

Student Affairs

January 2022 Newsletter

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COVID CASE DASHBOARD

UPDATED 2021-2022 ACADEMIC CALENDAR

RESOURCE: ILLINOIS FOOD PANTRIES, SOUP KITCHENS AND HOMELESS SHELTERS

IMPORTANT DATES

- January 18 - 2nd Semester begins
- January 26 - Sophomore course selection
- January 27 - CCRA+ for Juniors and Seniors
- **February 14 - Lifetouch Fall Retake Picture Day (3-7pm in Science Atrium)**
- February 17 - 1:55pm class dismissal for extended weekend (Res Halls close at 5pm)
- February 21 - Presidents Day - Academy Closed
- February 21 - Residence Halls open at 3pm
- February 22 - Classes Conven

STUDENT ACTIVITIES



January 2022 Weekend Fun!

1/21

Friday Fest

Residence Halls
7:30pm



1/22

Boys Basketball

Titan Takeover
1:30pm- JV Game
3pm- Varsity Game
**Halftime games and prizes*



Service Opportunity

Residence Halls
12-4pm

1/23

Open Gym

Fitness Center/Main Gym
2-4pm



Movie Night

Featuring: Encanto
West Gym
4pm
Free Popcorn!

1/28

Girls Basketball

Titan Takeover
5:30pm- Varsity Game
**Halftime games and prizes*

Dive Competition

Pool- 6pm

Skate Party

West Gym
7-10:30pm



1/29

Boys Swim Meet

Pool- 10am

Service Opportunity

3-5pm

Club Leader Training/Lock-In

Auditorium/West Gym
7pm



1/30

LiveSafe Challenge

via LiveSafe App
1-2:30pm

**scavenger hunt competition with
gift card prizes*

Karaoke Night

West Gym
4-6pm



All events are FREE!

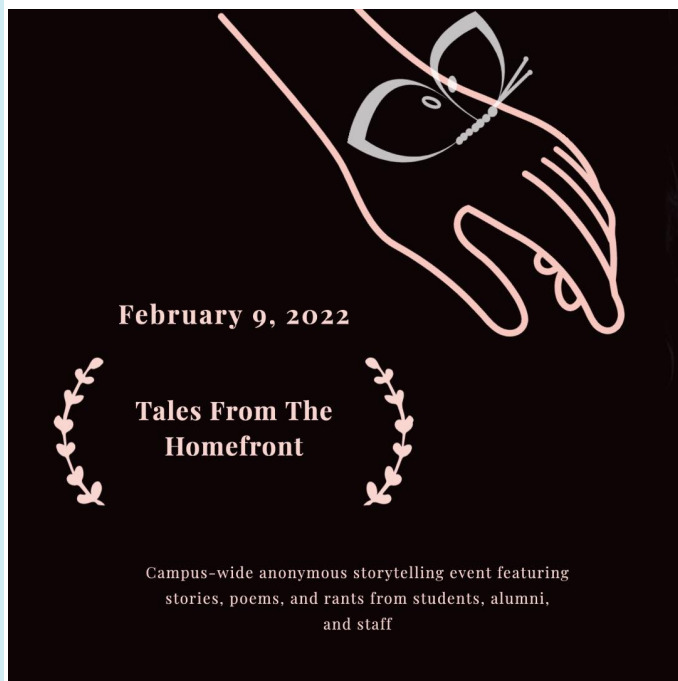
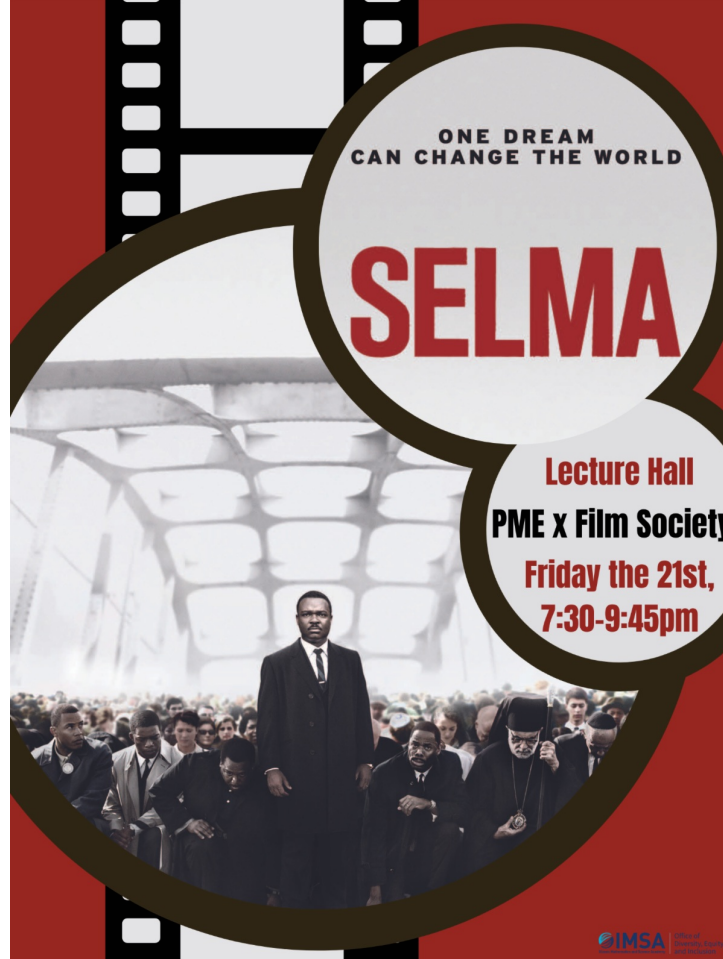
Registration required for some events.

