



HIGH SCHOOL



MHS CORE VALUES: EQUITY GROWTH COLLABORATION

A weekly principal's blog to share what is happening at Mundelein High School!

For a copy of the blog in google drive- English here! Espanol aqui!

Friday, April 28, 2023

Mustang News: Principal's Blog

Dear Parents,

The purpose of this letter is to help guide your students toward success as they prepare to *finish the year strong*, both academically and social-emotionally!

Within this document are linked resources designed to help you end up with the best results. Steven Covey, who wrote *Seven Habits of Highly Effective People*, placed emphasis on the importance of "Beginning with the End in Mind." This concept is based on the principle that we must first imagine our success and then take deliberate action toward it. Note as well that this idea aligns with our Profile of a Learner, particularly in the areas of being *agile*, *proactive*, and *empathetic*!

I am grateful to Mrs. Sethna and Mrs. Penuel for collaborating on this endeavor to provide instructional and social-emotional resources that are beneficial to finishing strong. My strong advice to all of you is to <u>USE it!</u> I have always told students that there is no reason why you should not do your very best when it comes to academics or self-care! Remember that teachers and staff throughout Mundelein High School are here to support you!

So as we begin to speed up in May in order to slow down this summer, remember.... finish strong, Mustangs!



Instructional Resources

- <u>Cornell Notes</u>
- <u>Ways to Review your Notes</u>
- Study Strategies

Social-Emotional Resources

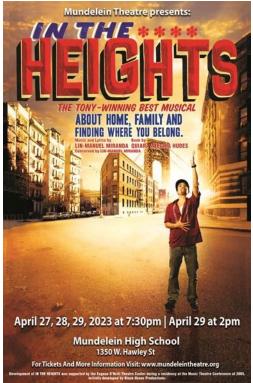
- Self-Care Checklist
- My Support System
- Mindfulness & Brain Break Resources
- "Motivation" in 30 seconds
- Engagement and Motivation at Home
- MHS & Community Resources



In partnership, Dr. Alexandria Rios Taylor Principal 847-949-2200 x1230 ataylor@d120.org

UPCOMING

Mundelein Theatre



Wellness Bash Week of May 8



Monda 5/8

WE

Mund Spirit w

Prom Tickets go on sale on April 17th on the MHS website: <u>https://mundelein.revtrak.net/</u>. All information is below.



Staff Recognition

Thank you to all the Administrative Professionals at District 120. A luncheon was held in their honor on April 26 to recognize and appreciate all they do for MHS and District 120!



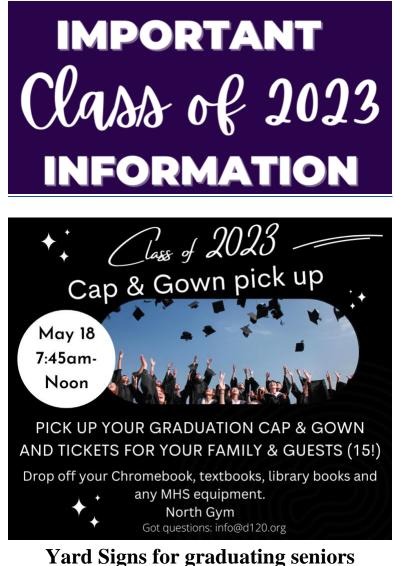
MHS 2023-2024 Registration is Now Open



<u>Registration</u> is now open for the 2023-2024 school year. Information can be found on our <u>registration page.</u>

Class of 2023 Important Information

Seniors, click here to read important information regarding graduation!



Thanks to the MHS Foundation for the opportunity to purchase a yard sign or

banner to celebrate your graduate!



