

Saint Viator High School Counseling Department

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Table of Contents

Day by Day	Pages 2 - 7
Hitting the Books	Pages 8 - 13
Co-Curricular Activities	Pages 14 - 19
The Big Picture	Pages 20 - 23
When You Need Help	Pages 24 - 28
After Hours	Pages 29 - 31

Notes:

Day by Day

What should I do if there is a problem with the shuttle bus?	Page 3
What school supplies does my son/daughter need?	Page 3
What should I do if my son/daughter's iPad is lost or stolen? Damaged?	Page 3
If my son/daughter has a problem with his/her schedule, whom should be contacted?	Page 4
How can my son/daughter make the best use of study hall?	Page 4
Should my son/daughter bring lunch from home?	Page 4
What can a freshman expect during Homecoming Week?	Page 4
What is LINK Crew?	Page 5
How often will my son/daughter see his/her counselor?	Page 5
When should I contact my son/daughter's counselor?	Page 5
How can I make an appointment with a counselor?	Page 5
Help! My son/daughter hates school. What can I do?	Page 6
If my son/daughter becomes sick during the day, what procedure should he/she follow?	Page 6
Where can my son/daughter purchase a dress code item, spirit wear and accessories?	Page 6
My son/daughter received a detention, and I have questions concerning it. Whom should I call?	Page 6
What is a Saturday detention?	Page 7
My son/daughter has the opportunity to work part-time. Where can he/she get a work permit?	Page 7

Q

What should I do if there is a problem with the shuttle bus?

A

For the most part, the shuttle bus to the Arlington Heights train station runs smoothly. On days when students are dismissed early, the shuttle departs 10 minutes after dismissal.

For many students, this may be their first experience riding the bus. Some experience anxiety the first couple of days riding the bus, but this tends to pass quickly.

If a problem arises concerning the shuttle to or from the Arlington Heights train station, the contact at Saint Viator is Dr. Deb Scerbicke (ext. 269, room 129).

DID YOU KNOW?

If you need CAR POOL information, contact Dean Deb Scerbicke (ext. 269)

Q

What school supplies does my son/daughter need?

A

Every student is required to have an iPad. A list of required apps can be found on the Saint Viator High School website. Separate notebooks for each class, pens, pencils, folders, and loose-leaf paper are also required.

If you have questions about a specific class, contact the teacher.

Q

What should I do if my son/daughter's iPad is lost or stolen? Damaged?

A

Students should report a lost iPad immediately to the Instructional Technology Coordinator, whose office is located in the administration offices. Every effort will be made to recover the iPad. If the lost iPad is not recovered, students will need to report to the Deans' Office to fill out a report. In the event that an iPad is stolen, parents should file a police report; insurance companies will require a police report in order to file a claim.

Damaged iPads should be reported to the insurance company from which you purchased your policy (Worth Ave., Apple Care, etc.). The company will require that you fill out a claim form. After the claim is approved, you should send the iPad in for repair along with the deductible.

Students with iPads undergoing repair or waiting for a replacement iPad for one that has been damaged, lost, or stolen, may rent a school iPad for up to three weeks. Students are responsible for preparing for class and completing all assignments during this time.

Q If my son/daughter has a problem with his/her schedule, whom should be contacted?

A A student who has a problem with his/her schedule should make an appointment with his/her counselor. Reasons for schedule changes are outlined in the Curriculum Guide and the Student Handbook.

Q How can my son/daughter make the best use of study hall?

A All freshmen have at least one supervised study hall (unless they are carrying seven classes). These study halls are provided to help freshmen make the best use of their time in school. Students should use this time to begin homework, to do assigned reading, or to review notes. If a student needs to go to the Math Lab or Writing Lab, arrangements must be made with the lab supervisor and the study hall teacher.

Q Should my son/daughter bring lunch from home?

A Students may bring lunch from home or purchase lunch. Students may use cash or the Quest Debit Program that is available through the food service provider. Families may deposit money into an account for the student, and the student's I.D. card will be used as a debit card to purchase food from Fr. Querbes Dining Hall.

Students are not permitted to have food delivered to the school from outside businesses/vendors.

Q What can a freshman expect during Homecoming Week?

A During Homecoming Week (October 2-7), freshmen are invited to participate in the special activities that occur during and after school. These activities are intended to help your student identify more closely with the Saint Viator family. Saint Viator High School enforces a no-hazing policy.

