



Enjoy Your Winter Break

December 23—January 3





Important Phone Mumbers





First Student A

(217) 920-1341

(217) 920-1347

(217) 920-1348



P 217-444-3400 F. 21 74443488



Absence or Lateness

Attendance

Mrs. Guthrie 217-444-3404



Receptionists

Mrs. Davis 217-444-3403



Nurse

Nurse Gabby 217-444-3408



Mr. Hightower 2174443474

Mr. Day 217444-3468

Ms. Mason 2174443482



Guidance Counselor

C. Helferich

HelferichC@danville118.org Secretary J. Curry-Varner



Guidance Counselor

T.Ferber

FeberT@danville118.org Secretary J. Augustson



M.Parker ParkerM@danville118.org



Dean

J. Smith Smithj@danville118.org



Holiday Dance

December 6th

from 6-8 pm North Ridge Cafetorium





Requirements to attend:



No Suspensions/ Referrals or Tardies from November 18th through Dec 6th

Tickets on Sale Dec 2nd-5th during lunch hours.

Cost is \$5.

<u>Tickets must be purchased in advance; no tickets will be</u> sold at the door.

Only 200 tickets available.

Concession items on sale for \$1.



A Note from Your School Nurse....

8 th grade parents:

It is not too early to get a freshman school physical. All students entering the 9 th grade need a new physical. Having completed this ahead of time helps ensure a successful transition into Danville High School.

Parents of female students:

This is the age girls start their menstrual cycles (periods). Please ensure your student has a change of pants and the needed feminine product(s) stored in their locker for an unexpected start of their cycle.

Please know, our school-based health clinic,
Southern Illinois Healthcare Foundation,
better known as SIHF, is always available
for our D118 students. SIHF is perfect for physicals,
vaccines, illnesses and minor
injuries.

For more information you may contact them at 217-920-0168.

Fun Fact: The first known nurse was Agnodice:

Agnodice lived in ancient Greece around 250 B.C. and disguised herself as a man to pursue nursing.

Thank You,

Nurse Gabí

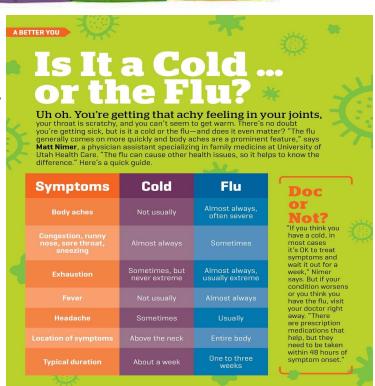
217-444-3408



When to stay home:

Fever 100° or higher, vomiting or diarrhea in the last 24 hours, lice, having a known infectious illness or rash, eye drainage that cannot be maintained properly, having an ER visit within the past 24 hours.

Cold/flu season is among us. If you are not sure when to keep your student home, please call the school nurse at the number below.





Please know our school-based health clinic, SIHF, is always available for our D118 students. For more information you may contact them at 217-920-0168.

For any questions or concerns on this note, please contact your school nurse at

217-444-3408

Female students:

Please ensure you have a change of pants, and the needed feminine products stored in your locker for an unexpected start of your menstrual cycle.

The Importance of Mental Health

01

Facts on Adolescents Mental Health



02

Suicide is the third leading cause of death among those aged 15-29 years old.

-World Health Organization

03

The consequences of failing to address adolescent mental health conditions extend to adulthood, impairing both physical and mental health and limiting opportuities to lead fulfilling lives as adults. -World Health organization

One in seven 10-19 year olds experiences a mental disorder, accounting for 15% of the global burden of disease in this age group,

-World Health Organization



04

Depression, anxiety and behavioural disorders are among the leading causes of illness and diasability among adolescents.

-World Health Organization.

CRISIS NUMBERS FOR MENTAL HEALTH HELP

Illinois CARES line

When to call: When your child is a risk to themselves or others, having a mental health crisis, or if you would like a referral to services for children, youth and families, call the 24-hour Crisis and Referral Entry Service (CARES) line to talk to mental health professionals.

Call: 1-800-345-9049

211

When to call: 211 is the most comprehensive source of information about local resources and services in the country. It will connect you to expert, caring help and resources in your area like housing, food transportation, and health care resources. Please call in non emergency situations.

Call/Text: 211

988 Suicide & Crisis Lifeline

When to call: The 988 Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or loved ones, and best practices for professionals in the United States.