Yard sign order form

Any questions, contact Lisa Johnson at: 847-370-6548

Mundelein High School CELEBRATE YOUR COLLEGE COMMITMENT IN TIME FOR \$25 DECISION DAY A FUNDRAISER FOR LAST DAY FOR SALES ULTIMATE SCREEN CLASS OF 2023 SENIOR GIFT APRIL 3RD! Signs will be personalized with your name and college choice Sign pickup will be April 24th at Mundelein High School. STUDENT NAME JOHN DOE UNIVERSITY

https://ultimate-screen-printing.printavo.com/merch/collegesyardsigns

Important Parking Information: This is a reminder that students who drive to school may only park in Mundelein High School student lots with a parking pass issued by MHS. Students may not park in staff lots, the district office lot, or in the lots of local businesses.

Decision Day Banners

We have been informed by a handful of local businesses that many students are parking in their lots. They have informed us that they will begin towing vehicles of MHS students who park there during the day.

Please ensure you have the appropriate parking pass to park at MHS and do not park in the lots of local businesses. You run the risk of having your vehicle towed.

CCRC

Seniors! Come out to staff pool lot on May 5th during 3rd period to celebrate your future with food and fun! You will be excused from your 3rd period class.



Follow the MHS Decisions instagram! ∠



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Seniors: It's not too late to complete your FAFSA. It is a graduation requirement to complete the FAFSA application or you must sign a non-participation form. If you need assistance or need to sign the non-participation waiver, please stop by the CCRC B105 and see Ms. Bogseth.

You can access the FAFSA form at FAFSA.gov



Athletics

Schedule for week of May 1

FUNDRAISER



Where: Sawvell Inc parking Lot

20922 IL-176, Mundelein, IL 60060 (across from Sundance Saloon) What: Mulch Fundraiser (bagged mulch only) All proceeds will go directly to Mundelein Athletic Programs

How to get Mulch: Email us with your order before April 21, and it will be reserved and waiting for you in the school parking lot

Bags will be available to drive up and purchase on the day of

3 Colors Available!



Natural Dark Brown Red

deliver and spread the mulch for you! Delivery and Spreading Cost:

Why should you get dirty? Have us

A donation to the program

You determine how much we deserve

For more information about our mulch and how much you will need, see backside of this form

Orders and Inquiries Contact

cstocker@d120.org

The Mulch



- -Provided by Sawvell's Mulch-It *Support a local Mundelein Business
- -100% natural with NO added fillers
- *Unlike most big box store's bagged mulch
- -Triple processed regardless of color
- -All dye used is 100% biodegradable
- *Safe for environment, children, and pets
- -Each bag contains 2 cubic feet of premium hardwood mulch (40 lbs.)

How Much Do You Need?

- 1) Measure the amount of square footage you are looking to cover.
- 2) Measure any rounded areas as squares.
- 3) Consult square footage chart below to determine how many bags you need

Chart based off spreading mulch 2" thick **If you have never mulched the area before, double the thickness**

# of Bags	Coverage
1	12 sq/ft
5	60 sq/ft
10	120 sq/ ft
15	180 sq/ft
20	240 sq/ft



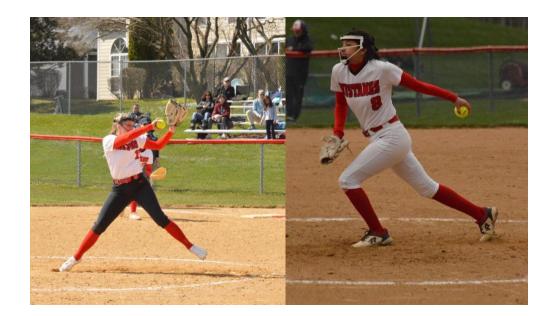
Girls Softball Coaches Corner

The Mundelein High School Varsity softball team currently has a 14-3 (6-1 NSC) record and went 3-1 in the last week with a sweep of Zion-Benton (2-0), a win over Lake Forest, and a loss to Libertyville. Additional games this week are vs. Waukegan (4/26) and Grant (4/27) before returning to conference play early next week.

Sophomore Claire Connelly continues to shine at the plate with a .571 batting average and 1.347 slugging percentage including 7 doubles, 2 triples, and 9 home runs on the year, and 32 RBI. Here's a shot of one of her recent home runs.



