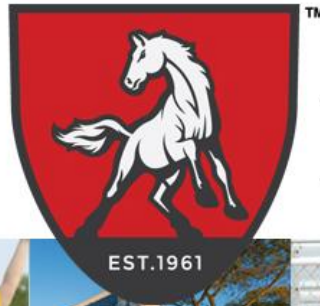


MUNDELEIN



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, May 5, 2023

## Mustang News: Principal's Blog

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 **USE it!** 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

- [Cornell Notes](#)
- [Ways to Review your Notes](#)
- [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](mailto:ataylor@d120.org)

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## FRIDAY FOCUS

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### UPCOMING

#### Wellness Bash

We are so excited to host an end of year Wellness Bash for our students to de-stress and have some fun during their lunch hour on **Thursday, May 11!**

**IMPORTANT:** Hot dogs, veggie dogs, chips, and a drink will be provided for all students at the Wellness Bash by our cafeteria food provider (Quest). *The regular cafeteria serving lines will not be open on Thursday, May 11.* We encourage all students to attend the Wellness Bash to have some fun, explore some community wellness resources, and eat lunch! If your student has a dietary restriction that prevents them from eating a hot dog or veggie dog that day, and they are unable to provide their own lunch from home on that day, please reach out to Stevee Libert, Assistant Principal of Student Life ([slibert@d120.org](mailto:slibert@d120.org)) no later than Tuesday, May 9 to coordinate an alternative lunch option. Again, this option will only be available to students with a significant dietary restriction that cannot provide their own alternate lunch for the day.

Please consider participating in our spirit week! Theme days are listed below.

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## Student Recognition



Congratulations to the MHS students who completed the Penwasicz program at Advocate Condell Medical Center. The program gives students the unique opportunity to learn about patients of all walks of life in inpatient settings, ICU, OR, ED and outpatient areas to see first hand what health care professionals do day to day .

205 local students applied and only 33 were selected.

Congratulations to Jack Salit, Kristina Spada, Mairela Ramos, Matthew Franzen and Gabriela Cervantes. Also pictured; Klaudia Areola MSN CMSRN (Penwasicz Coordinator) and 2009 MHS graduate.

