

PARENT CONNECTION

November 2009

**Upcoming Events:****November**

- **November 4th
Homeroom PM
Schedule**
- **November 4th—
Senior Graduation
Orders due**
- **November 4th 4-7:30
p.m. Parent/Teacher
Conferences**
- **November 10th—
Veterans Day
Assembly 9:20 a.m.**
- **November 12th 4-
7:30 p.m.
Parent/Teacher
Conferences**
- **November 18th—
Early Out 11:30 a.m.**
- **November 25-27—
Thanksgiving Break
No School**

ABC Supports SHS Clubs & Activities

The Sterling High School Academic Booster Club (ABC) is a vital part of daily life at Sterling High School. The mission of ABC is to promote, recognize, and sustain academic excellence and extra-curricular opportunities for all Sterling High School Students. ABC promotes this mission by sponsoring 21 clubs or activities.

The Academic Booster Club also contributes financially in support of many other SHS initiatives. This year ABC will sponsor an ACT prep class for students preparing to take the ACT in the spring of 2010. This class will begin in January of 2010 and continue into April.

This class will bring ACT prep strategies to SHS students. These strategies will allow students to gain knowledge of successful test taking strategies.

ABC operates the field house concession stand as part of their fundraising. All sponsored clubs or activities sign up to work two athletic events in exchange for the sponsorship of their activity.

The Academic Booster Club is made up of current SHS students' parents. The booster club meets every other month in the Sterling High School library. If you are interested in contributing to the Academic Booster Club, please contact the SHS Main Office at (815) 625-6800.

Parent Teacher Conferences

**Sterling High School Parent Teacher Conferences will take place on
Wednesday, November 4th from 4:00 pm to 7:30 pm
Thursday, November 12th from 4:00 pm to 7:30 pm
Please call the Sterling High School Main Office to Schedule
Conferences (815) 625-6800.**

Breakthrough to Success: Dale Carnegie Generation Next Coming to SHS

The newly transformed Dale Carnegie Generation Next teaches young participants how to strengthen interpersonal relations, manage stress, and understand leadership. What's more, they develop a take-charge attitude that allows them to move forward with confidence and enthusiasm.

The training empowers youth to move beyond their comfort zone as they reach for—and attain—breakthrough goals. This provides a foundation for life-long performance improvement.

Does this training make a difference? You'll see it as they stretch their abilities, tackle difficult challenges, and excel as effective Communicators. Even better, you'll see it in their

eyes and their attitude as they reflect a new-found confidence that says, "I'm ready for life".

In 8 two and a half hour sessions, students will learn to lay the foundation for success, how to remember names, build self confidence, the power of enthusiasm, crashing through, the power of recognition, how to be flexible, and how to inspire others.

Dale Carnegie's Generation Next class will begin at Sterling High School on January 13, 2010 and run until March 3, 2010. The class meets for 8 Wednesdays from 3:00 pm to 5:30 pm in the SHS library. The cost of this class is \$195. The total cost "for Generation Next" training is normally \$695; however a private donor pays \$500 of the tuition for each student.. Seating is limited. Call 815-625-6800 to sign up.



Sterling High School's Mission Statement

Sterling Schools, in partnership with parents and community, will create a caring environment in which all students learn. This partnership shall empower all students to become responsible learners and decision-makers as they prepare for the future.

Sterling High School
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Sterling, IL 61081
Phone: 815-625-6800
Attendance Phone:
815-622-4181
Fax: 815-622-4157
Website:
www.sterlingpublicschools.org/shs

Administration

Jason Austin, Principal
 Lori Adell, Secretary
 Jessica Bicknell, Associate Principal
 Joyce Howze, Secretary
 Nathan DeLany, Activities Director
 Elaine Forward, Secretary

Deans

Janet Barnhart, Dean of Instruction
 Vicki Dunphy, Dean of Students
 Mary Rhodes, Secretary
 Greg King, Dean of Attendance
 Andi Sumerfelt, Secretary

Counselors

Darci Francis, Counselor
 Kaileen Gaumer, Counselor
 Cami Hartman, Counselor
 Travis Myers, Counselor
 Kris Hippen, Secretary/Registrar

Parent Coordinator

Janet Freed

SHS Students Participate in Aptitude Testing

In October, twenty juniors and two counselors participated in aptitude testing through the Johnson O'Connor Research Foundation in Chicago. The goal of the program is to help students identify their natural gifts and use that information in making post-secondary plans. Research conducted by the foundation shows that when people are in jobs that use their natural gifts, or aptitudes, they have more satisfying job and life experiences than those who are not using their aptitudes. Not using aptitudes can cause restlessness and frustration.

The testing, which lasts for a full day,

includes twenty-one tests meant to identify natural gifts. The aptitude tests measure personality, reasoning, creative thinking, dexterity, musical and artistic aptitudes, number sense, clerical ability, and observation. The testing also includes a vocabulary test, as the foundation's research also shows that the one common factor of most successful people is an extensive vocabulary. About two weeks after testing, students and their parents meet Johnson O'Connor staff to go over the student's results and career clusters that would enable the student to use his or her strongest aptitudes.



