



# JANUARY

*Trust*  
THE  
*magic of*  
NEW  
*beginnings*



2025





*Merry Christmas  
And Happy New Year  
from our family to yours*







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.

A BETTER YOU

# Is It a Cold ... or the Flu?

Uh oh. You're getting that achy feeling in your joints, your throat is scratchy, and you can't seem to get warm. There's no doubt you're getting sick, but is it a cold or the flu—and does it even matter? "The flu generally comes on more quickly and body aches are a prominent feature," says **Matt Nimer**, a physician assistant specializing in family medicine at University of Utah Health Care. "The flu can cause other health issues, so it helps to know the difference." Here's a quick guide.

Symptoms	Cold	Flu
Body aches	Not usually	Almost always, often severe
Congestion, runny nose, sore throat, sneezing	Almost always	Sometimes
Exhaustion	Sometimes, but never extreme	Almost always, usually extreme
Fever	Not usually	Almost always
Headache	Sometimes	Usually
Location of symptoms	Above the neck	Entire body
Typical duration	About a week	One to three weeks

## Doc or Not?

"If you think you have a cold, in most cases it's OK to treat symptoms and wait it out for a week," Nimer says. But if your condition worsens or you think you have the flu, visit your doctor right away. "There are prescription medications that help, but they need to be taken within 48 hours of symptom onset."

# 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.

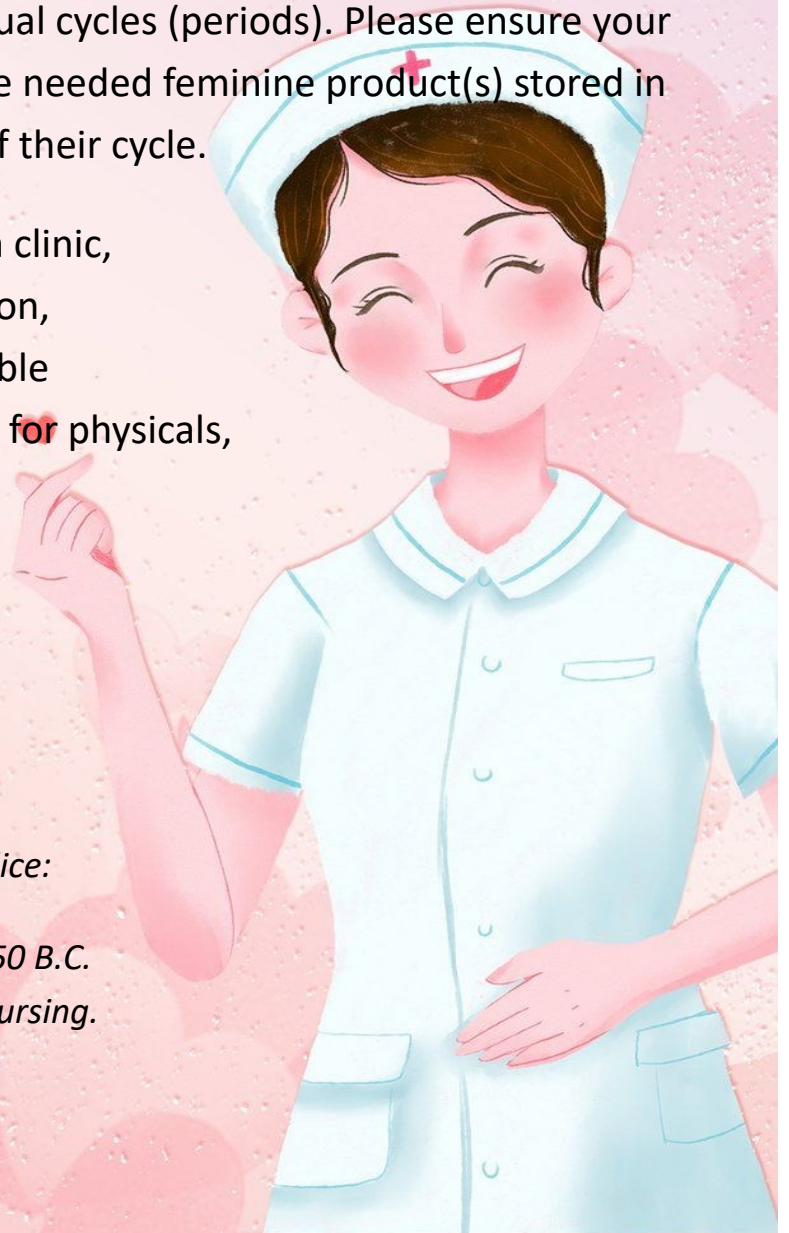
For more information you may contact them at 217-920- 0168.

*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 Gabi





# IMPORTANT DATES



**EARLY  
DISMISSAL**

2:45

JANUARY

15

JANUARY

17

For students

**REMINDER  
NO SCHOOL**

Staff or Students

JANUARY

20

**M**artin **L**uther **K**ing  
Day

The ultimate measure of a man is not where he stands in  
moments of comfort and convenience, but where he stands at  
times of challenge and controversy







# **\*Important\*** *Phone Numbers*



## **First Student** <sup>A</sup>

(217) 920-1341

(217) 920-1347

(217) 920-1348



P 217-444-3400

F. 21 74443488



**Report  
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

## **Dean**

M.Parker

ParkerM@danville118.org



## **Dean**

J. Smith

Smithj@danville118.org





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

Thank You, Nurse Gabi

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.