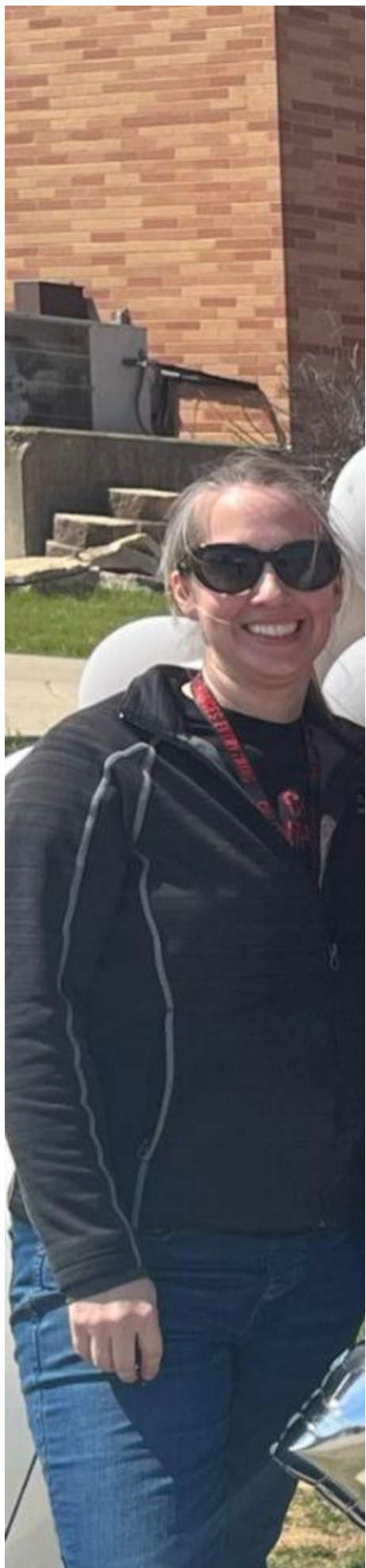
**AVID**

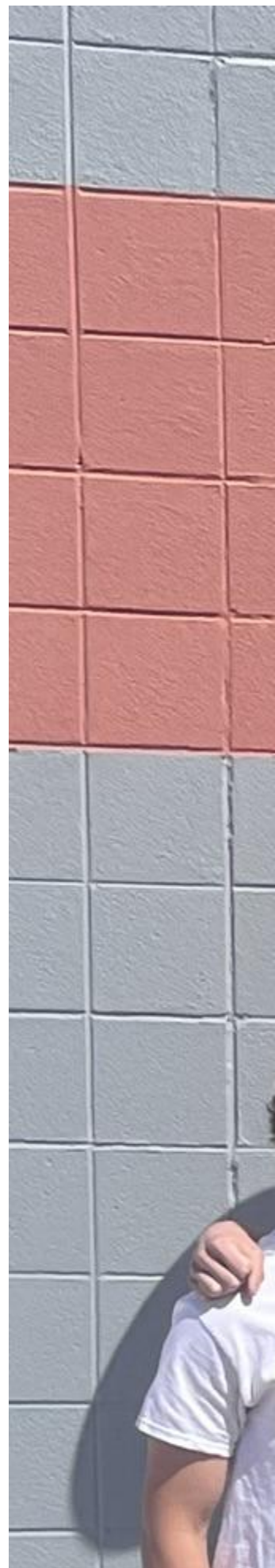


The AVID seniors enjoyed a special Senior Dinner on May 4th, 2023. Every AVID Senior is college bound in the fall, and they have earned a record-breaking total of 9 million dollars in scholarships! This talented group of first generation college bound students achieved remarkable feats, and not only are the college bound – they are college ready too!

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Decision Day 2023!









[My Brother's Keeper MHS](#)

**MHS 2023-2024 Registration is Now Open**



[Registration](#) is now open for the 2023-2024 school year. Information can be found on our [registration page](#).

**Class of 2023 Important Information**

Seniors, click [here](#) to read important information regarding graduation!



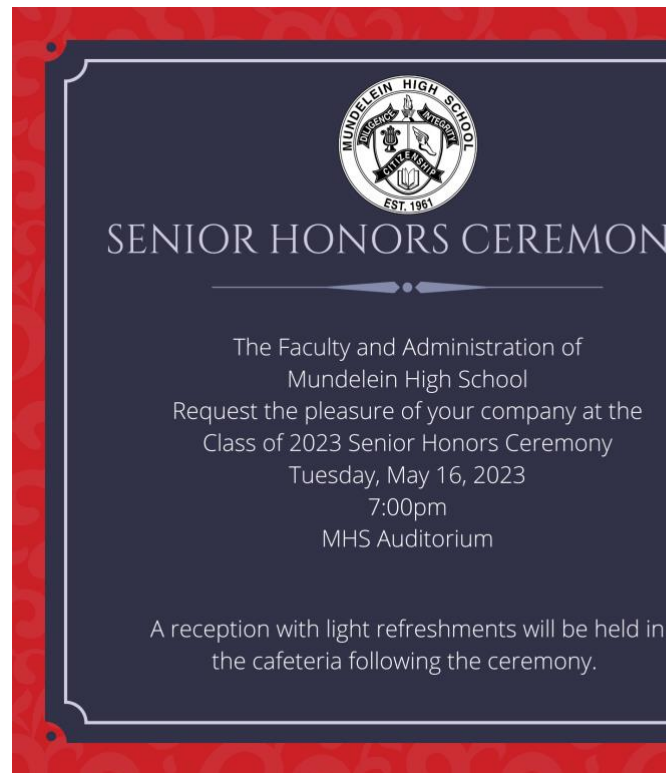


Class of 2023  
Cap & Gown pick up

May 18  
7:45am-  
Noon

PICK UP YOUR GRADUATION CAP & GO  
AND TICKETS FOR YOUR FAMILY & GUESTS

Drop off your Chromebook, textbooks, library books  
any MHS equipment.  
North Gym  
Got questions: [info@d120.org](mailto:info@d120.org)



MUNDELEIN HIGH SCHOOL  
EST. 1961

SENIOR HONORS CEREMONY

The Faculty and Administration of  
Mundelein High School  
Request the pleasure of your company at the  
Class of 2023 Senior Honors Ceremony  
Tuesday, May 16, 2023  
7:00pm  
MHS Auditorium

A reception with light refreshments will be held in  
the cafeteria following the ceremony.

## Files on student Google Accounts:

**Google** accounts for those students returning in the fall will **NOT** be deleted or deactivated. Students will keep their Google accounts (and Chromebooks) including all files & email contained in their Google accounts, until they graduate.

Graduating students will have their network and **Google** accounts deactivated on **August 1<sup>st</sup>**. Please let your senior students know that if they wish to take their Google files with them, they should follow the directions specified at the bottom of our technology page on the D120.org website: <http://www.d120.org/technology> under the “*Seniors: Export your Google Data!*” section.

