



East High School Orange & Black Bulletin



January 15, 2018



YOUNG HEARTS FOR LIFE—HEART SCREENING – IT’S FREE!

St. Charles East High School is partnering with the Young Hearts for Life®(YH4L) Cardiac Screening Program, a not for profit organization to offer free electrocardiograms (ECGs) to the high school students on Thursday, January 25, 2018 in the Sports Complex.

Please visit www.yh4l.org to register your student online by January 23, 2018. There are two pages – click on Chicago Region and then “agree” on the page listing St Charles East - the actual registration form is on page 2.

Mrs. Dandre needs your help: Over 100 adult volunteers are needed to help complete ECG testing for the students during a school day for this large event. Can you volunteer? Thank you in advance for taking time to help us screen our students! Click here to sign-up: <http://signup.com/go/BtfMP8>

RYLA 2018



Interested in working on your leadership skills? Enjoy team building activities with other high school students? Come to the Rotary Club’s RYLA (Rotary Youth Leadership Awards) conference this spring. St. Charles Rotary Club is sponsoring 3 students (Freshmen to Seniors) to attend the conference which will be held on March 8-11 or April 12-15, 2018. See the application attached in this Orange & Black Bulletin and pick up a flier with more details in the Student Activities Office. Applications are due to Mrs. Dandre by Monday, January 29, 2018.

NEED HOMEWORK HELP? JOIN HOMEWORK CLUB!

What grades were on your progress report? Is homework stressing you out? Wouldn’t it be nice if someone was available to help you with your assignments? Do you want to stay on track with your 4 year plan/23 credits? Wouldn’t it be nice to work here at school in a quiet, supportive atmosphere? Join Homework Club for help on assignments in all subject areas! The club is open 2:30-3:45PM on Tuesday, Wednesdays (non Early Release) and Thursdays. Pick up an application from Mrs. Dandre in the Student Activities Office. See your Dean or Counselor for more information.

CARDIO CAGE



Mr. Cole will open the cardio cage daily for any student who would like to work out after school. The Cardio cage will be open Monday - Friday 2:45-4:00 PM. Feel free to come out and work out!



WEIGHT ROOM

The weight room is open every school day from 2:30 - 3:45 PM! Students must wear proper attire to participate in this activity. The weight room will be closed on non-attendance days. If you have any questions, please contact Coach Pollack or Coach Potter.

SEAL OF BILITERACY

D303 is pleased to offer students the opportunity to earn the Illinois State Seal of Biliteracy. The [Seal of Biliteracy Letter](#) has information about the distinction and how it can be earned. Please see your Foreign Language teacher or School Counselor for more information.

EXAM WEEK INFORMATION – STUDY HALLS

All full period study halls will meet in their regularly scheduled locations. All lunch/study halls will meet in the Main Commons. Remember to check in with your study hall teacher. St. Charles East is still a closed campus during exams. Students cannot leave campus and come back. If a student begins or ends the final exam day with a study hall, attendance in your study hall is optional. Parents do not need to call the Attendance office to excuse their student. The student will automatically be excused. Students will only be permitted in the halls during passing periods. Students arriving in the middle of a testing period will be directed to the Commons.

MONDAY, JANUARY 15

MARTIN LUTHER KING, JR. DAY

Holiday! School Closed

TUESDAY, JANUARY 16

PROM FUNDRAISER

The Junior class invites you to a donut sale on Tuesday, January 16 in the main foyer before exams. \$2.00 for one donut, \$3 for two, and \$10 for a dozen. Thanks for your support!

EXAM SCHEDULE

Period 1 (exam)	7:30 AM - 9:10 AM
Period 2 (exam)	9:20 AM - 11:00 AM
Period 7 (exam)	11:10 AM - 12:50 PM

Buses Depart at 1:10 PM

WEDNESDAY, JANUARY 17

EXAM SCHEDULE

Period 6 (exam)	7:30 AM - 9:10 AM
Period 3 (exam)	9:20 AM - 11:00 AM
Period 8 (exam)	11:10 AM - 12:50 PM

Buses Depart at 1:10 PM

THURSDAY, JANUARY 18

EXAM SCHEDULE

Make-Up Exam Time	7:30 AM - 9:10 AM
Period 4 (exam)	9:20 AM - 11:00 AM
Period 5 (exam)	11:10 AM - 12:50 PM

Buses Depart at 1:10 PM

FRIDAY, JANUARY 19

TEACHER WORK DAY

No School for Students



HAPPY SECOND SEMESTER!