Fun Fact: January is named after Janus, the Roman god with two heads, one to look back and one to look forward to the New Year.



# Important Information

## EFFECTIVE

8/19/24

### GRADING

Summative 75%  
Tests, projects, essays, presentations

Formative 25%  
Quizzes, homework, classwork,  
participation, etc.

**Oops!**



**You are Tardy**

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

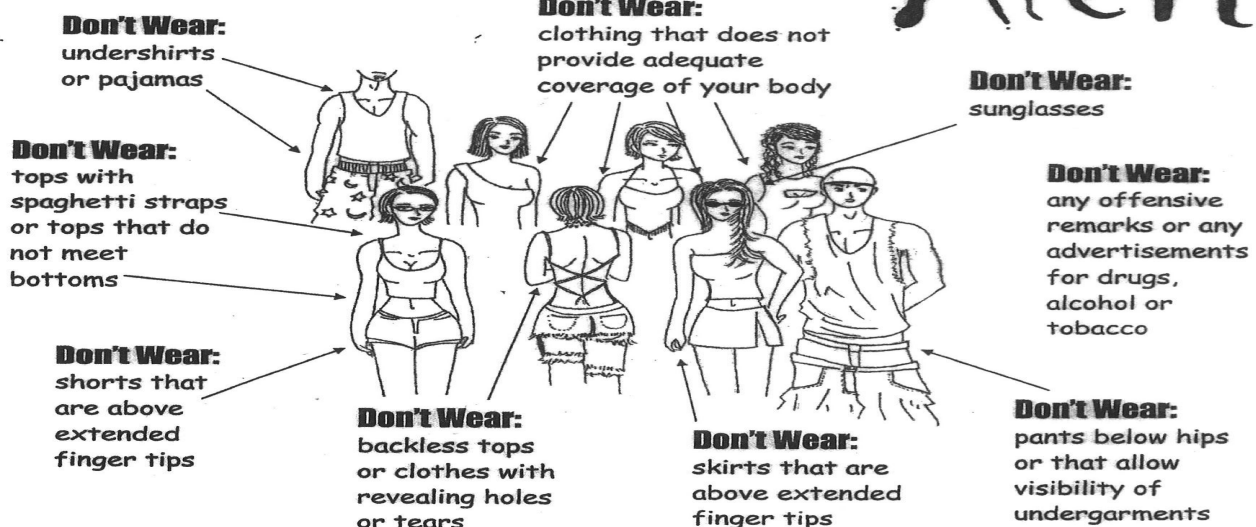
### **Tardy Bell:**

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 per-  
mitted 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.

## **Dress Code Alert**







**Delicious Hot Chocolate bar  
sponsored by  
Mr. and Mrs. Montalvo.**

Thank you  
Mr. Gourley  
Mr. Henderson  
Ms. Hampton  
For our gift.







I'd like to take a moment to recognize our many great students and staff who helped to make yesterday's band concert possible. North Ridge was a busy place yesterday and the students handled it very well. Not only was I happy with their performance but I was also thoroughly pleased that so many students locked in and represented themselves well yesterday. Many staff members also helped to manage the large crowd in the building and support the students in all their activities. I believe I saw Mr. Gourley helping a student roll the chimes back to the band room.

Shoutout to Mr. Sexton on a great Choir Concert last week and good luck to Mr. Escamilla on the Orchestra concert tomorrow evening.

Thanks  
AO





Ms. Carey

7th Grade

School Social Worker

[careya@danville118.org](mailto:careya@danville118.org)(217)



Ms. Free

8th Grade

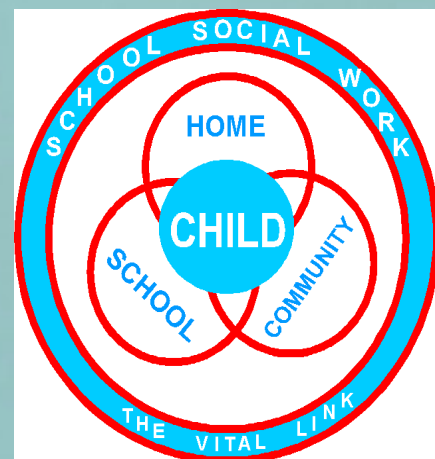
School Social Worker

[freej@danville118.org](mailto: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!





# YEARBOOKS

ON SALE NOW  
THROUGH MARCH 24



\$30

[INTER-STATE.COM/ORDER](https://inter-state.com/order)

SCHOOL CODE: 91519S

# Cell Phone Policy



## Classroom Enforcement

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

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

**Third Offense:** 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.

**Fourth Offense:** 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

**First Offense:** 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.

**Fourth Offense:** 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.*





**7th grade guidance counselor 217-444-3418**