## Files on student H: Drives:

Every summer **we clear all student files** that reside on their H: drives. Please remind your students that if they wish to keep any of these files, they need to copy them to their own personal flash drives or upload them to their Google drives before their last day of school.

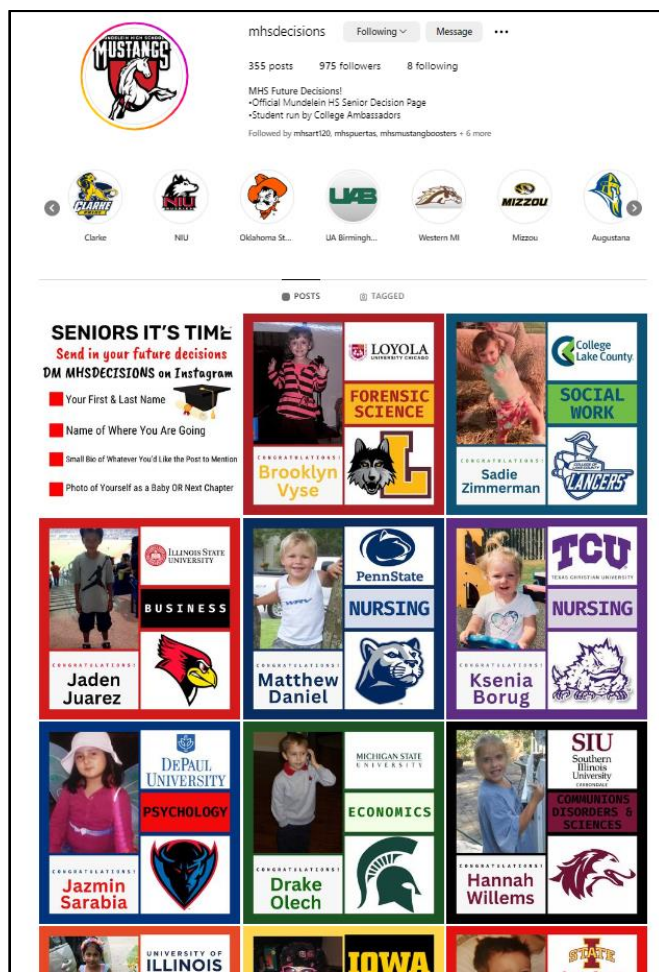
**Important Parking Information:** This is a reminder that students who drive to school may only park in Mundelein High School student lots with a parking pass issued by MHS. Students may not park in staff lots, the district office lot, or in the lots of local businesses.

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

Follow the MHS Decisions instagram! ↗



<https://www.instagram.com/mhscrc/>

**Tuesday**  
May 9th  
3rd & 4th

**Common App**  
**Workshop**

**Wednesday**  
May 10th  
5th & 6th

CCRC- B105  
Register on  
Naviance!

Register in Naviance!

# College Essay Workshop

Tuesday May 16th 3rd & 4th	Wednesday May 17th 5th & 6th
----------------------------------	------------------------------------

CCRC- B105



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](https://fafsa.gov)



# Athletics

## Schedule for week of May 1

### FUNDRAISERS



### Girls Softball Coaches Corner

JV2 celebrates a victory



## Dance Team

A poster for the Mundelein Dance Team tryouts. The top half features a group photo of the dance team members in their uniforms, holding red pom-poms. The text "mundelein dance team" is written in red cursive at the top, and "tryouts" is written in black cursive over the photo. Below the photo, the text "Pre-tryout meeting April 24th" and "6:30pm in the cafeteria" is written in black cursive. To the left, "Clinics" is written in red cursive, followed by "May 1st-4th" and "4pm-6pm at the annex" in black cursive. To the right, "Tryouts" is written in red cursive, followed by "May 5th" in black cursive. At the bottom, a URL is provided: <https://forms.gle/HgejouDa672Ww1Xw6>.

## Boys Volleyball Coaches Corner

This past weekend Varsity went to the Ram Slam Tournament at Grayslake Central where they defeated Buffalo Grove, Christian Heritage Academy, Proviso West, and Zion Benton, but lost to Grayslake Central in the finals to take 2nd place. Our athletes played fantastic volleyball and represented Mundelein well! Next week, all levels play away at Lake Zurich on Wednesday and at Grant on Thursday. JV plays at 5:00; Varsity at 6:00 in the Main Gyms.

Thank you for your continued support!







The Varsity team honored their MHS staff members at the home game against North Chicago this past Monday. We are all appreciative of the time and energy these staff members have put into our athletes, students, and school!.