All freshmen are invited to join in as many activities as possible. Freshmen are expected to know the school song and can be asked to sing the song in groups during the lunch periods of Homecoming Week. If at any time you feel the sense of fun has been lost for your child, please contact one of the deans, Mr. Bill Sanford (room 129, ext. 213) or Dr. Deb Scerbicke (room 129, ext. 269).

Q What is LINK Crew?

A LINK Crew is a high school transition program that welcomes freshmen and transfer students to Saint Viator High School. It makes them feel comfortable throughout their first year at Saint Viator. LINK Crew trains a selected group of juniors and seniors in team building activities, cooperative skill development, and discussion skills. As positive role models, LINK Leaders are motivators, leaders and teachers who guide the freshmen to discover what it takes to be successful in high school. The program provides the structure for freshmen to receive the support and guidance from juniors and seniors who have been through the challenges that high school poses and understand that the transition to a larger school can sometimes be overwhelming. The program offers yearlong support for freshmen by keeping them connected with their LINK leaders for social and academic support.

Parents will meet their student’s LINK leaders at Meet the Faculty Night on August 31 and may contact them at any time.

Q How often will my son/daughter see his/her counselor?

A Your son/daughter may see the counselor as often as he/she wishes. Appointments may be scheduled by leaving a message with either the counselor or the counseling secretary, Mrs. Patti Yellin (room 132, ext. 261).

DID YOU KNOW?
LOST AND FOUND is in the Deans’ Office (room 129).

Counselors will arrange to meet with each student during the course of the year. Appointment notices are sent to students during homeroom and throughout the day.

Q When should I contact my son/daughter’s counselor?

A Generally, whenever you have concerns about the emotional, social, psychological, physical and/or academic well-being of your son/daughter, you should direct these concerns to his/her counselor for assistance. Often, what a child is experiencing outside of school has a direct effect on academic performance. All information shared with the counselor can remain confidential at the request of the parent or student, unless the student is in jeopardy.

Q How can I make an appointment with a counselor?

A Appointments may be made by contacting the specific counselor directly at the following extensions or e-mail addresses:

- Class of 2018: Mrs. Stephanie Spiewak (ext. 249) -- sspiewak@saintviator.com
- Class of 2019: Mr. TJ King (ext. 231) – tking@saintviator.com
- Class of 2020: Mrs. Stephanie Collins (ext. 225) – scollins@saintviator.com

Class of 2021: Mr. Joe Majkowski (ext. 248) – jmajkowski@saintviator.com
College Counselor: Mrs. Kelly Dutmers (ext. 233) – kdutmers@saintviator.com

Often a counselor will be meeting with a student. You can easily leave a message with the counseling secretary, Mrs. Patti Yellin (ext. 261).

Q Help! My son/daughter hates school. What can I do?

A Each student will have a different rate of adjustment during the first months of school. Some days will be “great” and some “horrible.” You can assist by continuing to encourage your child to talk about feelings and experiences. Caring adults and time usually facilitate a student feeling comfortable with high school life. If you have concerns that these negative feelings are going on for too long, contact your student’s counselor.

Sometimes your student will have a negative experience at school. You may have questions concerning this experience or simply wish to alert the school as to what has happened. Any administrator or your child’s counselor would be appropriate to contact.

Some students need more assistance with adjustment than others. One of the roles of the counselor is to assist students with this adjustment.

Q If my son/daughter becomes sick during the day, what procedure should he/she follow?

A A student who becomes ill should immediately report to the Deans’ Office. If a student is ill enough to go home, the Deans’ Office will contact a parent. A parent picking up an ill student should go to the Deans’ Office (room 129).

Q Where can my son/daughter purchase a dress code item, spirit wear and accessories?

A Students may purchase dress code items, spirit wear and accessories at the McKenna Marketplace located in Fr. Querbes Dining Hall. McKenna Marketplace will be open for the 2017-18 school year from 7:15 am until 3:15 pm. Spirit wear is also available at <http://shop.saintviator.com> throughout the year. Uniform pants may be ordered through the Lands’ End Link at saintviator.com.

Q My son/daughter received a detention and I have questions concerning it. Whom should I call?

