

# Curriculum Night

## Welcome Freshman Families!



### FRESHMAN TEAM:

Kevin Leslie, Counselor  
Katelyn Pantke, Counselor  
Keith Bullock, SAP & SW

# CSSS - Counseling & Student Support Services

## WORKING PARTNERSHIP:

- ❑ TRANSITION TO HIGH SCHOOL
- ❑ UNDERSTANDING SKILLS,  
INTERESTS & RELATED CAREERS
- ❑ ACHIEVING POST-SECONDARY  
GOALS

## ROLES & SERVICES:

- ❑ ACADEMIC PLANNING
- ❑ COLLEGE & CAREER PLANNING
- ❑ PROBLEM SOLVING
- ❑ SOCIAL/EMOTIONAL SUPPORT
- ❑ SCHOOL RESOURCES
- ❑ COMMUNITY RESOURCES

# DISCOVER YOU

(in ACCESS period)

SEPTEMBER/ OCTOBER



**INDIVIDUAL  
CONFERENCES**

*(as needed)*

**TRANSITION  
SUPPORT**

**SOCIAL  
EMOTIONAL  
LESSONS in ACCESS**

NOVEMBER/ DECEMBER



**CAREER INTEREST  
INVENTORY**

*(through Naviance)*

**ACADEMICS**

- 4 Year Planning in (Naviance)
- Connecting course options with career exploration.

JANUARY



**ADVISEMENT DAY**

- Review core course recommendations & elective options
- Rigor, balance & 4 year plan

FEBRUARY



**REGISTRATION**

2023-2024

Course Selection  
individual meetings with  
counselors.

# D99 GRADUATION REQUIREMENTS

<b>English</b>	<b>4 credits</b>
<b>Math</b>	<b>3 credits</b>
<b>Social Science</b> <i>(including Global Connections, US History &amp; Civics)</i>	<b>3 credits</b>
<b>Science</b>	<b>2 credits</b>
<b>Career Technical Education Elective</b>	<b>½ credit</b>
<b>Fine Arts Elective</b>	<b>½ credit</b>
<b>Physical Education</b> <i>(including Health &amp; Drivers Ed)</i>	<b>4 credits</b>
<b>Consumers Education</b>	<b>½ credit</b>
<b>Elective Credits</b> World Language*, CTE, Fine Arts, English, SS, Science, Math	<b>4 ½ credits</b>
<b>TOTAL</b>	<b>22 credits</b>



# COLLEGE BOUND RECOMMENDATIONS

Requirements and expectations for admission vary from school to school. It is recommended that all college bound students follow the following, in addition to the general requirements.



English	4 credits
Math	4 credits
Science	4 credits
Social Science	4 credits
World Language*	2-4 credits



**Katelyn Pantke**

**School  
Counselor**  
*(alpha A-Car)*

# ACADEMIC SUPPORTS @ DGN

## ACADEMIC RESOURCE ROOM

EVERYDAY Periods 1-8.

**Club Room** (in cafeteria)

Teachers from **CORE  
SUBJECT AREAS** available  
to help!

Lunch, Commons &  
Resource periods

## TEACHER OFFICE HOURS

Every teacher has  
additional office hours  
outside of the regular  
school day.

Posted on their Google  
classroom and/or syllabus.

## NHS Tutoring

Consider an appointment  
with an  
**NHS PEER TUTOR.**

Email Frau Burritt @  
[gburritt@csd99.org](mailto:gburritt@csd99.org) and  
specify the subject area  
which you need tutoring.

