



Student Affairs

# September 2021 Newsletter

Student Attendance (630)907-5029 / [attendance@imsa.edu](mailto:attendance@imsa.edu)

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ITS Helpdesk (630)907-5995 / [helpdesk@imsa.edu](mailto:helpdesk@imsa.edu)

**IMPORTANT REMINDER TO STUDENTS:** Use your IMSA email address for any and all IMSA purposes. Using another email address will delay your communication and may cause confusion.

[IMSA 2021-2022 STUDENT PARENT HANDBOOK](#)

[RETURN TO LEARN AND WORK PLAN](#)

[SERVICE HOURS INFORMATION](#)

[2 PAGE ACADEMIC CALENDAR](#)

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**VIDEO: SIGN OUTS FOR THE LONG WEEKEND**  
*(THANK YOU KEVIN LIM, RC in 1507)*



## IMPORTANT DATES

- September 6 - Labor Day (Academy Closed)
- September 7 - Classes Convene

- September 18 - Parent Day
- October 2 - Homecoming
- October 7 - Early dismissal for extended weekend Residential Halls close at 5pm
- October 11 - Residential halls open at 3pm for students to return to campus
- October 12 - Classes convene



**IDs MUST BE WORN ON A LANYARD AT ALL TIMES  
IF YOU DO NOT HAVE A SCHOOL ID YET, SEE MINERVA RATSAMY IN  
STUDENT AFFAIRS**

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## HEALTH SERVICES

As Labor Day weekend approaches we want to remind families of IMSA COVID mitigation strategies for transportation, especially for carpools.

The IMSA United plan, per guidance from the CDC and IDPH, states that the vehicle capacity for non-family members is 50% or 1 person per seat per row. Meaning that one family can take 3 students if they have a vehicle with 3 rows. If the vehicle is a car with 2 rows only 2 students may ride in the vehicle. The driver's student must ride in the front seat. All passengers in the vehicle must wear masks for the entire trip and should hand sanitizer before getting into the vehicle as well as when they get out of the vehicle. You can also increase the ventilation in the vehicle with the windows open or with the outside air intake to decrease the risk of COVID. Thank you for doing your part in keeping the IMSA community safe and healthy.

Nurse Angie

Nurse Angie can be contacted via email at [nurse@imsa.edu](mailto:nurse@imsa.edu) or call (630)907-5008.

Thank you  
Nurse Angie



## STUDENT ATTENDANCE at IMSA MEET STACI MARSDEN, ATTENDANCE CLERK

Phone: (630)907-5029 or email: [attendance@imsa.edu](mailto:attendance@imsa.edu)

Hi, Everyone,

I am Staci Marsden IMSA's new Attendance Clerk.

I am a mom of 4, I have 2 daughters and 2 sons.

I enjoy spending time with my family traveling and just hanging out at home.

I love working in a school environment and I'm excited to be here.

**REMINDER: A parent must call or email the attendance office if a student is missing classes for ANY reason. If a call or email is not received in advance (24 to 48 hours) the student may be given an unexcused absence(s). Students can not excuse themselves. All sign outs on academic days including 1 days from 7:15am to 3:30pm must be done in the attendance office.**

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## MEET OUR SCHOOL COUNSELOR INTERN, SAUDAMINI AGARWAL

She was born and raised in New Delhi, India, and came to the US to pursue higher education. She is a graduate student studying Clinical Mental Health Counseling with a certificate in Trauma Informed Counseling at Northern Illinois University. Saudamini earned her bachelor's in psychology from the University of Wisconsin- Eau Claire, and aspires to pursue a doctoral degree upon completion of her master's. She is a client-centered counselor with a multi-faceted approach to therapy. She loves working with people of all ages, but particularly enjoys working with children, adolescents, and young adults. Saudamini is passionate about education, and mental

health, and devotes a lot of time doing work to promote both. Her research interests include cross cultural programming, and diversity related issues. In her free time, she enjoys reading, gardening, cooking, photography, and traveling. She is looking forward to getting to know more members of the IMSA community this year!



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## **Self-care and return to in person life: Listen to what you need**

### **By: Saudamini Agarwal (Counseling Intern, IMSA)**

The pandemic has upended the “normal” we all have thought of as normal for many years of our lives. We adapted and morphed routines and schedules to fit our needs best, starting sometime during the glorious year of 2020. Many of us paid a high cost to adjust to those changes in various ways. While some of us had a hard time adjusting to the virtual reality, some of us embraced it. With the return to in person life, we are having to readjust and relearn some of the ways we used to do “life” pre pandemic.

As you read this article, I want you to ponder upon the word or phrase “self-care.” What does it mean to you, what are some things that come to mind as you read it, and what messages have you received growing up whether here in the US or in another country. In psychology, self-care is defined as a deliberate act to preserve our mental, emotional, and physical well-being. Now take a moment, breathe in then out, and think about the last time you took some time to take care of yourself, where it was a motivated, deliberate act of self-preservation?