A Contact the Deans’ Office and speak to Mr. Bill Sanford (ext. 213) or Dr. Deb Scerbicke (ext. 269).

DID YOU KNOW?

Payment of tuition or athletic fees is accepted in the Business Office in room A on the 3rd floor. There is also a drop box located on the door of room 127 on the 1st floor.

Q What is a Saturday detention?

A A Saturday detention may be assigned by a dean or a member of the administration for a serious violation of the discipline code. Saturday detention is held from 8-11 a.m., and a student must be in Saint Viator dress code. Students assigned to Saturday detention could assist with projects inside or outside of the school. Students who are truant/unexcused from a Saturday detention must serve the next scheduled Saturday and will be assigned to serve an additional Saturday detention.

Q My student has the opportunity to work part-time. Where can he/she get a work permit?

A Work permits may be obtained from Dr. Deb Scerbicke (room 129, ext.269) in the Deans' Office.

Hitting the Books

How much homework will my son/daughter have each night?	Page 9
How can assignments and tests be made up if my son/daughter is ill?	Page 9
How can I help my son/daughter develop better study habits?	Page 9
What is the most common cause of academic problems with students?	Page 10
What if my son/daughter repeatedly indicates he/she has no homework?	Page 10
My son/daughter does not seem to know how to study for some classes. What can I do?	Page 10
My son/daughter knows the material for an exam before leaving home and yet forgets during the exam period. What is wrong?	Page 11
What types of tests will my son/daughter experience in his/her classes?	Page 11
How do I know what my son/daughter is learning or should be doing in specific classes?	Page 11
How are semester grades determined for Grade 9 classes?	Page 11
How can my son/daughter, who has never taken semester exams, prepare for them?	Page 12
How can I monitor my son/daughter's progress?	Page 12
How can I react positively to low grades?	Page 12
When and how do I receive grades?	Page 13
What is a staffing?	Page 13
My son/daughter indicates improved grades since report cards. How can I be sure?	Page 13
My son/daughter has failed a course at the end of the semester. How can he/she make up the credit?	Page 13

Q How much homework will my son/daughter have each night?

A Homework will vary from night to night. Generally, students have homework every night in certain subjects (ie., math, modern world language, etc.).

Our mission is to teach, so students should be prepared to learn. A student should expect to spend one to two hours per day doing homework. For students involved in co-curricular activities, this requires careful time management. Refer to teachers' web pages, which are updated weekly, for homework assignments and other course information.

Q How can assignments and tests be made up if my son/daughter is ill?

A It is the student's responsibility to make arrangements with teachers to complete assignments and take exams. Many teachers communicate their make-up policy on the first day of class or in their syllabus. **When sick, students should refer to the teacher's web page for classroom activities and homework assignments. For extended illness, contact your son/daughter's counselor.**

Q How can I help my son/daughter develop better study habits?

A The primary responsibility for studying and completing homework lies with the student. Since freshmen develop a variety of study skills before they enter Saint Viator, some students initially need more monitoring than others. It is an excellent idea to determine study time with your son/daughter before school starts. Parents should continue to be involved in their son/daughter's academic progress as he/she adjusts to the demands of high school. Some hints to help your student develop good study habits:

DID YOU KNOW?
Homework is a must!

- Set specific study times with your son/daughter. This should be spent free of distractions and in a good location.
- Encourage him/her to get the phone numbers of classmates. Your son/daughter can call these students if confused about an assignment or to check assignments during an absence.
- Help your son/daughter get organized – folders, notebooks, etc. for each subject.
- Discuss assignments. Help to plan long-term assignments.
- Permit short breaks during study time. Several short-term (20-30 minutes) periods of focused study can be more effective than one very long stretch of study where attention lapses.
- Quiz your son/daughter on test material when asked.
- Refer students to teachers' web pages for extra exercises to improve skills.

Q What is the most common cause of academic problems with students?

A *Failure to complete homework seems to be the biggest cause of academic problems among high school students.* Many teachers determine a student's quarter grade based on homework, class participation, quizzes and tests. A student who does not complete homework is unable to participate fully in classroom activities and is less likely to gain a command of the course material.

Long-term assignments are a special problem for some freshmen who are not accustomed to planning ahead. Monitor your student's progress on these assignments.

Q What if my son/daughter repeatedly indicates he/she has no homework?