# COMMUNICATION

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## ACADEMIC SUCCESS

Calendly  
Appointments

STUDENT  
SELF  
ADVOCACY

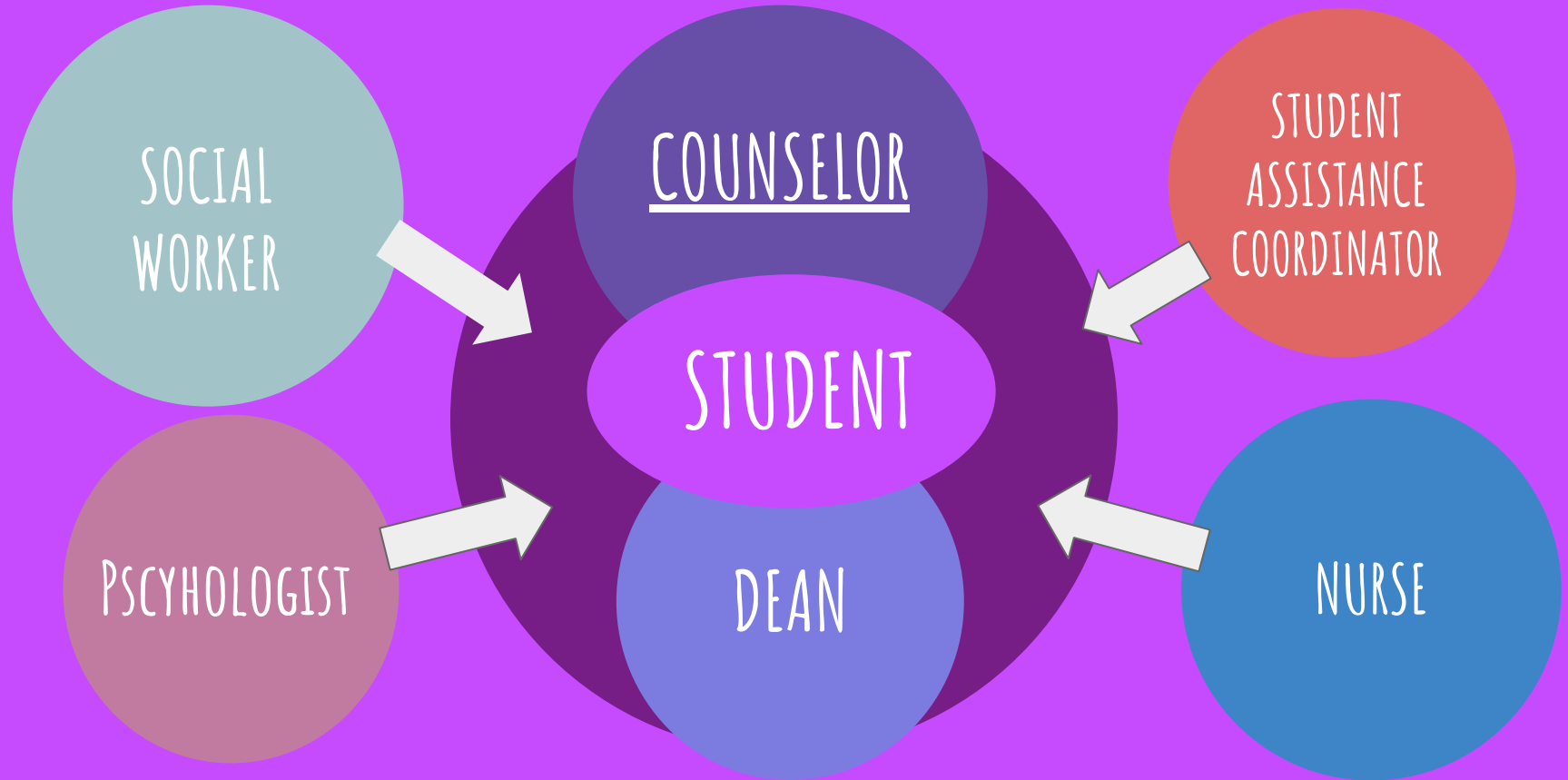
CALL

EMAIL

HOME ACCESS  
CENTER

- All online!
- Grades
- Attendance
- Report Cards

# ALPHA TEAMS



# Freshman Parent Tips

- ▶ Encourage *self advocacy*.
- ▶ Self advocacy helps *build resiliency*.
- ▶ They are *not Executive functioning experts- Yet!*
- ▶ *Check their grades once per week.* (HAC)
  - Encourage them to do this as well every Friday (in HAC)
  - Write down anything missing to catch up on over the weekend - physical lists make a difference!

