

What's Happening in the Departments

From the Athletic Office

Dan Kallenbach ~ Athletic Director

Research over the last 15 + years has consistently shown a positive association between participation in high school activities and academic achievement, cognitive ability, social background, and self-image. With this in mind, one of Bartlett High School's goals is to provide a first class activity program for our students.

Bartlett High School offers a wide variety of activities for our students to get involved in. Our fall athletic programs are in full swing, and we are gearing up for our winter season. **Get involved!**

Up to date athletic information can always be found at www.athletics2000.com/bartlett .

From the Nurse's Office



HEALTHY CHOICES

By Cindy Maloney, R.N. School Nurse

I would like to encourage you to talk with your teen about the importance of a good nutritious breakfast. Our brains need “fuel” to think and learn. Without eating breakfast the blood glucose levels drop. Glucose is the “fuel” that the bodies cells need to function. Your teen's brain cells become sluggish when glucose levels are insufficient. Without this “fuel” your teen is not available for learning and may experience headaches, a feeling of tiredness, stomachaches, dizziness... Please take the time to work out a breakfast meal plan with your teen. The plan should include establishing a set daily schedule that gives your teen enough time to eat breakfast before heading out the door for school or when he/she gets to school prior to 1st period. Remember that making nutritious breakfast choices can lay the foundation for healthier eating during the day. Have your teen check out the bulletin board in the nurse's office for popular breakfast ideas. To obtain further nutritional information visit our health services web site at: www.U-46.org/healthservices and click on Keeping Kids Healthy. **HINT:** Starbucks or Red Bull **ARE NOT** considered a nutritional breakfast.

From the Math/Science/Academy/Health Occ Office

Dr. Ed Russell ~ Divisional

Health Occupation students Zachary Alviar, Prayag Amin, Kimi Baran, Chelsea Schonert, Stephanie Tansor, Krystle Velasco, and Kelli Huebner were nominated by Linda Wallace (Health Occ Teacher) and were accepted and successfully completed the ten-day National Youth Leadership Forum Medicine this past summer. They explored the world of medicine, combining specialized medical training, meetings with leaders of the local medical community and site explorations of hospitals, clinics and other centers of public health. They worked in simulations including ethics, disaster response and the residency match process. They explored the vast number of

medical careers through hands-on experiences and close discussion with established medical professionals. The culminating Public Health Symposium had these students develop solutions to public health problems in their local communities. This was an outstanding experience as these students plan careers in the health field.

Linda Wallace
Health Occ

Congratulations from Bartlett High School to the following Health Occupation Alumni for receiving the Distinguished Alumni award in Medicine from the National Youth Leadership Forum. The list includes:

Ms. Theresa Benkeser – Medicine 2006

Ms. Saifra Khan – Medicine 2005

Ms. Meeri Lee – Medicine 2005

Mr. Randall Smith – Defense, Intelligence and Diplomacy 2006 Fall

Mr. Sammy Mate – Law 2005 Spring

Mr. Mike Wawszczak – Defense, Intelligence and Diplomacy 2005 Spring

Great job and congratulations to every one.

From the Special Education Office

Ann Kallenbach ~ Divisional

The Special Education Division has changed a bit from last year. The Learning Disabled and Cross Categorical teachers are: Mr. Craig Pflueger, Ms. Dawn Taylor, Ms. Nancy De Palma, Mr. Doug Faulls, Ms. Marian Jaros, Ms. Julie Schebler, Mrs. Coral Murray, and Ms. Vicky Mann. Mrs. Cathy Cartee, a retired teacher, will be with us for the first semester.

Mrs. Katie Doroba is our new Exceptional Needs teacher. Mrs. Terry Daszek is teaching the Educable Mentally Handicapped students. Mr. Tim McMurray is our diagnostician. Mrs. Katie Renz is the hearing impaired instructor. Dr. John Moran and Mrs. Monica McDonnell instruct our vocational classes.

We have several para-educators this year. Mrs. Carole Calvello, Mr. Scott McBride, Mrs. Maureen Skrycki, Mrs. Cindy Jara work with the Cross Categorical and Learning Disabled students. Mrs. Jean Carr works with the EMH students. Mrs. Shaunette Bayer, works with the Exceptional Needs students. We are still looking to hire two more para-educators.

We continue to have the luxury this year of having a part-time secretary, Ms. Erica Gavina. Erica's extension is 4702. The Special Education Divisional is Mrs. Ann Kallenbach. My extension is 4785. The Special Education Supervisor is Mrs. Linda Breen, her extension is 5070.

The Special Education Department is here to serve students with special needs. It is through this quality staff that these students are well served.