that provided them with useful transition advice for their preparation for life after high school. Nationally recognized, motivational speakers Harlan Cohen and Eddie Slowikowski energized, inspired and spoke to our students about identifying their passions and utilizing them in making positive changes in the world.



2018-2019 School Calendar

Dates to Remember

April

- 1 Classes Reconvene
- 9 "SAT Testing (Juniors)
PSAT 10 Test (Sophomores)
PSAT 9 Test (Freshmen)"
- 19 No School
- 30 Senior Scholarship Night

May

- 6 - 17 AP Exams
- 21 Graduation
- 27 No School - Memorial Day
- 30, 31 Final Exams

June

- 3 Final Exams

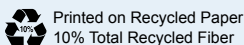


CONSOLIDATED HIGH SCHOOL DISTRICT 230

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MESSAGE FROM THE PRINCIPAL

Greetings Eagle Families and Friends,

It's so nice that the sun is out and spring is finally in the air! March was another busy and successful month at Sandburg!

Our Scholastic Bowl team competed at State and finished tied for 5th! Over the same weekend, Debate also made a trip to the State Finals. The Eagles had another strong showing as Lizzy Kenes and Maya Kovacevic; Simon Han and Kyle Martiniak were Octafinalists and Eric Kenes and Victoria Granato as well as Ella McDevitt were Quarterfinalists. Additionally, Eric Kenes and Ella McDevitt were named to the All State Debate Team. Members of our Superfanx Executive Board traveled to Peoria to be recognized at the 3A state basketball game for advancing to the final four spirit teams in the IHSA Student Section Showdown competition. We are proud of our Superfanx for placing second!

Contest Play had a great run, which culminated with three students being named IHSA Sectional All-Cast - Emma Woods, Xavier Cesario and Katie Sullivan. The Eagle Army 3488 robotics team rocketed to new heights in 2019, qualifying for finals for the first time in program history! Senior Dan Hickey qualified for the Business Professionals of America (BPA) National Event based on his performance at the state competition!

*At our **winter recognition assembly** on March 15th, dozens of Sandburg students were recognized for their countless athletic and activity abilities and accomplishments. We also incorporated our annual St. Baldrick's event into the assembly and recognized special Eagles and staff who shaved their heads and raised over \$22,000 in support of finding a cure for cancer. A huge shout out goes out to Mr. Januszewski who raised over \$10,000 in his 10th year shaving for St. Baldricks! As part of the assembly, Ms. USA Nicole Zwiercan addressed the Sandburg students. Additionally, money was raised in honor of Julia's Legacy and Mrs. Mendoza presented a plaque to Jeff and Leslie James, parents of Julia Janes.*

*Specific to senior students, the Guidance Department hosted our annual "**Senior Seminar**" event on Friday, March 22nd. Seniors participated in a series of workshops and presentations that provided them with useful transition advice for their preparation for life after high school. New York Times best-selling author, Harlan Cohen, and nationally recognized, motivational speaker Eddie Slowikowski energized, inspired, and helped our senior students better understand how positive relationships yield improved self-confidence, how to identify and overcome obstacles, and the importance of making connections with people and places along life's journey.*

During the month of March, we also celebrated "Say Something" Week which was created by the Sandy Hook Foundation in an effort to empower students to speak up to a trusted adult when or if they are ever concerned about a safety issue at school, with a friend, or in their community. The Foundation was founded by several family members whose loved ones were killed at Sandy Hook Elementary School on December 14, 2012. The goal of the foundation is to teach students how to recognize signs and signals of individuals who may be at-risk of hurting themselves or others and intervene to get them help. Sandburg Director of Special Services, Mrs. Kristyn Koss, worked with a Committee of Sandburg staff members to develop a series of activities to celebrate "Say Something" Week to empower our Eagles to be advocates for their own safety and that of their classmates and staff!

Finally, a group of our Sandburg Student Ambassadors took their show on the road as they spent March 19th at Century Junior High. Mrs. Mendoza and our elite Student Ambassadors focused on making connections with future Eagles as they facilitated a fun day of games and team building opportunities.