A Often, students only believe they have homework only if a teacher assigns written homework that will be collected. Some students may find that the academic demands of high school are much more challenging than grade school. If your son/daughter repeatedly says he/she has no homework, there may be a problem. Check teacher's web page for assignments. Contact the teacher and/or your son/daughter's counselor.

Some hints for using study time wisely when no written assignments are due include:

- Rewrite classroom notes or lab reports.
- Review lecture notes while they are still fresh in a student's mind. It saves time before an exam.
- Outline notes and readings for use when reviewing for a test or quiz.
- Make flashcards for vocabulary in modern world languages.
- If there is not anything to study, READ!

Q My son/daughter does not seem to know how to study for some classes. What can I do?

A Your son/daughter may try to convince you that school is very different today than when you were in high school. With respect to studying and grades, it has not changed very much. Attempt to assist with suggestions on how to memorize, etc. If problems continue and you observe your son/daughter making a sincere effort, contact the teacher and/or counselor.

Q My son/daughter knows the material for an exam before leaving home and yet forgets during the exam period. What is wrong?

A Your son/daughter may be experiencing test anxiety or some other testing difficulty. Consult the counselor and/or the teacher.

Q What types of tests will my son/daughter experience in his/her classes?

A The types of tests will be:

- Essay
- Multiple choice
- Fill-in-the-blanks
- True or False
- Matching
- Any combination of these
- Some tests may use Exam Soft on the iPad.

Q How do I know what my son/daughter is learning or should be doing in specific classes?

A High school students often go through periods when they do not want to discuss what is going on in school with their parents. Attempt to continue to communicate as much as possible with them. Students may receive course syllabi or handouts during the first days of class. Ask to see the syllabi or check the teachers' web pages. These should describe the courses to you and include the course expectations.

Attend Meet the Faculty Night on Thursday, August 31, 2017, and Parent Teacher Conferences on Thursday, November 2, 2017. Call your child's teachers or counselor with questions.

Q How are semester grades determined for Grade 9 classes?

A School policy is as follows:
1st quarter = 45% of the semester grade
2nd quarter = 45% of the semester grade
Semester exam = 10% of the semester grade

These percentages change in grades 10 – 12.

Q How can my son/daughter, who has never taken semester exams, prepare for them?

A Many freshmen are shocked with their first experience of taking semester exams. Most exams are comprehensive and cover material from two quarters. Many teachers post information on their web pages.

Hints for preparing for semester exams:

- Do not wait until the night before to prepare for an exam. Start a couple of weeks prior.
- Spend more time on your weaker subjects, but do not neglect those you think you know well.
- Check with teachers to see when they will hold a review session. Attend the review session even if it is before school.
- LINK Crew leaders sponsor a “Cocoa & Cram” session after school prior to first semester exams. Upperclassmen and teachers are available for study tips and tutoring.
 - Review old tests, quizzes and homework.
 - Memorize! Do not just re-read material.
 - Get a good night’s sleep before exams.

Q How can I monitor my son/daughter’s progress?

A Teachers will post grades on a regular basis to the Student Record System on the web. You will receive a letter with a password and your student’s ID number in August. At that time, you will need to log into the system and enter your e-mail address. By clicking on each class, you should be able to see a detailed report concerning your student’s progress in that class. The last date grades were updated is shown at the bottom of the class page. If you have concerns that grades have not been updated, please contact the teacher by phone or e-mail.

Q How can I react positively to low grades?

A Review your student’s performance with them in each class. Listen to his/her evaluation of their performance. Evaluate with the teacher and counselor whether the student is correctly placed in the class. Encourage your student to seek help from the teacher or in the Math Lab, Modern World Language Lab and Writing Lab. Review your student’s study habits, organizational skills, etc. Change what needs to be changed.

Q **When and how do I receive grades?**

A Grades are posted on a regular basis to the Student Record System on the web. If you have questions about a posted grade, contact the teacher. At the end of each academic quarter and semester, grades are posted to the student's record for you to review.

The week ending Friday, October 27, first quarter grades posted.
The week ending Friday, January 19, first semester grades posted.
The week ending Friday, April 6, third quarter grades posted.
The week ending Friday, June 8, second semester grades posted.

In the beginning of the school year, parents are assigned a password that is used to access the Student Record System. It may be best to keep that information confidential to prevent the possibility of the password being changed without your knowledge.