Visit Home Access Center — please print your second semester schedule or take a picture of it with your phone. Second semester classes start on Monday, January 22, 2018.

SEMESTER TEXTBOOKS

Remember to turn in your first semester books so that you may check out your books for second semester. The book room is open all week for your convenience. Don't forget—someone may need to use your book on Monday, January 22!

JAZZ BAND CONCERT

Join us for a Jazz Band Concert on Tuesday, January 23 in the Norris Cultural Arts Center at 7:30 p.m.

GAMERS CLUB UPDATE

Gamers Club – our next meeting will be on Friday, January 26 after exam week. Good luck on your exams! See you soon!

SAVE THE DATE – ISO BIG GAME

Attention ISO Super Fans – The annual “BIG Game” where ISO takes on the varsity girls and boys basketball teams is on Thursday, February 1, 2018 at 7:00 p.m. in the Main Gym. Save the date!



**St. Charles East and North High School
Final Assessment Schedule
1st Semester
2017-2018**



Tuesday, January 16, 2018

Period 1 (exam) 7:30-9:10

Period 2 (exam) 9:20 – 11:00

Period 7 (exam) 11:10 – 12:50

Buses Depart at 1:10 p.m.

Wednesday, January 17, 2018

Period 6 (exam) 7:30-9:10

Period 3 (exam) 9:20-11:00

Period 8 (exam) 11:10-12:50

Buses Depart at 1:10 p.m.

Thursday, January 18, 2018

Make-Up Exam Time 7:30-9:10

Period 4 (exam) 9:20-11:00

Period 5 (exam) 11:10-12:50

Buses Depart at 1:10 p.m.



Young Hearts for Life

The *Young Hearts for Life* (YH4L) Cardiac Screening Program identifies high school and college students at risk for sudden cardiac death. Each week sudden cardiac death claims the lives of more than 60 young adults in the United States.

Cardiovascular disease is the leading cause of death in the United States and in Illinois. YH4L, under the guidance of Dr. Joseph Marek, a clinical cardiologist, seeks to detect young adults at risk for sudden cardiac death, and increase community awareness of this devastating problem. YH4L does this by providing *FREE* ECGs that can identify those heart conditions that can cause sudden death.

A number of cardiac conditions can result in sudden death. An electrocardiogram (ECG) can detect certain impulse patterns or “markers” associated with these conditions that a stethoscope cannot. HCM (hypertrophic cardiomyopathy), WPW (Wolff-Parkinson-White Syndrome), Long QT Syndrome, ARVD (arrhythmogenic right ventricular dysplasia) and Brugada Syndrome are the most common cardiac conditions causing sudden death that can be detected by ECG.

In 2004, the International Olympic Committee and the European Society of Cardiology recommended that athletes under the age of 35 be screened with an ECG every 2 years before participation in sports. Medical experts in the U.S. have not adopted the European recommendations for ECG testing, as a result there are no routine screening programs for these conditions in the U.S.

YH4L, by working with area high schools and colleges, offers ECG testing to all students *free-of-charge*. To date, over 170,000 students have been screened and hundreds of young adults have been identified with previously unsuspected, life threatening, cardiac conditions.

Screening consists of a quick, simple, painless ECG. Volunteers attach electrodes to the students’ chest and limbs in preparation for the ECG. The ECG machine monitors the electrical activity of the heart and prints out the information about heart rate and rhythm. A trained cardiologist then interprets the printed ECG. The false abnormal rate for our program is less than 2%. This rate is better than the false abnormal rate for most other screenings in healthcare.