It has truly been an ELITE month to be an Eagle!

Jen Tyrrell
Principal

ATTENTION ALL SENIORS

You should have received a mailing in mid-March that included detailed information regarding Prom, Senior Check-Out, parking for Graduation and the Graduation Ceremony.

If you have not received this packet, please contact Karin Yahl, Principal's Secretary, at 708-671-3111 or kyahl@d230.org

Parking Lottery Response Cards are due back to the Principal's Office by April 26th to be considered for the lottery.

GRADUATION: Tuesday, May 21, 2019; 7:00 pm, Seliga Field
(Rain Date – Friday, May 24, 2019).



Annual Residency Verification

In the district's ongoing efforts to be fiscally responsible, all District 230 students need to show proof of residency within the district boundaries on an annual basis, similar to when students first enrolled at the high school.

This procedure was put into place to protect the financial interest of taxpayers in District 230 by ensuring that the students who receive an education in our schools are legally entitled to do so.

NEW for returning students for the 2019-2020 school year is a secure, online form submission process that is being piloted to ease the process of turning in residency and medical forms. The district is excited about the modernization of this process and appreciates families' patience as we implement the new system. Families interested in this new online verification process must use the link found on the Guidance Department webpage under "Annual Proof of Residency" to complete each required field and upload all documents. All required documents must be uploaded as **individual files**. Once submitted, all documents will be reviewed by staff to assure authenticity. The documentation necessary to complete this process can be found in the chart shown below. Uploaded documents not found on this list will be denied, and families will be required to re-submit ALL documentation for additional review. **Partial residency documentation will not be accepted.**

A series of dates and times will be held throughout second semester for parents/guardians to provide the necessary documentation:

- **Wednesday, April 17 from 8:00 am–12:00 Noon (PAC Foyer) and 4:00 pm–8:00 pm (Commons)**
- **Saturday, May 4 from 8:00 am–12:00 Noon (Commons)**

All families will need to provide one document from Category I and three documents from Category II. All of the documents must be presented at one time; partial paperwork will not be accepted. New students must provide their birth certificate.

CATEGORY I

(1 document required plus proof of payment)

- Most recent property tax bill **and proof of payment** (e.g., receipt, canceled check or Form 1098) (you can obtain a copy of your property tax bill at www.cookcountytreasurer.com)
- Current mortgage statement
- Closing statement for the recent purchase of a residence (within the past 60 days)
- Signed and dated lease **and proof of last month's payment** (cancelled check or receipt) -- renters. **Lease must be valid on the first day of the school year (August 14, 2019)**
- Letter from manager **and proof of last month's payment** (cancelled check or receipt) -- trailer park residents

CATEGORY II

(3 documents dated within the past 60 days with parent/guardian name and address)

- Driver's License/State ID card
- Vehicle Registration
- Most recent cable television bill
- Current Public Aid Card with name and current address
- Current Homeowners/Renters Insurance Policy **and proof of payment**
- Most recent electric bill
- Most recent gas bill
- Most recent water bill

MED CLUB/ HOSA STATE TEAM (Future Health Professionals)

Sandburg HOSA traveled to State on March 13-15. The students placed All-State (Top 10) in medical fields of dentistry, forensic science, nursing, emergency medicine, medical law and ethics, pharmacy, physical therapy, and veterinary sciences. Ten students received All-State honors.

Jack Barrett, Adam Dajani, Nicole Massih and Neha Stephen earned third place honors in Biomedical Debate. Neha Stephen also earned second place honors in Behavioral Health. Both of these achievements qualify the students for the National Competition in June.

Our Med Club/HOSA continues to grow and students can compete in fifty-eight fields of medicine. The club meets Wednesday 3-6 pm all school year long. It was great to see all classes represented in State (freshman-seniors). If you are interested in learning more about the club, stop in S153 or email Mrs. Christina Soldan at csoldan@d230.org.



Nicole Massih, Neha Stephen
and Jack Barrett.
Not Pictured: Adam Dajani

What's on Your Mind...