# Freshman Parent Tips

- ▶ Ask how they are *feeling* about their *academics* as well as their *social emotional state*.
- ▶ Help *guide their perspective*.
  - Help them pause, take a breath and look at things differently.
  - Coping strategy: The 5's



# SOCIAL WORKERS & PSYCHOLOGISTS

- The focus of our work is to help students be successful in school
- Individual counseling as needed
  - (supportive in nature)
- Group counseling
- Crisis intervention
- Referrals and link to community agencies



# **Keith Bullock**

LCSW, CADAC

Student Assistance Program Coordinator

School Social Worker for Alcohol/Substance Issues

[kbullock@csd99.org](mailto:kbullock@csd99.org)

630-795-8488



**My wife and I have a college freshman and a high school sophomore. Parenting adolescents can be rewarding & challenging!**

**I'm starting my 12th year at Downers Grove North.**

**Before DGN, I was a social worker and a classroom teacher at Morton West High School.**

# STUDENT ASSISTANCE PROGRAM – Approach

- **Healthy choices and wellness**
- **Abstinence, delay, reduction of alcohol & drug use**
- **ENGAGE students on substance topics & information**
- **Improve skills - leadership, social, emotional, and refusal**
- **Prevention and early intervention**



# STUDENT ASSISTANCE PROGRAM – Tasks

## Prevention/Education

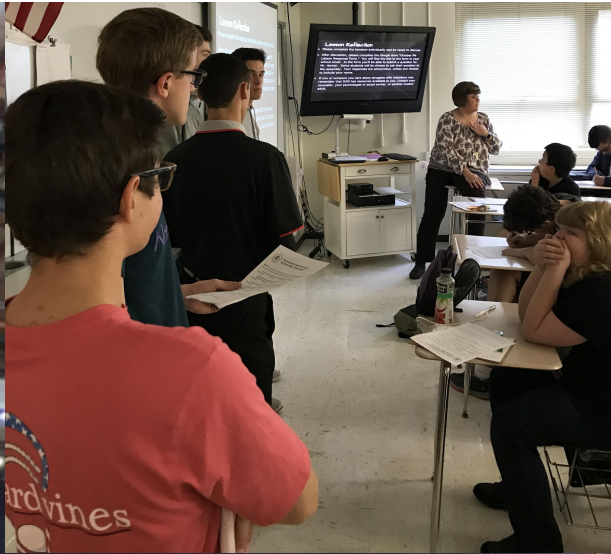
- **Leadership opportunities**
- **School-wide education**
- **Classroom presentations**

## Intervention

- **Substance incidents**
- **Athletic/activity code violations**
- **Individual & group counseling**
- **CSSS and Alpha teams**
- **Referrals and support**



# SAP Programs Red Ribbon Week & Drug Facts Week





**Operation Snowball**  
is a leadership and  
personal  
development retreat  
that runs twice a  
year--in early  
November with only  
North and in early  
March with Downers  
Grove South.

**Junior and senior  
peer leaders plan  
and facilitate the  
retreat which is open  
to all students.**

# OPERATION SNOWBALL

EMPOWERING YOUTH TO CREATE A POSITIVE IMPACT





# SAP Programming

# OPERATION SNOWBALL!



**What has been  
COVID'S Impact on  
Adolescent Substance Use?**





# COVID'S Impact on Adolescent Substance Use



 U.S. Department of Health & Human Services



Health Information

Grants & Funding

News & Events

Research & Training

COVID-19 [COVID.gov](#) | [NIH Research information](#) | [Español](#) | [NIH staff guidance \(NIH Only\)](#)

[Home](#) » [News & Events](#) » [News Releases](#)

## NEWS RELEASES

Wednesday, December 15, 2021

### Percentage of adolescents reporting drug use decreased significantly in 2021 as the COVID-19 pandemic endured



The percentage of adolescents reporting substance use decreased significantly in 2021, according to the latest results from the [Monitoring the Future](#) survey of substance use behaviors and related attitudes among eighth, 10<sup>th</sup>, and 12<sup>th</sup> graders in the United States.