Freshman Shae Johnson and Sophomore Sophia Zepeda have led the Mustangs in the circle with records of 7-2 and 7-1, respectively.



Other top contributors on offense are Freshman Kieley Tomas who leads off for the Mustangs (.500 BA, .551 OBP and leads the team in hits with 31 and stolen bases with 12), Freshman Shae Johnson (.462 BA, 7 HR, and 25 RBI), and Senior Taiylor Egbert (.435 BA, 2 triples, and 3 HR).



Boys Volleyball Coaches Corner

Congratulations to the boys volleyball teams for their wins over Grayslake North this past Monday. Grabbing a win on our home court was a great way to start the week! That victory also solidified Coach Dressen's 600th career win (coaching girls and boys)! Congratulations, Coach! This Saturday, Varsity heads to the Grayslake Central Invitational where they will face Buffalo Grove, Christian

Heritage Academy, Proviso West, and others. Then ALL levels play at home on Monday, May 1 against North Chicago, which is also our Staff Appreciation Night. Then we play another NSC conference match at home on Wednesday against Libertyville. Games are at 5:00 and 6:00pm. Come out and support your Mustangs!



Boys Lacrosse Coaches Corner

With a win @ Highland Park on Monday 4/24, our Freshman goalie, RJ Echtenacher cleared 100+ saves in only 9 games! What an accomplishment, with more to come! Also a great game from junior Evan Simos with the Ground Ball chain, and Charlie Nagel with 5 goals and the Team Belt!

Great job boys, and the rest of the team!



Boys Track Coaches Corner

One of the best weekends to be a Mustang ever! Starting with....

The Blue Thunder Invite at Round Lake on Friday. Our guys cleaned up, winning 12 of the 18 events, and winning the team title by over 100 points! A list of our winners- 100M- Julian Eagar, 200M- Marcel Siepko, 3200M- Tom Russ, 110M HH- Tyler Miller, 300M Hurdles- Tyler Miller. We swept the relays, with the 4 x 100 Relay having another Season's Best performance of 43.86. We are now less than 1 second from State Qualifying time. Shot Put- Brandon Hansen, Discus-Brandon Hansen, Pole Vault- Nico Osorio That's right! We have pole vaulters!!!!!!

There was an additional relay at the end of the meet which we also won. A co-ed 4 x 100, where we needed 2 guys, 2 girls, and one needed to be from each discipline-sprints, jumps, throws, and distance. The girls got things started with thrower Sharron Kagan, who had a great leg. Jumper Chris Martin kept things rolling, high-stepping with a smile all the way (would love to have video of that!), and distance runner extraordinaire Praise Oyebanji put us in position for sprinter Reece Dylan Cruz to bring it home for the win. Almost more fun than should be allowed!

With a short turnaround, we hosted the Keith Zawila Middle School Invitational on Saturday morning. Despite absolutely brutal conditions which included rain, sleet, and snow at times, we were able to give the middle schools that attended a great experience. A lot of future Mustangs had great performances on the day. One of the comments I heard repeatedly during the day was how impressed the middle school coaches and parents were with our athletes. They were helpful and kind and were a great reflection of the values we hold dear here at Mundelein. Great job, guys and gals!

I need to give kudos to some of the people who helped us put on what was recognized by all those attending as a quality event. First, the MHS Girls' Track Team were a huge help- moving hurdles, working field events, handing out the hip numbers, and just generally getting it done. Thank you, girls!

All the coaches came through for us- coach Whitty running the concession stand, Coaches Zagula and Adams running the throws, Coach Majewski helping to oversee the long and high jump, and Coach Mahoney going around making sure everyone got things right.

Certainly not to be forgotten is Coach Sweet and his blushing bride Kerry Windingland Sweet. Coach Sweet was the prototypical drill sergeant, keeping the events flowing with his clerking duties. No one does it better. Kerry was in the Press Box, sorting and handing out the awards. Couldn't do it without her!