Notes From The Social Workers & School Psychologist Grief

Grief is a multifaceted response to loss, particularly to the loss of someone or something that has died to which a bond or affection was formed. Although conventionally focused on the emotional response to loss, it also has physical, cognitive, behavioral, social, cultural, spiritual and philosophical dimensions. While the terms are often used interchangeably, bereavement refers to the state of experiencing a loss, and grief is the emotional reaction to that loss. Mourning is the process of adapting to life after a loss. It can be influenced by each person's society, culture, and religion.

Complicated Grief: Children and teenagers express their grief in a variety of ways. Some may be sad and verbalize the loss like many adults. Depending on their ages, however,

they may show sadness only sometimes and for short periods. Children may complain of physical discomforts, such as stomach aches or headaches. Or they may express anxiety or distress about other challenges, such as school or sports.

Loss is more intense when the child had a close relationship with the person who died, such as a parent or sibling. An adolescent's grief can be impacted by any number of things including but not limited to, their unique relationship with the individual, how the individual died, their support system, past experiences with death, and their own unique strengths and weaknesses when it comes to dealing with stress, adversity, and high emotion. Grownups seeking to support an adolescent should try to remember that

a wide range of responses are considered 'normal' and there's no one formula for providing support.

Fortunately, conventional wisdom says the best way to support a grieving adolescent is to 'comfort' them, which is just a fancy way of saying be there for them which you (hopefully) already know how to do. You can 'comfort' a teen by supporting them, talking openly and honestly, listening, allowing them to grieve how they want, and allowing them to decide how they will cope (with the exception of self-destructive behaviors). If you would like information regarding bereavement support groups or individual counseling, please contact your child's guidance counselor or social worker for a list of resources.

Researchers have documented six basic principles of teen grief, the link below will help identify ways to help your grieving teen.
<https://www.dougy.org/grief-resources/how-to-help-a-grieving-teen/>

Common signs of grief in children and teens, what to look out for in the event of a death.
<http://www.griefspeaks.com/id4.html>

PROM 2109

Bon Voyage

Friday, May 3, 2019
7:00 pm – 11:00 pm

Field Museum

(1400 South Lake Shore Drive, Chicago)

Tickets: \$115.00 per person (includes entrance, music, keepsake video, two photo booths, food and beverages).

Additional Favors Available: Prom Sweatpants for \$20.00 a pair. Pant orders taken ONLY in March. The sweatpants will be distributed in April. The video will be released in May.

Tickets will be on sale April 2,3,4,5 & 8 during all lunch hours.

Tickets will not be available after those dates and will NOT be sold at the door.

Ticket Purchase Requirements:

- One parent for each person attending Prom must have attended the parent meeting. If a date does not go to Sandburg, you must have a guest form for that person.
- The student **must** have a signed contract for life.
- Complete payment for ticket.
- Only juniors and seniors can purchase tickets, but they can bring dates of any age up to age 20. No one 21 or older will be admitted to Prom.
- Refunds will only be given in advance and at 50% of the cost—NO EXCEPTIONS.



AP Exams 2019

****Students must report to morning exams no later than 7:45 am. Students must report to afternoon exams no later than 11:45 am. Locations for each exam will be provided by students' AP teachers soon.****

MONDAY, MAY 6

- **Morning** U.S. Government
- **Afternoon** Environmental Science

TUESDAY, MAY 7

- **Morning** Spanish Language and Culture
- **Afternoon** Physics 1: Algebra based

WEDNESDAY, MAY 8

- **Morning** English Literature and Composition
- **Afternoon** European History
French Language and Culture

THURSDAY, MAY 9

- **Morning** Chemistry
- **Afternoon** German Language and Culture
Psychology

FRIDAY, MAY 10

- **Morning** Biology

MONDAY, MAY 13

- **Morning** Biology
- **Afternoon** Physics C: Mechanics
- **2:00pm** Physics C: Electricity and Magnetism
(Special Exam Time)

TUESDAY, MAY 14

- **Morning** Calculus AB
Calculus BC

WEDNESDAY, MAY 15

- **Morning** English Language and Composition
- **Afternoon** Macroeconomics

THURSDAY, MAY 16

- **Morning** World History
- **Afternoon** Statistics

FRIDAY, MAY 17

- **Morning** Microeconomics
- **Afternoon** Computer Science A

NEWS FROM THE NURSE'S OFFICE

ALL JUNIOR STUDENTS

Beginning with the school year 2019-2020 any child entering 12th grade in the state of Illinois shall show proof of having received one dose of **Meningococcal** conjugate vaccine on or after their 16th birthday.