Q **What is a staffing?**

A Often, when a student is doing poorly in a number of classes, a parent or counselor may request a staffing for a student. A staffing is a meeting with parents, the student, counselor and teachers that usually takes place before or after school. By bringing all interested parties together, a complete picture of what your student is experiencing academically is gained and a plan of action can be determined. Counselors conduct staffings.

Q **My son/daughter indicates improved grades. How can I be sure?**

A Very often a student believes that by receiving one good grade he/she has raised the grade average to an acceptable level. This, however, is often not the case. Help your student to understand that once in academic trouble, it takes as much time, or more, to raise the grade to passing as it took to get it to failing. Check your student's progress every week on the Student Records web page.

Q **My son/daughter has failed a course at the end of the semester. How can he/she make up the credit?**

A A student who fails a course at the end of the semester should meet with his/her counselor to discuss when this credit will be completed. Usually, semester failures warrant a student attending summer school.

Co-Curricular Activities

Whom should I contact when I have questions regarding co-curricular activities?	Page 15
What advice is given most often by upperclassmen to freshmen?	Page 15
What co-curricular activities are available to my son/daughter?	Page 15
Why should a student get involved in co-curricular activities?	Page 17
Does a student have to be an experienced athlete to join and/or enjoy a team sport?	Page 17
Is there another resource regarding athletic issues?	Page 18
Does a student need experience to join an activity like newspaper, yearbook, or the school play?	Page 18
Do grades influence participation in sports and other activities?	Page 18
Can infractions of school policy lead to ineligibility?	Page 18
Is my son/daughter required to attend a retreat?	Page 19
What is campus ministry and how does my son/daughter get involved?	Page 19

Q Whom should I contact when I have questions regarding co-curricular activities?

A Generally you should start by contacting the person in charge of the co-curricular activity. This may be a Saint Viator teacher who is serving as a coach or moderator. General questions may be directed to Mrs. JoAnne Francis, director of student affairs (Academic Commons, ext. 267). Questions pertaining to participation (eligibility) for sports teams should be directed to Mr. Marty Jennings, athletic director (room 131A, ext. 214). If you need directions to games or meets, or need to know if a meet has been canceled due to weather, call the sports hotline (ext. 239). If you need to leave a message for a coach, contact the Athletic Department Secretary, Mrs. Susie McNamara (ext. 251).

Q What advice is given most often by upperclassmen to freshmen?

A Each year, the seniors' number one recommendation to new students is to get involved with co-curricular activities at Saint Viator your first year. Don't be afraid to try new things and meet new people! Attend different events and sports contests. You never need to have a date to attend a dance – you can always come alone, with a friend or a group of friends.

Q What co-curricular activities are available to my student?

A See the list below for co-curricular activities, their seasons and their moderators.

ACTIVITY	SEASON	MODERATOR	EXT.
Ambassadors Club	Year-Round	Mr. Jason Kuffel	256
Anime Club	Year-Round	Mr. Matt Gruenfeld	288
Baseball	Spring	Mr. Mike Manno	251
Basketball (Girls)	Winter	Mr. Jason Raymond	251
Basketball (Boys)	Winter	Mr. Quin Hayes	274
Cahill Crazyes	Year-Round	Mr. Vince Genualdi Mrs. Kathleen Lynde	263 298
Campus Ministry Team	Fall/Winter/ Spring	Mrs. Nancy Devroy Ms. Emily Egan Mr. Bart Hisgen	276 262 268
Chamber Singers	Year-Round	Mr. Daniel Walls	315
Champions Club	Year-Round	Mr. Matt Hynek	247
Cheerleading	Fall/Winter	Ms. Amanda Ray	251
Chinese Club	Year-Round	Ms. Amy Zhang	328
Chinese Honor Society	Year-Round	Ms. Amy Zhang	328