Mrs. Sara Zawila sold t-shirts despite incurring a head injury during the meet. Biggest round of applause goes to uber-mom Heather Keto Magrow. She supplied the hot chocolate (crucial in the harsh conditions) and helped out in the concession stand all day. I can't thank you enough!

Events like this can't be successful without a lot of people helping out. Based on the compliments I received all day, Mundelein has the best people around. Thank you all!!!!

Girls Soccer Coaches Corner

Congratulations to the Mundelein Girls' Varsity Soccer team on winning the 15th Annual Pekin Invitational. The squad went undefeated winning three matches while outscoring their opponents 10-1 and collecting two shutouts during the tournament. The Mustangs currently have an overall record of 12-3-0.

vs. Bradley-Bourbonnais Boilermakers (Win, 4-0)

- Ashley Strachn (Hannah Boone), 7:50
- Grace Cordova (Lauren Coup), 9:00
- Gladdie Greenfield (Hannah Boone), 42:40
- Nayeli Abrego (unassisted), 54:15
- Goalkeepers: Abby Rounds (1 save), Jill Kennicott (0 saves)

vs. Pekin Dragons (Win, 2-0)

- Grace Cordova (unassisted), 7:01
- Ashley Strachn (Nayeli Abrego), 35:56
- Goalkeepers: Abby Rounds (0 saves), Jill Kennicott (0 saves)

vs. East Moline United Township (Win, 4-1)

- Ashley Strachn (Grace Cordova), 13:20
- Sam Biesterfeld (Abby Rounds), 21:26
- Nayeli Abrego (Mikaela Sosa), 46:50
- Sam Biesterfeld (Nayeli Abrego), 67:48
- Goalkeeper: Abby Rounds (1 save)



Freshman girls soccer enjoyed a little treat before practice after 3 straight games last week where they had a 2-1 record highlighted by zero goals allowed at home. They

took advantage of an 80 degree day and had shared some popsicles with the principal. Thank you Dr Taylor for taking time to visit.



Boys Tennis Coaches Corner

Coach Greg Cohen held his "Ring of Honor" this past week. Congratulations to Aileen MacDonald class of 2012 for her induction. Special guest, Aileen's former coach, Jim Drier was on hand as well.







ARE YOU INTERESTED IN TRYING THE LIFETIME SPORT OF TENNIS?

FREE LESSON FOR ANY BOY IN 3RD - 10TH GRADE



Any Boy in Mundelein High School Boundaries - 3rd Grade through 10th Grade

Contact Coach Cohen - gcohen@d120.org

Football

Now is the time to register for Mustang Football Summer Camp!

The MHS Football program is designed to prepare students for success. We are focused on our student-athletes not only being successful on the field, but also in the community beyond MHS. Coming to camp will prepare you for the upcoming season, and provide you with an incredible experience! JOIN US!



Registration Link: https://mundelein.revtrak.net/rw-summer-programs/



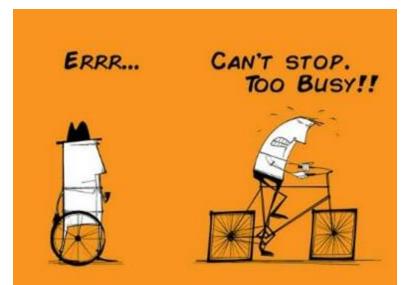
320 E. Hawley Street

Monday & Tuesday, May 1st & 2nd 4:00 pm – Close Let's Celebrate Wins over Libertyville!

20% of all food & beverage will be donated to the MHS Baseball program

The Foundation





The Mundelein Foundation is seeking new members! Do you have one night a month to make a difference? Contact Jennifer for more information on how you can have some fun helping the next generation: 847-987-7955 or brunkow4@sbcglobal.net

Previous Reminders

ASPIRE

Our <u>MHS Portrait of a Learner</u> tenets affirm student identity through schoolwide values, expectations and practices.