For more information, visit our website at www.YH4L.org

Young Hearts for life is a 501C3 tax exempt organization.

Heart Screening at East: Thursday, January 25, 2018 in the Sports Complex
No charge to students. Permission slip/online registration required.
Parent volunteers needed for the event.
Volunteers will need to be trained the evening before.

HEY JUNIORS!

THE SAT IS APRIL 10, 2018

**DID YOU KNOW THAT KHAN PRACTICE =
A BETTER SAT SCORE?**

**FREE ONLINE
PRACTICE HOURS!
JOIN WITH YOUR MATH
CLASS!**



**EARN THIS
BADGE FOR
PRACTICING!**

PRACTICE & BE ENTERED TO WIN:

- FREE DONUTS**
- FREE LUNCH COUPON**
- FREE CANDY**
- FREE CLASS PIZZA PARTY**
- FREE 2018-19 PARKING PERMIT**
- FREE PROM TICKETS**

**GOAL:
10 PRACTICE HOURS
BY APRIL 10!
CAN YOU DO IT?**

**LINK YOUR PSAT
AND ~~IMPROVE~~
YOUR PERSONAL
BEST!**



**15th
Annual
P-Arts
Variety
Show**

Supporting The Arts
at STC East High School
Saint Charles, Illinois

Friday, March 9, 2018, 7:00 pm

Norris Cultural Arts Center

Tickets: \$7.00. \$5.00 Students/Seniors

Performers!

SAVE THESE DATES

**2018 P-ARTS
Variety Show**

ACT PREVIEW & PHOTOS

Band Room, Feb 1, 2:30 pm-5 pm

DRESS REHEARSAL

Mon, March 5, 2:30 pm

PERFORMANCE

Fri, Mar 9, 7:00 pm



LIKE us on FACEBOOK!

ROTARY YOUTH LEADERSHIP AWARDS (RYLA) CONFERENCE
Rotary District 6440 - 2018 Application Form



Applicant Name: _____
(Please Print)

Session I March 8-11, 2018 _____

Session II: April 12-15, 2018 _____

Would you be willing or able to switch weekends to insure your attendance at one of the two weekends in order to help us with balancing the attendance for the two weekends?

Yes _____ No _____

Male/Female _____ Grade in School _____ Age _____

Home Address: _____
Number Street

City State Zip Code

Parent/Guardian: _____
Name (Please Print)

High School: _____ Counselor: _____

Email _____
Please print clearly - If there is an underline in email, print above the line please.

Phone Numbers:

Home _____ Cell _____
(Please include area codes with the above numbers)

- OVER -

ROTARY YOUTH LEADERSHIP AWARDS (RYLA) CONFERENCE
Rotary District 6440 - 2018 Application Form



BACKGROUND INFORMATION: (Use additional sheet of paper if necessary)

What leadership positions have you held? Give your group or organization name, positions held and dates.

STUDENT ESSAY:

Attach to this application a short essay, no more than 500 words, on the importance of youth leadership in society.

RECOMMENDATION:

This certifies that we recommend the above student and understand that, if selected, this student will attend the Rotary Youth Leadership Awards (RYLA) conference held at Camp Edwards in East Troy, WI. The Conference will begin on Thursday evening and continue through Sunday afternoon on the weekends of March 8-11, 2018 or April 12-15, 2018 of the weekend selected.

Principal or Authorized School Signature & Date

Counselor Signature and Date

STUDENT AGREEMENT:

If I am selected to attend the Rotary Youth Leadership Awards (RYLA) Conference, I agree to abide by all rules and regulations established by the sponsors, and I will strive to contribute my best effort toward the success of the program.

Student Signature

Date

Parent Signature

Date

PLEASE NOTE: The following is to be completed by the sponsoring Rotary Club

RETURN THIS COMPLETED APPLICATION TO:

RYLA District Chairman, Sean Nelson, 25361 Milton Avenue, Glen Ellyn, IL. 60137

This application must include a check, payable to Rotary District 6440, in the amount of \$350

Sponsoring Rotary Club _____

Club Chairman _____

Address _____ City _____