Competitive Dance	Year-Round	Ms. Lindsay Jones	251
Cross Country (Girls)	Fall	Ms. Kelli Wosick	251
Cross Country (Boys)	Fall	Mr. Wayne Edelman	251
EYEsee	Year-Round	Ms. JoAnne Francis	267
Field Hockey (Girls)	Fall	Ms. Stelly Reichel	251
Film Making Club	Year-Round	Ms. Maggie Miskowicz	217
Football	Fall	Mr. Dave Archibald	237
French Club	Year-Round	Ms. Laura Klaw	334
French Honor Society	Year-Round	Ms. Laura Klaw	334
Golf (Girls)	Fall	Mr. Mick Drewes	251
Golf (Boys)	Fall	Mr. Jack Halpin	251
Hockey Club	Winter	Mr. Tim Benz	251
Italian Club	Year-Round	Mrs. Mirella Rullo	209
Italian Honor Society	Year-Round	Mrs. Mirella Rullo	209
Justice League	Year-Round	Ms. Emily Egan	262
Lacrosse (Boys)	Spring	Mr. Bill Sanford	213
Lacrosse (Girls)	Spring	Ms. Suzanne Rich	251
LINK Crew	Year-Round	Mrs. JoAnne Francis Mr. John Fuja Mrs. Stephanie Spiewak Mrs. Krystle King	267 326 211 253
Math Club & Math Team	Year-Round	Mrs. Cheryl Nowak	327
National Art Honor Society	Year-Round	Mr. Matt Gruenfeld	288
National Honor Society	Year-Round	Mr. Kurt Paprocki	316
Navigate	Year-Round	Mrs. Krystle King	253
Newspaper - Viator Voice	Year-Round	Mr. Chris Paolelli	287
Orchesis	Year-Round	Ms. Lindsay Jones	251
Powerlifting Club	Year-Round	Mr. Rich McLoughlin	317
Recycling Corps	Year-Round	Mr. John Paulik	318
S.A.D.D.	Year-Round	Mrs. Cate Majka	289
Scholastic Bowl	Year-Round	Ms. Jamie Miller Ms. Shirley Dias	335 264
Science Club	Year-Round	Mr. Robert Peterson	311
Soccer (Girls)	Spring	Mr. Mike Taylor	251
Soccer (Boys)	Fall	Mr. Mike Taylor	251
Softball (Girls)	Spring	Mr. John Scotillo	251
Spanish Club (Una Gente)	Year Round	Mrs. Rosemary Castellucci	314
Spanish Honor Society	Year-Round	Mr John Fuja	326
Speech Team	Year-Round	Ms. Megan O'Neill	333
Student Council	Year-Round	Mrs. JoAnne Francis	267
Freshman Class	Year-Round	Mr. Mike Tubridy	313
Sophomore Class	Year-Round	Ms. Brigette Brankin	303
Junior Class	Year-Round	Mrs. Ann Perez	327
Senior Class	Year-Round	Mrs. Cheryl Nowak	309
Swimming (Girls)	Fall	Mr. Sam Wilcher	251
Swimming (Boys)	Winter	Mr. Sam Wilcher	251

Tennis (Girls)	Fall	Mrs. Amy Ritchie	251
Tennis (Boys)	Spring	Mrs. Amy Ritchie	251
Theatre Productions & Tech Crew	Year-Round	Mrs. Kate Costello	255
Track and Field (Girls)	Spring	TBA	251
Track and Field (Boys)	Spring	Mr. Rodero Warren	251
Tri M/National Music Honor Society	Year-Round	Mr. Vince Genualdi Mr. Dan Walls	263 315
Volleyball (Girls)	Fall	Mr. Charlie Curtin	251
Volleyball (Boys)	Spring	Mr. Jimmy Niell	251
Water Polo (Girls)	Spring	Ms. Lisa Torii	251
Water Polo (Boys)	Spring	Mr. Everardo Leon	251
Wrestling	Winter	Mr. Jason Churak	251
Yearbook - Viatome	Year-Round	Mrs. Nancy Jensen	308

Q Why should a student get involved in co-curricular activities?

A Certainly academics are our first priority, but Saint Viator High School is committed to the development of the “whole” person. Student activities, sports, and clubs give students a chance to work and achieve with others, as well as the opportunity to develop or discover unique talents and interests. For a new student, involvement in a co-curricular activity can be a real help in getting to know other students and in gaining a sense of belonging at Saint Viator. You may have heard that “co-curricular activities look good on your college application.” While this is certainly true, when students join an activity for this reason alone, they and others are often disappointed. Students who get involved tend to do better academically and feel more a part of the Saint Viator community.

DID YOU KNOW?

Viatorian Service Learning sponsors many different kinds of service projects. Call or see Mrs. Nancy Devroy (ext. 276) in Campus Ministry.