Additional details provided via email.

Questions? Contact Brittney Walker at

bwalker1@imsa.edu





SCHOOL COUNSELORS

Beginning January 1, 2022, under a bill signed into law by Gov. J.B. Pritzker, students' age six to 17 who attend Illinois schools will be permitted to take up to five excused mental or behavioral health days each academic year. Students will not have to provide a medical note. Students will have the opportunity to make up any schoolwork missed during the mental health absence and, after the second mental health absence, may be referred to the appropriate school support personnel.

What does this mean for IMSA?

- During the spring 2022 semester, IMSA will offer three (3) mental health days. IMSA will offer five (5) mental

health days the following academic year 2022-2023.

- If a student needs more than one consecutive mental health day, the student will be required to depart IMSA's campus and return home.
- Students will be offered time to make up their academics, at minimum the number of days they were out of class. For example: If the student took two mental health days in a row, the student will be offered at least two additional days to submit their assignments.

How can students take a mental health day?

- Students can speak to one of the school counselors and ask to have a mental health day.
- Students can talk to their parent/guardian and their parent/guardian can contact attendance and inform the attendance that they will be taking a MH day. Residence Life will also be notified.
- MH day will be marked in PowerSchool under attendance.

Some mental health day activities could look like:

- Taking a walk outside, or spending time in nature
- Baking, drawing, painting or other activities that a student finds calming
- Taking some time to practice mindfulness activities
- Exercising
- Listening to music or reading a book (or listening to an audio book)

Parents/guardians can help their student be intentional about using their mental health day to rest and care for themselves. This doesn't mean over scheduling, or pushing students to talk about their feelings. The goal is to help the student learn what they need to do to care for their mental well-being.

We believe these mental health days will help decrease the stigma associated with mental health and mental illness, allowing our students to ask for and receive help before a significant crisis. The health and well-being of our community is and will always be our highest priority.

IMSA's Trauma Responsive School Committee presents:

IMSA Peer Support Network! 10 IMSA students have been trained by members of the counseling department to be an additional support for students. The Peer Support Network role on campus is to help put on Mental Health events such as Mental Health Mondays and offer time to meet/support with students. Please see the following spotlight on two peer support network members.

IMSA PEER SUPPORT NETWORK: One-on-One Support Opportunities

Student Life "Office Hours":

On Mondays and Tuesdays in the Student Life Office, you can come down during your free time to talk to a PSN member. You can either talk with them in one of the empty offices or go on a walk to chat with them. Your choice.

Reaching Out to the Page Itself:

By pressing the 'Message Now' button at the top of the page, it gives you the opportunity to talk to any PSN member who is free or gives you the opportunity to vent without having to connect your support to any certain face at IMSA.