My Nani aka grandma always used to say, if you don’t take care of yourself then how will you care for those you love! And, that has been my mantra for life as long as I remember. As we return to work or what we are now calling the new “normal”, pay attention to what you need and allow yourself some compassion. Taking time for yourself is not selfish, it is a form of nourishment.

Here are some evidence based activities many people can engage in to practice effective self-care:

1. Maintaining and developing relationships with people we love
2. Mindfulness activities (meditation, breathing exercises, yoga etc.)
3. Strengthening and creating healthy coping strategies
4. Physical exercise (getting about 30 minutes of some form of physical exercise is crucial for a healthy mind/body)
5. Proper sleep and nutrition
6. Indulging self in art or creative work
7. Creating a circle of friends and family to be your “anchor” in times of need
8. Finding and enrolling in counseling or other mental health related services

It is my sincere hope that you will try to find at least one small chunk of time during each day to invest in your mental, emotional, and physical well-being. There is something powerful to set aside some time of our lives to enrich ourselves in meaningful ways.

#### References:

Lucock, M., Gillard, S., Adams, K., Simons, L., White, R., & Edwards, C. (2011). Self-care in mental health services: A narrative review. *19*(6). <https://doi.org/10.1111/j.1365-2524.2011.01014.x>

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## **RESIDENTIAL LIFE**

### **Service Learning:**

Our juniors and sophomores completed their annual Day of Service event during this fall's Welcome Week. Students took time to explore service-learning and its

### **Leadership Education:**

The class of 2024 will begin their LEAD classes next week Wednesday, September 8th. Classes are taught every week until November 17th from 8:30pm-9:30pm.

importance, as well as identifying some future endeavors. For our off-campus experience, students went to various parks in the Oswego and Aurora area to help seed, mulch, rake, and pick up trash.

## Laundry Cards:

If you are a sophomore or junior, an initial laundry can be provided to you in your RC office. If your initial card is lost or misplaced, it is your responsibility to purchase a new one. Seniors should still have their laundry cards. If they have been lost or misplaced, it is your responsibility to purchase a new one. For students who do not yet have access to a permanent laundry card, there is a "loaner" card in your RC office which you may borrow and you must return.

To load your laundry card with money, use the machine located under the IRC staircase, or the machine in the 1504 hall commons.

As this class is a graduation requirement, students are not allowed to sign out to miss class unless for a school-sponsored activity (like an athletic or curricular activity). The class schedule and room assignment will appear in PowerSchool and will follow the "I" day schedule. Should students have any attendance questions, they can email Andrea Stuibler ([astuibler@imsa.edu](mailto:astuibler@imsa.edu)), the program coordinator, directly.



Store Link:

<https://imsaspiritwearfall2021.itemorder.com/sale>

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## PAC UPDATES

**FRIDAY FEST:** The Friday Fest Committee will be meeting monthly on the 3rd Tuesday of each month at 7:00 pm. The next meeting will be held on Tuesday, September 21st. If you would like an invitation to join the meeting via Zoom, please email [fridayfest002@gmail.com](mailto:fridayfest002@gmail.com) to be added.

**WING PARENTS:** The next meeting will be on September 1 at 7:00 pm. Email [pacstulife@gmail.com](mailto:pacstulife@gmail.com) for more information.

**MULTICULTURAL COMMITTEE:** The first meeting was held on Wednesday, August 25th. The plan this year is to do two primary things: 1) Support the culture shows, and 2) Support existing DEI (Diversity, Equity, and Inclusion) efforts on campus and also be a place for students and families to bring questions, concerns, and ideas related to multiculturalism and DEI. The next meeting will be Tuesday, September 28, from 7:00 pm to 8:00 pm. The Zoom link for the meeting is <https://imsa.zoom.us/j/91271060771>.

**DOWNSTATE BUS:** The PAC Transportation Committee arranges transportation for students to central and southern Illinois over 6 extended weekends. The service is paid for by the families of the students that use the service. The cost depends on how many families participate. [Please fill out this survey](#) by the end of day on Tuesday, August 31, if you are interested in using the bus service. The survey will help the IMSA PAC Transportation Committee determine the bus route(s), cost, and bus capacity that can be offered this year to negotiate the lowest cost per student with our bus company. The price will depend on the number of students participating, with better pricing as student participation increases. The final registration survey will be distributed on September 6th through September 20th. Email [MSAPACbus@gmail.com](mailto:MSAPACbus@gmail.com) if you have any questions.

**VOLUNTEER OPPORTUNITIES WITH THE PAC:** We need you! The PAC is only as good as its volunteers. Our committee chairs have been working hard to plan some wonderful events and activities for the school year. Let us know where you would like to help out by [filling out this form](#).

**CALENDAR OF EVENTS:** Check out our [calendar of events](#) (it will be continuously updated as new events and meetings are added).

**PAC RESOURCES:**

- [PAC website](#)

- [PAC contact list](#)

- [PAC parents' Facebook group](#) (note: this is the official parents group of the IMSA PAC)

- [PAC calendar of events](#)

Email [TheIMSAPAC@gmail.com](mailto:TheIMSAPAC@gmail.com) if you have any questions.

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

