

## September 2020 Newsletter

---

### Did You Know?

---

#### Important Dates

- September is Suicide Prevention Month
- September 12 Parent Day 8am - 2:30pm
- September 14 - 18 Mental Health Initiative Week
- September 16 BSU(Black Student Union)/Black @ISMA Townhall 4 - 5 pm  
<https://imsa.zoom.us/j/98062621666>
- September 18 Mental Health Initiative Assembly  
**(STUDENT ATTENDANCE IS MANDATORY)**
- September 28 - October 2 Homecoming Week
- October 2 Homecoming Pep Rally

#### Important Phone Numbers/Emails:

- Attendance (630)907-5029 / [attendance@imsa.edu](mailto:attendance@imsa.edu)
- Security (630)907-5002 / [security@imsa.edu](mailto:security@imsa.edu)
- ITS Helpdesk (630)907-5995 / [helpdesk@imsa.edu](mailto:helpdesk@imsa.edu)

---

### September 12, 2020 Parent Day Schedule

#### 8:00 a.m. to 9:00 a.m

Welcome (Main Zoom Room via Zoom link: <https://imsa.zoom.us/j/92979384840>)

- Parent Association Council (PAC) Presentation 8:10 a.m. to 8:45 a.m.
- Principal Akwaji-Anderson's Welcome 8:45 a.m. to 9:00 a.m.
- Principal's Office, Student Life, and Tech support to remain in the Main room for questions and assistance

#### 9:00 a.m. - Noon

Faculty will be in their virtual rooms, accessible to Parents by using their classroom Zoom links. You will be receiving an email with your student's schedule and Zoom links to each Faculty classroom on Friday, September 11, 2020.

### Noon - 2:00 p.m. (see email for zoom link)

College and Academic Counselors (CAC) Presentations

- Noon - 1:00 p.m. - Seniors to meet with Julia/CAC
- 1:00 p.m. - 1:30 p.m. - Juniors to meet with CAC
- 1:30 p.m. - 2:00 p.m. - Sophomores to meet with CAC

### 2:00 p.m. - 2:30 p.m.

Student Inquiry and Research (SIR) session - (Return to Main Zoom Room via Zoom link: <https://imsa.zoom.us/j/92979384840>)

---



## SCHOOL COUNSELORS

<https://www.imsa.edu/student-life/counseling-services/>

### SEPTEMBER IS SUICIDE PREVENTION MONTH

The counseling team wants to let you all know that September is Suicide Prevention Month. The goal of the month is to provide information around how to help support each other to prevent suicide from occurring. Currently, suicide is the second leading cause of death from people ages 10 to 34 in the USA. Throughout the month, we will send out information that we hope will be helpful and relevant for you all to think and talk about within the community. Please be aware that IMSA will hold its Mental Health Initiative week this month, which hopes to bring awareness about mental health topics.

Suicide and self-harm are preventable mental health crises. We can be proactive by recognizing expressions of someone who is in distress. A few types of warning signs are: someone expressing feelings of being trapped--like there is no way out, someone expressing hopelessness or stating there is no reason to live, someone withdrawing from family, friends, or activities that are normally enjoyed, or someone talking or threatening to hurt or kill themselves. Remember, these are just a few signs that people may need support.

If you notice someone is showing signs that they need help or are in pain, realize that you do not have to solve the issue, but you can be supportive. Things you can do to help others: Listen and let someone express their concerns, be non-judgmental and don't criticize or minimize their feelings, avoid "why" questions and strive for "what" questions (What can I do to help instead of why are you feeling that way), do not attempt to diagnosis someone, work to connect them to resources in the community, and realize that you are a support person but you are not trying to fix them.

If you are worried about someone, say something. Talk with your parents; talk with a counselor or trusted adult. Remember, you could save someone's life.

[https://www.counseling.org/knowledge-center/mental-health-resources/suicide-prevention-month/?utm\\_source=informz&utm\\_medium=email&utm\\_campaign=spm&utm\\_term=article&utm\\_content=spm](https://www.counseling.org/knowledge-center/mental-health-resources/suicide-prevention-month/?utm_source=informz&utm_medium=email&utm_campaign=spm&utm_term=article&utm_content=spm)

### MENTAL HEALTH INITIATIVE WEEK

Mental Health Initiative (MHI) Week will be held from September 14th to September 18th this year. The week will consist of various events for students, faculty and staff. The week will conclude with an assembly via zoom on September 18th at 2:30pm. **The MHI week assembly is mandatory, if students can not attend the assembly, please have a parent contact the attendance office prior to the assembly. The counseling department will follow up with students who can not attend.** If you have any questions, please contact Eric Pan at [epan@imsa.edu](mailto:epan@imsa.edu), Kevin Kusy at [kkusy@imsa.edu](mailto:kkusy@imsa.edu) or Takeisha Rheams at [trheams@imsa.edu](mailto:trheams@imsa.edu). Look out for more information around events from StudCo.

