



# Polaris Express

St. Charles North High School

Issue 35  
June 5, 2009

## Saturday, June 6

### SAT TEST

Doors open @ 8:00 am sharp

### SENIORS

Farewell Ceremony (**Optional Event**)

Attire: Cap & Gown

Processional: 3:45 pm from the Cafeteria

Event Time: Auditorium 4:00 pm

## Sunday, June 7

### COMMENCEMENT CEREMONY 2009

**SENIORS** must meet in their designated Grad Groups no later than 2:45 pm.

**Event Time:** 3:30 pm @ The Sears Centre

**Doors Open** @ 2:30 pm for family & guest seating



**CONGRATULATIONS  
2009 GRADUATES!**

## Monday, June 8

### **FINAL ASSESSMENT SCHEDULE**

Period 4 (exam) 7:30 am-9:10 am

Period 5 (exam) 9:20 am-11:00 am

Make-Up Exam Time 11:10 am-12:50 pm

*Buses Depart @ 11:15 am*

## Tuesday, June 9

### **Last Day of school for underclassmen**

7:20 am-**9:12 am (revised)**

*Buses depart @ 9:20 am (revised)*

### **PICK UP STUDENT MEDICATIONS**

If your child has medication in the nurses' office this year, please have a parent/responsible adult pick up any remaining medication on or before **June 9<sup>th</sup>**. Students will **not** be allowed to take their medication home. All remaining medications will be discarded after **June 9<sup>th</sup>**. You can access medication forms for next year from the North High School website (bottom center). Have a wonderful summer.

Amy Boynton RN  
SCN Certified School Nurse  
Ph: 630.443.2752 FAX: 630.443.2769



**Help is wanted!** The Post Prom committee is looking for parents to help bring the post prom event to the school again next year. We are building momentum - the kids are already talking about the fun they had at our event and we want to make this a continued tradition. But we can't -- unless we find help.

Different positions are currently open - if you have some decorating or artistic talent - we especially need people to help with the decorations, food, and the fundraising committees and to chair some of the major venues.

**Are you interested in helping our students?  
Do you want to be part of a fun parent group?  
Do you want to provide a safe environment for the kids?**

Then please contact us today!  
Post Prom will not happen next year unless we get help now!  
You can make a difference, and no help is too small!

Call Jeanne Hosler at 630-774-9109 or [hosnot@comcast.net](mailto:hosnot@comcast.net) for more details.



# Suicide Prevention Services

528 S. Batavia Avenue  
Batavia, IL 60510  
Phone: 630-482-9699  
Fax: 630-482-9669

We provide the following services:

- \* QPR Education Prevention Program...Suicide is everybody's business!!!  
Call for a presentation
- \* ASIST Education Prevention Program...For a Suicide-Free Community  
Call for a presentation
- \* Yellow Ribbon / Youth Suicide Prevention / Senior Program
- \* 24-Hour telephone assistance staffed by paraprofessionals;

**Depression Hotline: 630-482-9696**

**24/7 Hopeline: 1-800-Suicide  
(1-800-784-2433)**

**24/7 Lifeline: 1-800-273-TALK  
(1-800-273-8255)**

- \* Free / Low Cost Depression Screening on site... Workplace / School screenings also available
- \* Care Calls program for senior citizens / shut-ins or any housebound persons
- \* Short term Individual / Family counseling
- \* Survivors of Suicide (SOS) support group meets the 3<sup>rd</sup> Monday of each month
- \* Survivor Outreach Program: Survivors going to homes of new survivors at their request
- \* Attempters of Suicide Support Group meets the 1<sup>st</sup> Wednesday of each month
- \* Support and consultation services

Website: [www.spsfv.org](http://www.spsfv.org)  
E-mail: [spsinfo@spsfv.org](mailto:spsinfo@spsfv.org)

# SUICIDE PREVENTION SERVICES FREE PROGRAMS

- \*SPS HOTLINE, 1.630.482.9696 – call for any reason
- \*DEPRESSION SCREENING - our office during Summer break by appointment
  - \*24/7 HOTLINES;
  - 1.800.273.TALK (8255)
  - 1.800.SUICIDE (784.2433)
- \*SURVIVORS OF SUICIDE SUPPORT GROUP,  
3rd Monday of each month, 7pm
- \*ATTEMPTERS SUPPORT GROUP,  
1st Wednesday of each month, 7pm

## HOW CAN YOU GET INVOLVED?

- \*BECOME A HOTLINE VOLUNTEER
- \*JUKE BOX SHUFFLE ROCK CONCERT,  
DuPage County Fairgrounds, 06/27/09
- \*YORKVILLE ROCK CONCERT, Music & Fine Arts Fest to Raise Awareness About Suicide Prevention, 08/01/09
- \*YELLOW RIBBON WALK FOR LIFE EVENT,  
Pottawatomie Park St. Charles, 09/12/09
- \*Call SPS Administrative Line (630.482.9699) to find out how to get involved

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Fax: 630-482-9669  
E-mail: [spsinfo@spsfv.org](mailto:spsinfo@spsfv.org)  
Website: [www.spsfv.org](http://www.spsfv.org)

Here for Life



### Colonial Cares for SPS

Join us the first Tuesday of the month  
-thru September at  
Colonial Restaurant,  
Rt. 38/Randall Rd, St. Charles  
4-10pm (meeting starts at 7pm).  
All receipts from orders go to Yellow  
Ribbon Walk to be held on 09/12/09.