#### Institute/Center

[National Institute on Drug Abuse \(NIDA\)](#)

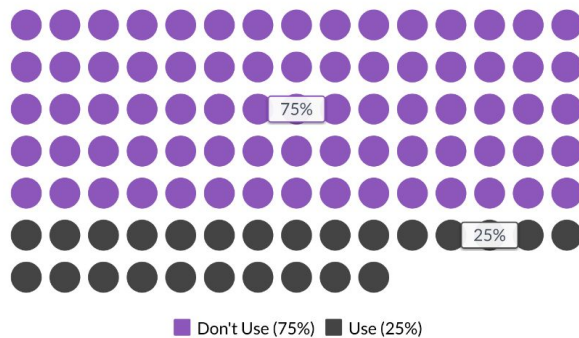
#### Contact

[NIDA Press Office](#)   
301-443-6245

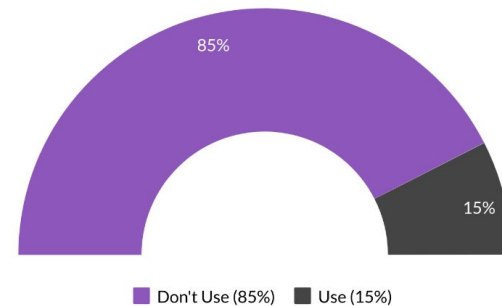
#### Connect with Us

# 2022 DGN Illinois Youth Survey Data

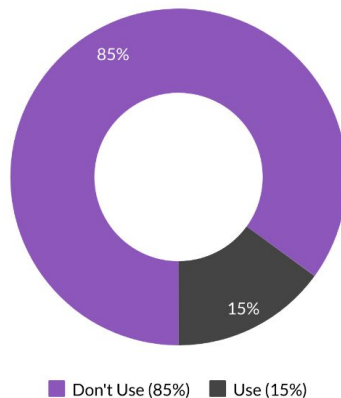
Most teens  
nationally &  
at DGN are NOT  
using!