The following action is needed from you at this time:

- If a dose of Meningococcal vaccine was given on or after your child's 16th birthday, ask your doctor to verify that your child has received the Meningococcal vaccine and the date it was given. All Junior students were sent a form in the mail that needs to be filled out by the physician.
- If your child did not receive the required Meningococcal vaccine on or after their 16th birthday, he/she will be required to have that immunization prior to the start of school August 2019.

Proof of having received the Meningococcal vaccine should be submitted to the School Nurse as soon as the vaccine is given. Failing to complete this process prior to Schedule Release Day in August will result in your child being unable to apply for a parking spot, receive a schedule or begin the school year on the first day of class.

Pick up College Immunization Records

Seniors who need to provide a copy of their immunization record to their college should request a copy from the Nurse's Office by Friday, May 17th. The Nurse is not in during the summer and records are not available without advanced notice. Immunization records for students who do not pick them up will be given to students with their diploma.

Asthma Health Alert

New Illinois Law requires an Asthma Action Plan to be completed for all asthmatic students beginning January 2017. Please submit completed forms to the Nurse's Office as soon as possible.

All forms can be found on the Nurse's school website:

<https://www.d230.org/domain/125>

Any questions, please call the Nurse's office at 708-671-3118.

PFSA

STAFF APPRECIATION LUNCHEON

Please mark your calendar for Monday May 6, 2019 when the PFSA will host its annual Staff Appreciation Luncheon. Assistance is needed with set up, serving, and clean up, as well as donations of salads and desserts. Please contact Maggie at info@sandburgpfsa.org or Brigid at president@sandburgpfsa.org if you are able to help or donate. You are more than welcome to help with part or all of the day. We will be sending out an electronic signup shortly. All help is welcome!

FUTURE MEETINGS

Please plan on joining us at our final meeting of the school year on **Tuesday May 7th at 6:30**. We are honored to have **Ms. Jen Tyrell, Principal** join us to give her "State of Sandburg" wrap up for the school year. Bring your questions or just come to listen to what's

going on. Our regular meeting will follow immediately after. We will hold elections if needed and vote on wish list items that will benefit all of the Sandburg community. Refreshments will be served!

BOARD AND COMMITTEE POSITIONS

We have positions that are open/will be opening for the 2019/2020 school year. Please consider donating your time to support the Sandburg community. We are in need of a President and President Elect for the upcoming school year. We will have committee positions open as well. Join us and make a difference! Please contact Brigid Carey: president@sandburgpfsa.org if you have any questions or are interested in volunteering.

CONNECT WITH PFSA...

PFSA is sharing happenings from our

Sandburg community. "Like" us - Facebook.com/sandburgpfsa and "Follow" us on twitter - @SandburgPFSA. If you are a PFSA Member and have not been receiving emails from the PFSA and would like to do so, please email your contact information to info@sandburgpfsa.org. Don't miss out on information, take time to get connected.

SPIRIT WEAR

Thank you all for your support this school year. Thanks to your support at the various Sandburg events, we had another amazing year of sales! We are excited to start the process of preparing our designs and items that will be offered for the 2019-2020 school year. Suggestions are welcome! Please contact us with your suggestions or if you are interested in being part of the committee. Email spiritwear@sandburgpfsa.org

Attention Incoming Freshmen Class of 2023

It's never too early to start thinking about the required school physical and immunizations for high school. Call your doctor to schedule your appointment. A packet with information and required forms was distributed at Freshman Registration. The completed forms should be turned in to the nurse as soon as the physical is completed. We ask that you try and have it done before the end of this school year, but they must be done before your student can get a schedule or start school.