### **Boys Track Coaches Corner**

Boys team got it done again today at the Palatine Relays. We took 4th in a tough field, 7 points out of 3rd, and 9 points out of 2nd. Marcel Siepko (pictured) was named the Outstanding Male Performer of the meet for winning the 100m, 200m, and nearly anchoring the 4x100 Relay to a come from behind win. A very prestigious honor, and well-deserved! Congrats Marcel, and the entire Mustang team!



## **Girls Track Coaches Corner**

We also want to celebrate some awesome performances from a jam packed few weeks before we have the North Suburban Conference Meet tomorrow!

First up, Lake County Invite which was incredibly competitive We saw Praise become county champ in the 800! Sharron also medaled in Discus! Our 4x4 also placed 5th in a deep field!



Our Mustangs followed county with some great performances in tough conditions at the 90th Palatine Relays. Praise brought home the 400 title and Sharron won discus. We also placed in the F/S Sprint Med Relay and the hurdle shuttle relay!

To close out Palatine, our 4x4 ran the best time in 10 years and earned 4th in a very competitive field! In addition to these highlights, we saw a number of PRs in each meet and can't wait for conference!



Congratulations to Sariah H (captains) and Brooklyn D (coaches) on being our Athletes of the Week!



Congratulations to Athletes of the Week Amber D. (Captains) and Olivia P. (Coaches)!



Congratulations to Tania E (captains) and Delaney J (coaches) athletes of the week!

### **Boys Water Polo Coaches Corner**

Senior night went off without a hitch. Thank you to the players and parents for their hard work and dedication.





## Boys Gymnastics Coaches Corner

The boys gymnastics team placed 3rd at The IHSA Sectional Championships on Tuesday, May 2nd at Stevenson High School with a season high score of 131 points. Mustangs were led by Senior Holden Allsbury, and Juniors Braeden Kratz and Elijah Meister. Braeden and Holden have automatically qualified for the State meet on Friday, May 12th at Hoffman Estates. Good Luck Mustangs!





**Boys Tennis Coaches Corner**



## MUSTANG BOYS TENNIS



### ARE YOU INTERESTED IN TRYING THE LIFETIME SPORT OF TENNIS?

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

The Sport of Great Players around the world:



Carlos Alcaraz  
19 Year Old - Spain  
#5 In the World



Frances Tiafoe  
24 Year Old - Maryland  
#29 In the World



Rafael Nadal  
36 Year Old - Spain  
22 Major Titles



Jannik Sinner  
20 Year Old - Italy  
#10 In the World

The Sport of some great MUSTANG TENNIS players:



Kevin Edquiban  
2022 Graduate  
All-State Singles



Mike Berman + Brandon Kolosiek  
Summer Matches  
At Dubuque Quad



Aedan Cruz  
at U of I courts

Kurt Dumblauskas  
at U of I courts

#### **THE SPORT OF TENNIS**

A Lifetime Sport  
A Program for Lifetime Memories  
A Sport with a great perspective:  
Family, Academics, then Tennis

#### **COACH COHEN**

31 Seasons - Varsity Coaching  
399 Career Wins  
2020 IHSTCA Hall of Fame  
2019 IHSA Distinguished Service Award

#### **FREE LESSON TO TRY THE SPORT OF TENNIS**

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

Contact Coach Cohen - [gcohen@d120.org](mailto: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/>



**SIGN-UP HERE**

**SIGN-UP HERE**

**M**

**FOOTBALL**

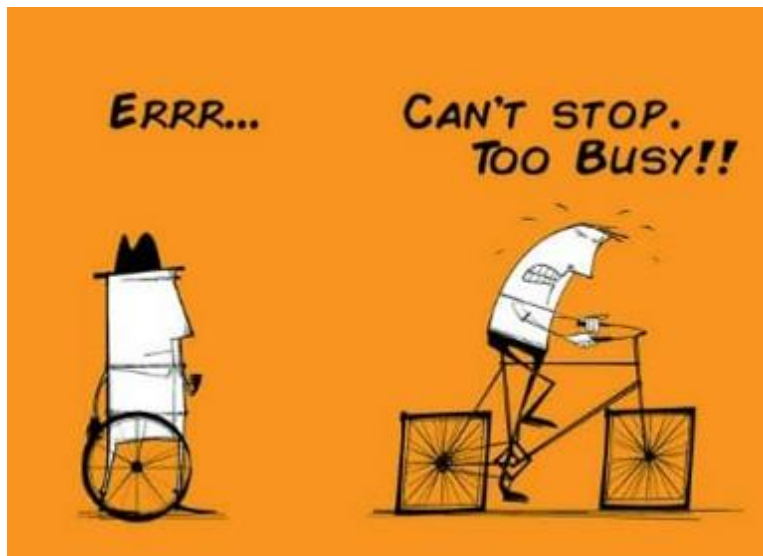
FRESHMAN CAMP	VARSITY/SOPH CAMP	LINEMAN ACADEMY
JUNE 20 <sup>TH</sup> - 23 <sup>RD</sup> , 26-29 <sup>TH</sup>	JUNE 20 <sup>TH</sup> - 23 <sup>RD</sup> , 26-29 <sup>TH</sup>	JUNE 5 <sup>TH</sup> - 15 <sup>TH</sup> M-TH
JULY 10 <sup>TH</sup> -27 <sup>TH</sup> M-TH	JULY 10 <sup>TH</sup> -27 <sup>TH</sup> M-TH	6:30-8:00AM
12:30-3:00PM	7:30-10:00AM	COST: \$10
COST: \$175	COST: \$175	GRADES: 9-12