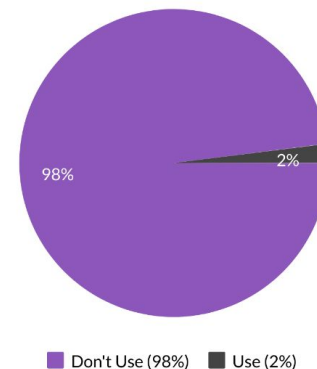
Alcohol



Marijuana

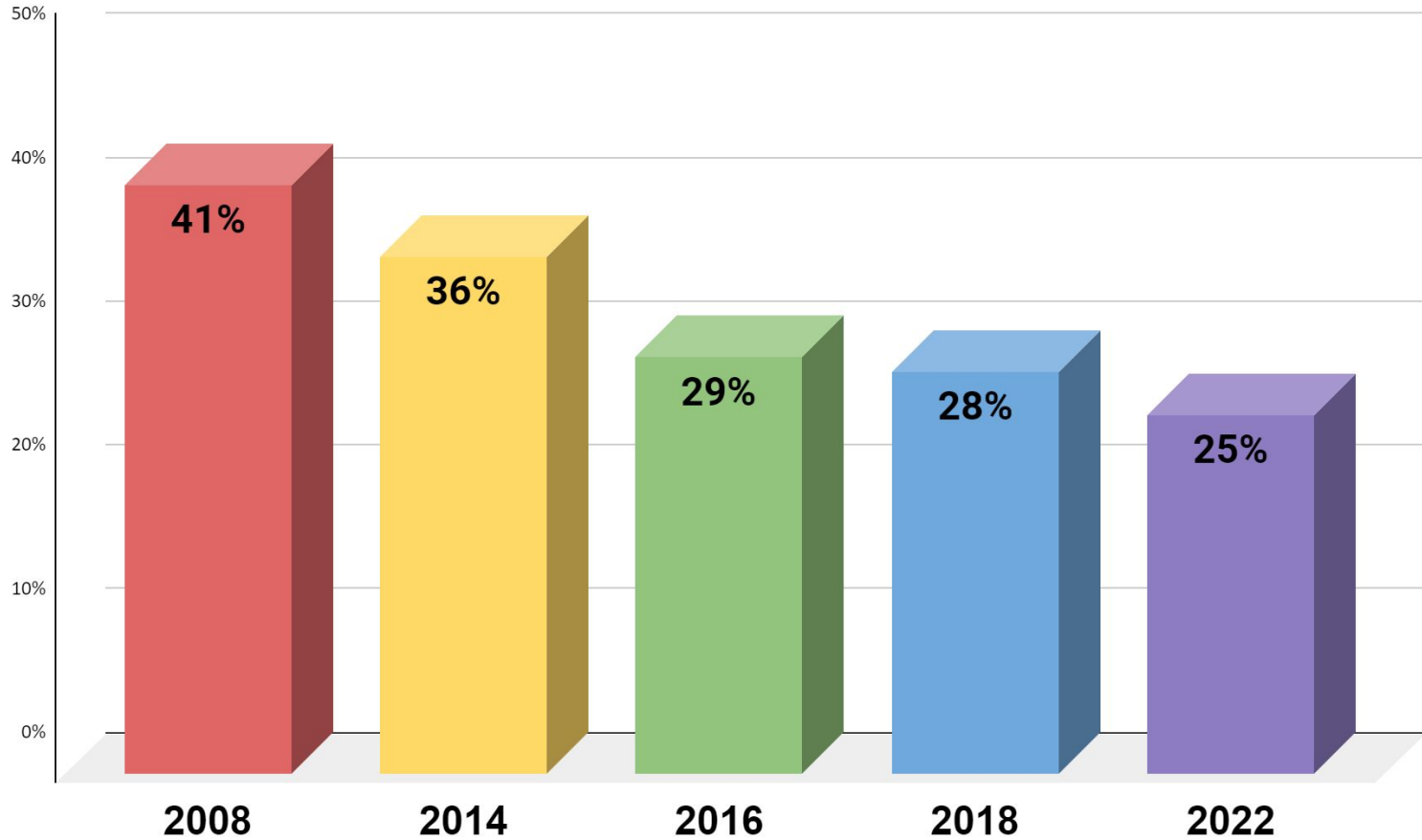


Vaping / Tobacco

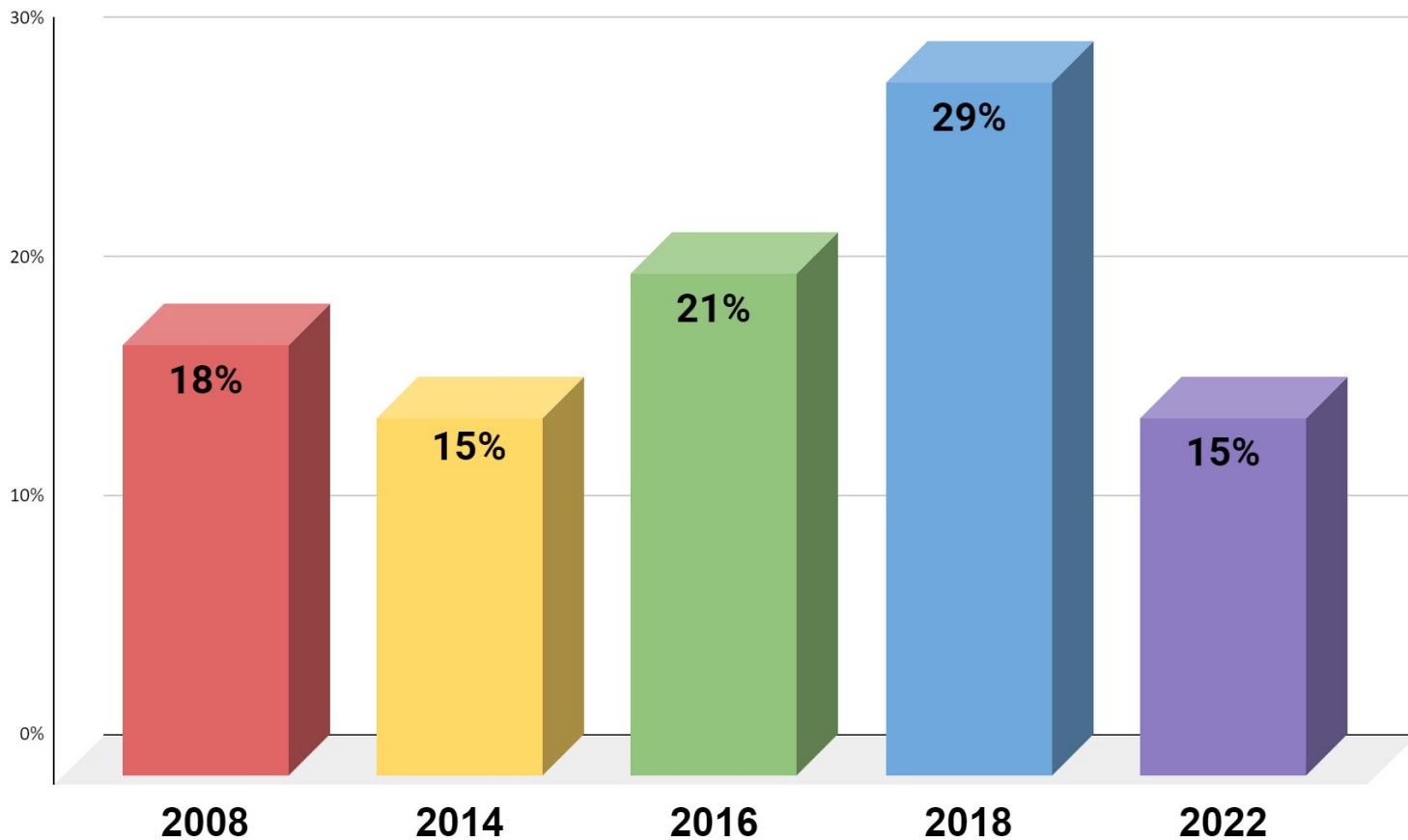


Rx

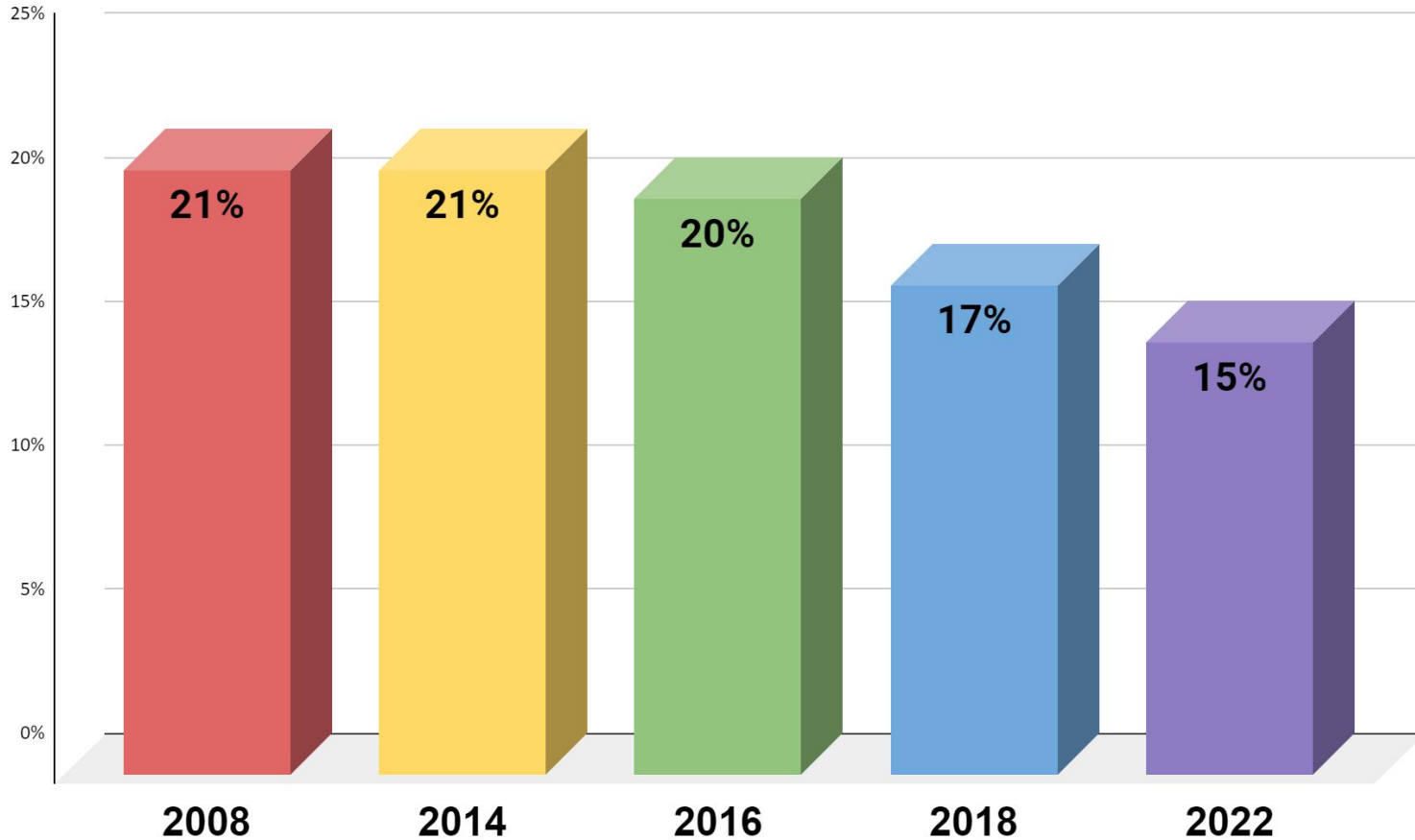
# DGN Alcohol Trend Data



# DGN Nicotine Trend Data

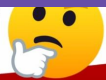


# DGN Marijuana Trend Data



# SAP Programs Substance prevention Communications Campaign

**LEGAL DOESN'T MEAN  
NO CONSEQUENCES**



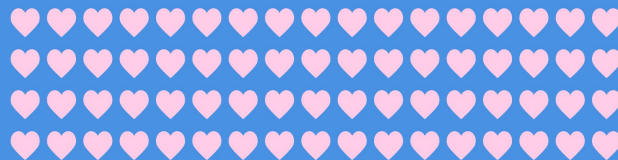
- The legal age to purchase marijuana is 21
- Using/possession can get you a \$100 ticket and a 10-day suspension
- Using can cause problems with your health, school, team/club, friendships, family, work, and more

Illinois marijuana laws are changing.  
Here's what you should know.

**LEGAL DOESN'T MEAN  
EVERYBODY'S USING**



93% of DGN students prefer  
to date people who choose to be sober

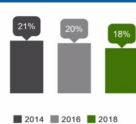