Premiums for Student Accident Insurance for the 2019-2020 school year is now available

	ECONOMY	BASIC	DEUXE
School Time	\$15.00	\$36.00	\$66.00
Around the Clock	\$68.00	\$144.00	\$266.00
Voluntary Football (Annual)	\$109.00	\$294.00	\$435.00
Voluntary Football (Spring)	\$38.00	\$118.00	\$174.00
Summer Day Camp/Off Season Conditioning	\$11.00	N/A	N/A

The link for parents to purchase student insurance through Markel is <http://markel.sevencorners.com>



ATHLETIC BOOSTERS

Spring sports are up and running! All varsity teams are ranked high in our area and it is a tribute to the hard work of our athletes and coaches. CSHS sports continue to excel at all levels.

We will begin our scholarship process in April to award up to 22 well deserving seniors. Please make sure your membership dues are paid to be considered by 3/17/2019. Please contact your sport rep or Board Member if you have any questions about becoming a member of CSHS Athletic Booster Club. Starting with the Class 2011/2012 from there on out, student athletes must have 4 years in good standing with our club to be considered for this award.

One more shout out to winter sports, we are coming off the great year in winter sports at CSHS and we need to make more room for the hardware! The trophy cases are busting at the seams! Great job athletes and coaches.

Athletic Booster meetings are held the second Wednesday of each month at 7:00 p.m. at Carl Sandburg in Room E113-E115. Please get involved and join us. Contact Mike Probasco at atmprobasco@palos118.org

The next meeting is 4/10/19 at 7:00 p.m. Come on out, we love your input!

Go Eagles!



MUSIC BOOSTERS

Spring is coming! St. Baldrick's fundraiser was successful and all seven of the All State students from Orchestra, Choir, and Band were recognized at the event. Choir and Orchestra combined Night of Masterworks was enjoyed by many family members, neighbors and friends who attended one or both nights. Directors are already selecting music for the next project. The Chicagoland Invitational Concert Band Festival will take place on Saturday, April 6, 2019 and Sandburg will perform. We welcome a new student teacher, Alexis Hart from Vandercook College, who will start April 8, 2019. The spring musical this year is Fiddler on the Roof and will run from Wednesday through Saturday, April 10-13, 2019. Tickets will go on sale soon! The Illinois State University Concert Band Festival is April 26, 2019 and Sandburg is excited to participate for the first time. Butter braids are on sale to be delivered Wednesday before Easter. Don't forget to place your order. The Music Boosters Craft Fair was a success with many people in attendance to shop from the talented crafters. Students who performed did a wonderful job. Thank you to all the parents who helped.

Please join us at our April Music Booster meeting April 16, 2019 at 7:00 p.m. in Room E113-115. Scholarship applications are available. To check on your student's status of eligibility for scholarships, please email us at cshsmusicboosters@gmail.com.

SENIOR PARTY 2017 "L19hting Up The Future"

The Senior Party will be here before we know it and it'll be a memorable and entertaining evening! The GRAND RAFFLE winners were drawn in February and the winners were notified. We want to thank all of the vendors and families who donated the wonderful prizes. Congratulations to all the winners listed below!

This month all Senior families have or will be receiving another mailing that will include additional information about the party. The most important part of that mailing will be the PERMISSION SLIP and LIABILITY WAIVER! A senior will NOT be able to receive their ticket without the permission slip and waiver signed by a parent regardless if the student is 18 years of age or not! The mailing will also include a flyer about sale dates for party tickets at school as well as the "Rules and Regulations" for the event. The dates for the ticket sales are May 8th, 9th, 14th & 15th during all lunch periods. Tickets are \$20 each unless a senior earned a FREE ticket by selling all of their 10 Grand Raffle tickets. NO TICKETS WILL BE SOLD AT THE DOOR THE NIGHT OF THE PARTY! Finally, pre-ordered t-shirts can also be picked up at that time and a few t-shirts will be for sale at \$10 each on a first come, first serve basis.