### MHI Week Agenda for Students:

Monday, 9/14: Alumni Panel: 5:30-6:30 pm

Tuesday, 9/15: Spectrum Event at 11:30 am-12:30 pm

Wednesday, 9/16: NAMI End the Silence Event at 11:30 am-12:30 pm

Thursday, 9/17: Coffee with Kevin and Keisha at 11:30 am-12:30 pm &  
CAB Event- Bob Ross Painting at 5:30 pm-6:30 pm.

Friday, Sept 18: Mental Health Initiative Week Assembly at 2:30-3:30 pm

**Zoom links will be provided the morning of each event.**

---

## Class of 2021 Herff Jones Communication

- August 2020 email for jackets and rings went out
- Within the next week or 2, the updated email will be sent to all Juniors and Seniors for **Ring and Jacket** orders
- In October, Seniors will receive an email for Cap/Gown/Announcement orders

## Class of 2022 PSAT/NMSQT

Please reference the email sent from the CAC Office via [mailer@email.naviance.com](mailto:mailer@email.naviance.com) on 9/8/2020.

**Please note: SAT and ACT testing will not be hosted at IMSA this school year.**



We're so excited to share that our School Store is now open for a limited time, closing on **Saturday, September 26**. Our fall store has six great items to choose from that will arrive to you by October 15th. Click on School Store below to view and purchase.

[\*\*SCHOOL STORE\*\*](#)

---

## Student Activities:

This year, while we are virtual, Homecoming Week is still happening during the week of September 28th! This year's theme is the 80's! HOCO is a great opportunity for students to get to know one another in their class by participating in Daily Riddles, Drill, Class Movie, and Night Events! If you want more information, check out the [Homecoming 2020 Agenda](#).



---

## Service Learning:

We continue to receive information about service learning opportunities from members of our community. Please see below for a new opportunity with contact information:

Greencastle, a local retirement community in North Aurora, is looking for volunteers on Fridays for a food pantry distribution. Volunteers would be putting food pantry bags outside the apartment doors of community residents. Volunteers would need to understand social distancing, wear a mask covering their nose and mouth, and wear gloves.

Tentative dates include:

September 18

September 25

October 16  
October 23  
October 30  
November 20  
November 24 or 25 (Tuesday or Wednesday due to holiday)  
December 18  
December 22 or 23

Please contact Ms. Katie Tessmer, Social Service Coordinator, at [ktessmer@embraceliving.org](mailto:ktessmer@embraceliving.org) for more information.

Don't forget to check out our website: <https://www.imsa.edu/student-life/service-learning/>



**[IMSA Student Emergency Relief Fund](#)** Not only has IMSA's alumni, Sam Yagan '95 and Jessica Droste Yagan '95, committed to supporting the IMSA Student Emergency Relief Fund in a major way to bring the \$100,000 goal in reach, the successful power couple want to send their support to all IMSA students, especially seniors, during these challenging times.

Jessica, managing partner and CEO of Impact Engine, LLC, an investment firm with a mission to bring more capital to a market where financial returns are linked to positive social and environmental impacts, holds a Bachelor of Arts in Public Policy from Haverford College, an MBA from the Stanford University Graduate School of Business, and a Master of Public Administration from the Harvard University Kennedy School of Government. Prior to Impact Engine, Jessica led the creation of McDonald's Corporation's global and U.S. sustainable sourcing strategies.

Sam, who hails from rural Bourbonnais, IL is the son of Syrian immigrants and best known as the co-founder of SparkNotes and Ok Cupid. He is currently the CEO of Chicago-based ShopRunner, an e-commerce network that provides free two-day shipping and returns across multiple merchants. Sam holds a bachelor's degree in Applied Mathematics and Economics from Harvard University and an MBA from **Stanford University**.

Applications to the **[Student Emergency Relief Fund](#)** are ongoing and provide assistance for basic essentials, including food, rent, utilities and access to remote learning technology. Preference is given to Tier 1 and Tier 2 families, but all families are eligible to apply. If you have any questions about the Student Emergency Relief Fund, please reach out to Mrs. Tami Armstrong at [tarmstrong@imsa.edu](mailto:tarmstrong@imsa.edu).

[imsa.edu](http://imsa.edu)