**LEGAL DOESN'T  
MEAN HEALTHY**



- Marijuana increases your risk for

→ Marijuana use by D99 students has been going down since 2014



When asked their reasons for avoiding drug and alcohol use, D99 students said...

Find a healthy  
way to unwind.



83% of DGS students agree that drug and alcohol use negatively impacts a person's mental and emotional health. <sup>4</sup>

\*Data from the 2019 DGS Student Survey

...still ban the sale  
...about 10% of the  
...actually use it

Use and Health

I DON'T NEED ANY OF  
THOSE THINGS  
TO HAVE FUN  
WITH MY FRIENDS.



## Challenges and Assets for Adolescents / DGN students

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- Increases in anxiety/depression. 41% of our students say that they have experienced symptoms of depression in the past year. Many students report high levels of stress. D99 has increased staff to support students.
- **94% of North students say there's someone who cares about them here at school**
- **87% of North students say they do interesting activities at school**
- **58% of North students are part of a school-based club/activity**
- **56% of North students play on a school sports team**

## More Tips! – Family Protective Factors

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- **Keep up the good work!**
- **Communicate clear expectations, values & consequences, including for substance use**
- **Spend time together...listen, consider, ask questions/plan**
- **Allow them to struggle and fail on smaller things, help them learn from their mistakes; acknowledge that they can do things that are challenging**
- **Monitor phone, time, stuff, etc.**
- **Monitor alcohol and medication in your home**
- **Be proactive about Rx medication for surgery/injury**
- **Avoid overnight activities**



# Family Resources

- North Website
- [drugfree.org](http://drugfree.org)