We are still looking for donations of food and prizes for the many activities the students will be participating in the night of the party. If anyone would like to make a food, prize, cash or in-kind donation please contact Gina Pelegrino at sandburgseniorparty@gmail.com. We are also looking for additional volunteers for the night of the party! You do NOT have to be a parent of a Senior to assist with this event. Volunteering the night of the party would be a great way for any underclassmen parent to get ready to help with this event in the future! If you'd like to volunteer go to Sandburg's website, click on "Parent Organizations" then "Senior Party 2019" and the volunteer sign-up link will be listed on the right side of the page.

If you have any other questions or are interested in helping out please contact Gina Pelegrino at the above email. Also check our page on Sandburg's website to download any of the forms sent home.

GRAND RAFFLE WINNERS:

- Chicago White Sox (4 x Lower box tickets & Tim Anderson autographed ball) - Candice Morrison
- Orange Theory Fitness (1 month pass, water bottle, towel, & pen) - Vicky & Neal DeDona
- The Original Pancake House (4 x \$25 gift cards) - Mary Ahrens
- Kriser's Natural Pet Store (gift basket) - Florence Dziadkowiec
- Peace Marketplace (gift basket) - Jodi Kapugi
- Kay Jewelers (necklace & bracelet) - Tom Ward
- Kay Jewelers (necklace & earrings) - Sonya Kunka
- Sylvan Learning Center (\$100 gift certificate) - Wayne Bartl
- Paris Presents (beauty basket valued at \$100) - Sherrie Kallberg
- Chuy's (dinner for 2) - Margie Hennessy
- Breathe Fitness (3 classes) - Jamie Curtin
- Alex & Ani (bracelet set) - Laura Gardella
- Miller's Ale House (4 x \$25 gift cards) - Twomey Family
- Orland Bowl and Mickadoon's Pizza (10 games of bowling & 2 large pizzas) - Alfred Silva
- Jewel (\$20 gift card) Tower Car wash (\$50 gift card - Kevin Hittle
- Perry George Salon & Spa (5 haircuts & styles) - Meg Heinz
- Perry George Salon & Spa (5 haircuts & styles) - John Gordon
- Perry George Salon & Spa (5 haircuts & styles) - Aldorphus Bailey
- Perry George Salon & Spa (5 haircuts & styles) - Sydney Reeder
- Perry George Salon & Spa (5 haircuts & styles) - Cindy DeBello
- Tower Car wash (\$50 gift card) Plush Horse (\$20 gift card) - Maureen Penzenik
- Cooper's Hawk Winery & Restaurant (wine tasting for 4) - Kathy Wardlow



CARL SANDBURG HIGH SCHOOL

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<http://sandburg.d230.org>

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WHAT'S AHEAD AT SANDBURG April 2019



School Holiday

Friday, April 19th - No School

IMPORTANT DATES

Monday, April 1st - Classes Resume
Tuesday, April 2nd - Prom Ticket Sales
Monday, April 8th - Final Day Prom Ticket Sales
Tuesday, April 9th - SAT Testing - (Sr. Non-Attendance Day)
Wednesday - Saturday, April 10th - April 13th - Spring Musical, 7:00 pm
Thursday, April 25th - Art Exhibition, 6:00 pm
Saturday, April 27th - Relay for Life Bank Day
Monday, April 29th - Percussorama, 7:00 pm
Tuesday, April 30th - Senior Scholarship Night, 7:00 pm PAC

[Event Calendar Link](#)

GUIDANCE RESOURCES

Free College Planning Resource – [Financial Fit Link](#)
[Guidance Link](#)

RESOURCES

AP Testing - Starts Monday, May 6th
College Financial Aid - (FAFSA) Class of 2019 [FAFSA Link](#)

SANDBURG LINKS

[Athletics](#)
[Guidance](#)
[Sandburg Website](#)

[Sandburg Facebook](#)
[Sandburg Twitter](#)
[Event Calendar Link](#)

*Live links found at Sandburg.d230.org