ALL MHS FOOTBALL CAMPS INCLUDE COACH FACILITATED WEIGHT TRAINING SESSIONS.  
 PLAYERS SHOULD BRING WATER, DRESS IN ATHLETIC ATTIRE & ARRIVE 10 MINUTES PRIOR TO CAMP.  
 CONTACT: COACH DEFRANCESCO      VDFRANCESCO@d120.org

## The Foundation



# MUNDELEIN HIGH SCHOOL 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](mailto:brunkow4@sbcglobal.net)

## Previous Reminders

### ASPIRE

Our [MHS Portrait of a Learner](#) tenets affirm student identity through schoolwide values, expectations and practices.



# MUNDELEIN HIGH SCHOOL

ALL learners in our community **ASPIRE**  
today and prepared for tomorrow

### Portrait of a Learner:

**AGILE**—we adapt to any situation

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

**PROACTIVE**—we make things happen

**INFORMATION SEEKING**—we seek, acquire, and evaluate  
multiple perspectives

**RESILIENT**—we make the most of challenges and overcome

**EMPATHETIC**—we value the feelings of others by putting  
ourselves in their situation



# MUNDELEIN HIGH SCHOOL

TODOS los alumnos de nuestra comunidad  
preparados para hoy y preparados para mañana

### El retrato de aprendiz:

**ÁGILES**—nosotros nos adaptamos a cualquier situación

**SEGUROS DE NOSOTROS MISMOS**—nosotros estamos  
Valientes, y somos vocales

**PROACTIVOS**—nosotros aseguramos que las cosas suceden

**INFORMADOS**—nosotros buscamos, agregamos, y evaluamos  
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 [student handbook](#).

- Clothing **must** cover all undergarments (waistbands and straps excluded).
- Fabric covering all private parts must **not** 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**.

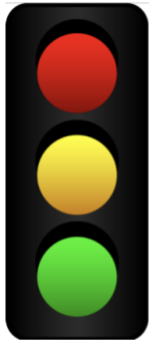
## **Attendance**

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.

## What is **Good Attendance**?



**Chronic Absences:**

9 or more days

**Warning Sign:**

5-8 days

**Good Attendance:**

4 days or fewer

Missing only one day each month is the same as missing 9 days in a school year = **Chronic absences**

When a student has **chronic absences**, it is difficult to catch-up

### **Valid Excuses for Absences:**

- Illness (including mental health)
- Observance of a religious holiday
- Death in the immediate family
- Family emergency
- Other approved situations

### Have you decided:

- How many days are “too many” days to miss in a school year?
- How would you define “good attendance?”

\*Mundelein High School Permits 8 excused absences per semester.

## ¿Qué es **Buena Asistencia**?



**Ausencias**

**Crónicas:**

**9 días o más**

**Señal de advertencia:**

**5-8 días**

**Asistencia**

**Buena:**

**4 días o menos**

Faltar solo un día cada mes es lo mismo que faltar 9 días en un año escolar =

**Ausencias crónicas**

Cuando un estudiante tiene **ausencias crónicas**, es difícil ponerse al día

### **Excusas válidas para las ausencias:**

- Enfermedad (incluye la salud mental)
- Observación de una fiesta religiosa.
  - Muerte en la familia inmediata
  - Emergencia familiar
  - Otras situaciones aprobadas

### Has decidido:

- ¿Cuántos días son “demasiados” días para perder en un año escolar?  
¿Cómo definiría “buena asistencia”?

\*Mundelein High School permite 8 ausencias justificadas por semestre.

## **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](http://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 - [2022-2023 Student/Parent Handbook](#)

**Go Mustangs!**



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