MUNDELEII HIGH SCHO(

ALL learners in our community ASPIRE today and prepared for tomo

Portrait of a Learner:

AGILE-we adapt to any situation

SELF-ASSURED-we show up, stand up and/or speak ι

PROACTIVE-we make things happen

INFORMATION SEEKING-we seek, acquire, and evalua multiple perspectives

RESILIENT-we make the most of challenges and overc

EMPATHETIC-we value the feelings of others by puttir situation



MUNDELEII HIGH SCHO(

TODOS los alumnus de nuestra comunida preparados para hoy y preparados pa

El retrato de aprendiz:

ÁGILES–nosotros nos adaptamos a cualquier situació

SEGUROS DE NOSOTROS MISMOS-nosotros estamo: Valientes, y somos vocales

PROACTIVOS-nosotros aseguramos que las cosas su

INFORMADOS–nosotros buscamos, agregamos, y eva de varias perspectivas

RESILIENTES–nosotros aprovechamos de los retos y adversidad

EMPÁTICOS-nosotros valoramos los sentimientos de ponerse en su lugar



Dress Code

Although we take great pride in a dress code that encourages self-expression, we do want to remind students of our student dress code policy as found in our <u>student</u> <u>handbook</u>.

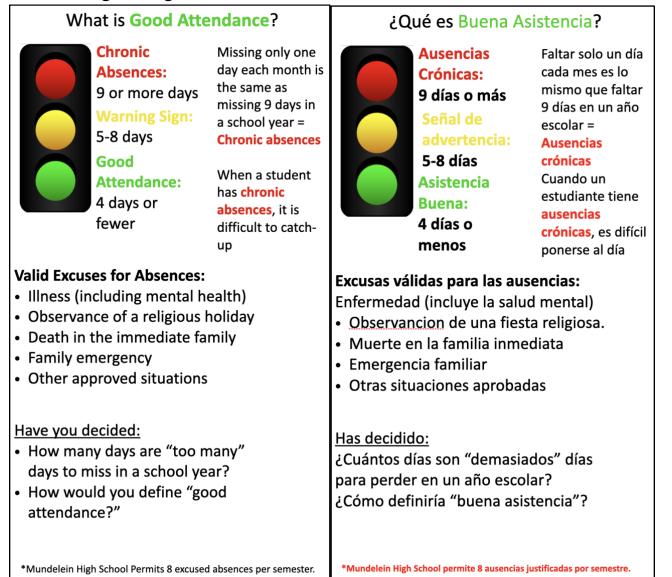
- Clothing <u>must</u> cover all undergarments (waistbands and straps excluded).
- Fabric covering all private parts must <u>not</u> be seen through.
- Clothing that depicts, advertises or advocates the use of alcohol, tobacco, marijuana or other controlled substances **is prohibited.**
- Clothing that depicts pornography, nudity or sexual acts is prohibited.

Attendance

Regular school attendance is required and necessary to develop the academic and intrapersonal skills needed for success. Students are expected to attend each class and be on time. Students who attend school regularly have been shown to achieve at higher levels than students who do not have regular attendance. If your student is going to be absent from school, please call the Attendance Line 847-949-2200 ext. 1998 (Spanish) ext. 1999 (English) by 10:00 am.

What is Good Attendance?

Our MHS Attendance Committee felt it was important to create a simple and clear visual that students and families can reference to understand our expectations surrounding what good attendance looks like.



Bus Notifications

Would you like to know when your student's bus is going to be late? For Mundelein bus routes, Lakeside Transportation is using the Bus Bulletin notification system to notify parents and students when there are bus delays and schedule changes. For more information, or to sign-up and start receiving notifications, please visit: www.busbulletin.com/parents (*Find Mundelein Area Schools when prompted for a district*) *Note - This is managed by Lakeside Bus Company and not MHS.

Technology Use

Students will utilize technology to support their learning in class. Students are reminded to use their Chromebooks and cell phones appropriately at all times. For further information about technology use, please refer to the student handbook located on the District web page - <u>2022-2023 Student/Parent Handbook</u>

Go Mustangs!



The Principal's Blog: Mustang News is now available at http://mundypride.blogspot.com/