THANKSGIVING BREAK

Sterling Public Schools will not be in school on November 25th, 26th, and 27th.

OCTOBER STUDENTS OF THE MONTH

Sterling High School October students of the month are Sarah Adell and Fredrick Rastede.

Sarah is the Editor-In-Chief of Sterling High School's newspaper, The Warrior Word. She had been elected co-captain of the Sterling High School poms team, as well as an officer in the science club. Sarah is treasurer of the

National Honor Society and a Junior Rotarian. Next year Sarah plans to attend a four-year university.

Fredrick Rastede is an Eagle Scout and assistant scout master. He was a co-captain on the golf team and has lettered in swimming and tennis each year at SHS. He is also a science club officer and member of National Honor Society.

Freddy has also been sound designer for many plays at SHS and Woodlawn Arts Academy. Next year he plans to attend a four year university.

SHS Policy Reminders

Student IDs

Each student will receive a picture ID card. For the safety and security of the students of Sterling High school, it is required that each student wear his/her ID at all times.

If the ID card is lost, it is the student's responsibility to purchase a new ID at the Main Office. This must be done before or after school only. Cost for a new ID is \$2.00.

DRESS CODE

We believe the appearance of students is primarily the responsibility of the parent. However, when a student's appearance is felt to be detrimental to the educational process or presents a health or safety issue, the student will be asked to make appropriate changes.

In general, school attire will cover the individual from the top of the shoulders to the mid-thigh area. Students are also required to wear some type of footwear. For a complete list of the dress code guidelines for Sterling High School, please refer to page 60 of the Sterling High School Student-Parent Handbook.

"D" Days at SHS

Sterling High School is continuing this year with detention days or "D" Days. This was developed through Sterling High School's Safety and Discipline Committee.

With the use of "D" Days Sterling High School has eliminated In-School Suspensions. This has also helped to reduce the amount of instructional time students miss because of disciplinary infractions.

"D" Days at SHS take place on Tuesday and Thursday evenings. All students meet in Mrs. Doty's 1st floor science room.

“SMELL OF WINTER”



Nathan Delany,
Activities Director

As summer turns into fall, I am beginning to smell the aromas of the winter sports season at Sterling High School. I speak of the aromas of the sweaty, stale wrestling room, the sinus clearing chlorine at the Duis Center, the freshly laid oil at Blackhawk Lanes, or the fresh smell of new leather on a basketball. The aromas of winter are almost here.

We had quite the winter in 2008-2009. We won conference titles in Wrestling, Boys Basketball, and Girls Bowling. We won a Wrestling Regional Title and Girls Bowling Sectional.

The winter of 2009-2010 could be even more successful than the previous. Part of success comes from consistency in our coaching staff. Bob Ptak returns for his 38th season as the Boys Swim and Dive Head Coach. Charlie Bishop returns for his 3rd season as the Head Wrestling Coach. Julie Schroeder will be in her 3rd year as the Girls' Head Basketball Coach and 6th in the program. Dennis Black returns for his 8th Season as the Head Girls Bowling Coach. There is a new face at the helm of the Boys' Basketball program, in Head Coach Ryan Brown. Coach Brown, a PE teacher at SHS, comes to Sterling after a successful stint at Ananwan and recent trip to the IHSA Final Four in 2008-2009.

If you don't have a chance to see an event, local residents can stay up to date on Channel 11 with Thursday Nights' Golden Warrior Weekly, catch games on 94.3 WSSQ, or tune in Saturday Sports Extra on 1240 WSDR. All of you can follow the Golden Warriors on the World Wide Web at www.sterlingpride.com where you will find schedules, results, pictures, web broadcasts, and more. Sterling Pride is a great source of information and I thank all who work to make Sterling Pride possible.

We hope all of you enjoy the changing season and stay in good health.

It is a Great Day to be a Golden Warrior.



Need a Cake?

If you are in need of a cake for any special event, please stop by Folsom's Bakery in Rock Falls to purchase a cake. Let them know you would like to register for Sterling's Athletic Booster Fundraiser and they will donate a portion of the proceeds back to the Athletic Booster Club. The bigger the cake, the bigger the proceed donated back.

Event Changes and Cancellations

If an event gets cancelled or changed, there are a few places you should be able to find the information without picking up the phone and calling anyone.

1. SHS Call Out (Parents)
2. WSDR
3. www.sterlingpride.com
4. www.highschoolsports.net

We try to make and communicate all changes by 2:30pm.

Upcoming Events

Nov. 16-28, 2009 (B&G Basketball)
December 12, 2009
December 18, 19, 22, 2009

Sauk Valley Thanksgiving Classic
Carson DeJarnatt Wrestling Tournament
Sterling Girls Shootout

Shop at Kroger and Support Your Golden Warriors

Kroger makes a donation equaling 3% of all money added to the rewards card!!!

Contact any booster club member or email shsboosters@comcast.net with your contact info and they will get a card to you. Remember to reload your card! We



Please encourage your students to become involved in fine arts, activities, and/or athletics. The rewards and life lessons are great and their academic performance will improve.