Call or Text: 988

North Ridge Mental Health Staff

When to call: If you have mental health concerns about your child, need connections to mental health or other community resources or any concerns connected to mental health in the community. Available during school hours.

Call or email:

Counselors:

Chrstina Helferich(7th grade): 217-444-3418 or helferichc@danville118.org
Tyler Ferber (8th grade): 217-444-3421 or ferbert@danville118.org
Social Workers: Amre Carey (7th grade): 217-444-3495 or careya@danville.118.org
Jennifer Free (8th grade): 217-444-3470 or freej@danville118.org



Ms. Carey

7th Grade

School Social Worker

careya@danville118.org(217)

Ms. Free

8th Grade

School Social Worker

freej@danville118.org

(217)444-3470

As your school social workers, we bring a unique knowledge and skillset to the school setting

and the student services team. We are trained mental health professionals who can assist with mental health concerns, behavioral concerns, positive behavioral support, related services for students with IEPs and provide individual and group counseling sessions. Our mission is to help students navigate their feelings and develop coping skills that they can utilize to help them achieve academic success. If you have questions or concerns, please reach out to one of us, we are here to help!



ON SALE NOW THROUGH MARCH 24





INTER-STATE.COM/ORDER SCHOOL CODE: 91519S

Welcome to the School Counselor's Corner



This school year has started off strong. The guidance team has been busy helping students figure out their schedules, get used to North Ridge's expectations, and work out disagreements through mediation. We look forward to helping your student have a successful year at North Ridge. Please continue to remind them that cell phones are not allowed in the classroom or hallway, only at breakfast and lunch. Also, please encourage them to come see one of us if they are experiencing any difficulties within the building or with another student so we can help them work it out. If you think your student would benefit from counseling services within the building, please reach out to one of us. Don't forget to ask your student about their day and check their agenda to encourage them to fill it out in each class. Thanks for all you do!

Mr. Ferber

8th grade guidance counselor 217-444-3421

Ms. Helferich

7th grade guidance counselor 217-444-3418







POETRY NIGHT

What is Poetry?

Poetry is a collection of words that express an emotion or idea, sometimes with a specific meaning, sound, or rhythm.





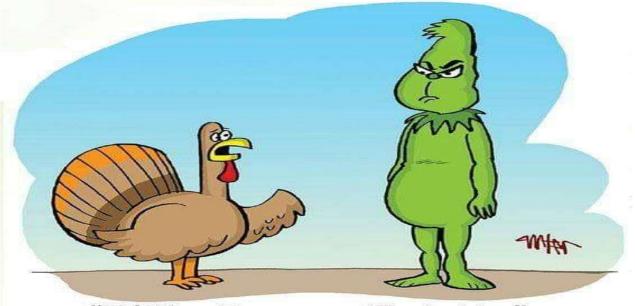
Poetry



A Very Special
"Thank You!"
To Our Home Liaisons
Mr. Hightower
Mr. Day
Ms. Mason















REDCOATS JR CAMP 2024

DECEMBER 4TH, 2024 North Ridge Middle School

Who: Any from 1st-5th grade

\$25 PER CAMPER



CAMPERS CAN EXPECT TO

LEARN MUSIC AND DANCE ALONGSIDE THE NORTH RIDGE REDCOATS

J

CIET A 2024 REDCOATS JR T-SHIRT

1st

Perform at the redcoats 2nd annual Alumni and Friends Holiday





REGISTRATION ENDS NOVEMBER 25th



CASH OR CHECK MADE OUT TO North Ridge Middle school (Memo section Redcoats Jr.)



VOLLEYBALL TRYOUTS

MUST REGISTER AND HAVE CURRENT PHYSICAL

TUESDAY 12/3 4:00 - 5:30 WEDNESDAY 12/4 5:30 - 7:00

must attend both days





Builders Club December 2024 Newsletter

The North Ridge Builders Club has several important projects taking place during the month of December. First, we are ringing bells for the Salvation Army on December 3rd and December 5th at the Country Market North. The forecast is cold, but we always enjoy this activity!

Next, we are collecting toys for children at Your Family Resource Connection (Women's Shelter), also known as Crosspoint at the Y. Examples of toy ideas are small games, books for all ages, Barbies, handheld games, Hot Wheel type cars, action figures, coloring books, DVD's, puzzles, Bath and Body type items for older girls, or any small gift that you can think of. We are asking Builders Club members to bring a new toy to our Wednesday, December 4th meeting or to our Wednesday, December 18th meeting. On December 18th we will meet in the library at 8:15 A.M. for a little holiday party. We will also gladly accept toys from any student, staff, or family who is able to donate. Thank you for your help with this.