You will NOT be anonymous as we need to be able to share your information with a counselor if what we talk about is beyond what we can help you with.

Message Now

Hi! Please let us know how we can help.

Reaching Out to a PSN Member:

You can contact any PSN member individually and reach out to them for support or just set up a time to chat. There are no hours for this and all members are here to help.



Favorite Destressors:

- talking to my roommate
- rewatching my favorite Netflix shows
- sleep

Joanna
She/Her/Hers

it's okay to do what you can when you can



Favorite Destressors:

- listen to music
- play guitar
- hang out with my friends

Cesear
He/Him

Don't be afraid to reach out!
Being at IMSA can get really stressful and
it helps having someone to talk to!



Safety & Security

Please give a warm welcome to full time Campus Safety Officers, Kiya Powell, Joseph Martin, and part time Zachary Klatt.

For all who are interested in our [Emergency Operation Plan](#) (E.O.P.) it can be found on the IMSA website under the employee portal. If you have questions feel free to contact Director Mayes of Campus Safety and Security Operations.

Cold Weather Safety Tips

Keep the following items in your vehicle during the winter:

- Flashlight and extra batteries
- Cell phone and charger

- Battery-powered or Hand Cranked Radio
- Blanket(s)/sleeping bag(s)
- High-calorie foods that don't require refrigeration or cooking (protein bars, nuts, beef jerky, etc.)
- Pocket knife
- A change of clothing in case you get wet
- Whistle
- Local Maps
- Manual Can Opener
- Books, games, puzzles or other activities for children
- First Aid Kit



SERVICE LEARNING

Have you heard about InnerView? InnerView is a Service Learning management platform where you can build a digital service resume and earn recognition for your work through the [National Community Service Awards program](#).

Using InnerView is not a requirement but it is a great resource available for you if you're interested. Interested student can find more information here: <https://innerview.org/pages/student-volunteers>

As we start the Spring 2022 semester, please be mindful of our recommended hours checkpoints:

- 65 hours by the end of sophomore year
- 100 hours by the end of fall semester junior year
- 200 hours by spring break of senior year

Students in need of hours can look for available opportunities and ideas on Helper Helper or the Service Learning [website](#)!



IMPORTANT IF ATTENDING WINTER ATHLETIC EVENTS:

We welcome parents, and family members to attend IMSA athletic events.

Please park in the west parking lot, north of the tennis courts.

If you are attending a basketball game this season please enter through door #13.

If you are attending any of the swim meets you can enter through door #14.

Also, continue to refer to the 8to18 website for all athletic schedules, announcements, cancellations and updates. <https://il.8to18.com/imsa>

PAC UPDATES

JANUARY PAC MEETING: You are invited to attend the next PAC meeting on **Saturday, January 22, 2022 from 10 AM to 11:30 AM via Zoom**. The details are [here](#).

JANUARY SPEAKER SESSION MEETING: Mary Beth McCarthy, Joyce Symoniak, and Maria Brown of IMSA's Fine Arts programs are the guest speakers on **Saturday, January 22, 2022 from 11:30 AM to 12:00 PM**. They will share the fine arts opportunities available to IMSA students. The meeting will be held via Zoom. The details are [here](#).

PARENTS OF JUNIORS: Parents of junior students are invited to attend biweekly meetings starting on **January 13th from 7 pm to 8 pm** via Zoom. The details are [here](#). Contact AtLarge@IMSAPAC.org if you have any questions.

PARENTS OF SENIORS: The Senior Banquet will be held on **Saturday, June 3rd**. More information on reserving tickets, submitting photos and booking hotel rooms can be found [here](#). Contact SeniorBanquet@IMSAPAC.org if you have any questions.

DONATE TO THE PAC: Find out more about how to make donations to the PAC [here](#).

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. Contact the committee chairs if you are able to volunteer ([see the contact list here](#)).

CALENDAR OF EVENTS: Check out the [calendar of events on the PAC website](#) (it includes PAC and IMSA event). Click on the events to find out more details and to add it to your personal calendar.

UPDATED PAC WEBSITE: Make sure to check out the updated [PAC website](#). There's a lot of information and resources on the website.

Email info@IMSAPAC.org if you have any questions.

imsa.edu