Finally, our club will be participating in Wreaths Across America Day at 11:00 A.M. on Saturday, December 14th at the Danville National Cemetery. Builders Club members will have an opportunity to help place wreaths on the graves of veterans on this day. We were able to collect sponsorships for 382 wreaths this year, amounting to \$6,466.00. This was 24 more wreaths than last year! Thank you to everyone who sponsored a wreath or multiple wreaths this year. We sincerely appreciate your generosity! Permission slips for Wreaths Across America Day have been sent home and need to be returned by Wednesday, December 11th. Parents will need to provide transportation for their child both to and from the cemetery.

The Builders Club continues to oversee our school's paper recycling program. Also, please consider adding the General Mills Box Tops for Education App to your phone. You can scan your receipts on the Box Tops App to help our club earn funds to help with our community and school service projects

We would like to remind Builders Club members and their parents to check our Builders Club Google Classroom regularly, especially if you miss a meeting. All meeting agendas, activity information, permission slips, as well as photos, are all put in our Google Classroom.

Our next two meetings will be on December 4, 2024, and December 18, 2024. There will not be a meeting on the Wednesday when we return from Winter Break, but we will meet on Wednesday, January 15, 2025. A second semester schedule will be sent home in January.

We sincerely appreciate all your support! Happy Holidays from NRMS Builders Club!

November Students/ Employee of the Month

Ryan Hartshorn-8th Grade



He is a very dedicated student and kind to his fellow students. He follows the rules and is always polite and respectful. Student shows a clear drive to succeed in class, is respectful and sociable with staff and students, and is seen as a leader among his peers.

Nola Stroud-8th Grade



Nola goes above and beyond what is expected of her. She always gives 110% in everything she does. Being involved in NJHS, student council, and many other activities, Nola stays up with her school work and nevers complains about having to much work even though she may have another activity to do after school. Nola is very involved at North Ridge.

Dalton Pankow-7th Grade



Always on task, nice to everyone, always on time

Paris Luna Vasquez 7th Grade



Paris works hard every day. Her attendance is excellent. She comes prepared for class each day. She works so hard in every class, many times going above and beyond what is required. She does all this while speaking very little English. Paris is an ESL student but maintains such a positive, determined attitude. ESL students can sometimes feel isolated by the language barrier to make friends. I am impressed by Paris. She has a sweet personality and tries extremely hard in her classes.



Rolana Brown-Resource

She regularly calls parents and visits students homes to keep parents informed and try to get students back on track. She supports students weekly by attending student events, ball games, etc... She also does homebound tutoring for several students. She is a rock star teacher!!

Cell Phone Policy

Classroom Enforcement

First Offense: Verbal Warning - Teacher documents in TeacherEase by the end of the day.

<u>Second Offense</u>: Phone is confiscated by the teacher and turned into the Main Office. Teacher documents in TeacherEase and calls home.

<u>Third Offense</u>: Phone is confiscated by the teacher and turned into the Main Office. Teacher documents with a referral to the Dean. Parent/Guardian must pick up the phone.

<u>Fourth Offense</u>: Referral to the Dean. Dean confiscates the phone and issues additional consequences (Detention and/or In School Suspension). Parent/Guardian must pick up the phone and will be encouraged to keep the phone at home.

Hallway Enforcement

<u>First Offense</u>: Phone is confiscated by a staff member and taken to the Main Office. Ask for the phone once, if the student does not comply notify the Dean. Dean will document in Skyward. Phone remains in the main office until the end of the day.

Second Offense: Same as the first offense. Parent/ Guardian must pick up the phone.

Third Offense: Same as the second offense. Dean issues additional consequences.

<u>Fourth Offense</u>: Same as the third offense. Parent/Guardian is encouraged to keep phone at home.

* Students will be allowed to use cell phones during breakfast and lunch.



Important Information EFFECTIVE

8/19/24

Oops!



You are Tardy

Students will go to the stations located throughout the building for a pass.

GRADING

Summative

75%

Tests, projects, essays, presentations

Formative

25%

Quizzes, homework, classwork, participation, etc.

Tardy Bell:

No student will be admitted to class without a Detention/Tardy slip

Students who fail to adhere to the dress code policy of their school will be permitted to contact their home for a change of clothes or will be sent home.

The following items will be considered a dress code violation and will result in a parent contact and/or a referral.