Q Does a student have to be an experienced athlete to join and/or enjoy a team sport?

A Not always. Some of our sports teams do not make cuts. For example, many students join track, wrestling, swimming, lacrosse, or water polo teams with no previous experience in the sport. They join the team and learn the sport. Often they realize an ability they did not know they had. Even those who do not excel can benefit from the experience of learning, trying and being part of a team. However, some teams do make cuts when the number of students interested in that team is great. Usually if a student tries out for a sport and doesn’t make it, he/she still has the opportunity to try out for another sport that season.

Q

Is there another resource regarding athletic issues?

A Visit the Athletics section of our website to find a link to the athletic site. The Parent-Student Athletic Handbook will be available on the Saint Viator website. You may also call the Athletic Department Office (ext. 251) with any questions. All sports team information can be found on individual team web pages.

Q **Does a student need experience to join an activity like newspaper, yearbook or the school play?**

A No. Any student willing to learn and commit is welcome to get involved in all student activities.

Q **Do grades influence participation in sports and other activities?**

A YES. It is important that you review the section in the handbook on academic eligibility to understand all the specifics of eligibility policies. Basically, you should know that if a student were failing a certain number of courses, then any participation in co-curricular activities would be curtailed.

Weekly reports from teachers indicate whether a student is meeting the eligibility requirements at Saint Viator High School (passing 2.5 credits or 5 classes).

For details, review the handbook or contact Mr. Marty Jennings, athletic director (room 131A, ext. 214), or Mrs. Karen Love, principal (ext. 229).

Q **Can infractions of school policy lead to ineligibility?**

A Yes. Significant behavioral problems can result in ineligibility. The policy related to use of alcohol and other drugs is stated in the handbook. In cases of other serious infractions, the dean of students may declare a student ineligible for a given period of time.

In order to attend practice or participate in a co-curricular activity, the student must arrive at school by 10 a.m. or cannot leave before 1 p.m. on the day of the activity. Violation of this policy may result in disciplinary action.

Q Is my student required to attend a retreat?

A All freshmen are required to attend the Freshman Retreat and Family Mass held on Sunday, September 17, 2017 from 9:00 am – 3:00 pm. Family mass is at 2:00 pm. This is the only **required** retreat throughout your student’s four years at Saint Viator. Freshmen may also attend one of the two Quest retreats offered throughout the school year. Quest is an overnight retreat open to all freshmen and sophomores.

Q What is Campus Ministry and how does my student get involved?

A Mission of Campus Ministry: Proclaiming Jesus Christ and His Gospel, and raising up our community where faith is lived, deepened and celebrated.

Vision of Campus Ministry: The Campus Ministry Program works to create and support the ongoing process of Christian formation at Saint Viator High School. We provide a comprehensive Campus Ministry Program, which incorporates religious beliefs and practices into everyday student life through liturgies, prayer, retreats and activities for participation by the entire Saint Viator community.

The Campus Ministry Team (CMT) is a Christ-centered, caring, welcoming, Gospel-fueled group of fun people who lead four major areas of ministry: Liturgy and Prayer, Art and Environment, Fun, Faith, and Friends, and CMT Connects.

CMT operates in three seasons, Fall, Winter and Spring. Members are asked to publicly commit, or recommit, to CMT each season at the designated school liturgy.

Campus Ministry seeks to live, deepen and celebrate our faith through monthly masses, Friday morning chapel masses at 7:30 a.m., retreats, leadership development, prayer, and fellowship. Ministries are student-led and incoming students are encouraged to share their gifts with the team by signing up in the fall.

Please contact Mrs. Nancy Devroy (ext. 276), Ms. Emily Egan (ext. 262) or Mr. Bart Hisgen (ext. 268) of Campus Ministry if you have any questions.

The Big Picture

How can I be sure that my son/daughter will have all the courses/credits needed to graduate and to meet college entrance requirements?	Page 21
What is the purpose of Viatorian Service Learning (VSL) at Saint Viator High School?	Page 21
What are the service requirements for freshmen?	Page 21
What are the service requirements for transfer students?	Page 22
Where can I find more information on the Christian Service requirement?	Page 22
What are the Federal and State Constitution Test requirements?	Page 22
What career guidance is available to students?	Page 22
What about college planning?	Page 22
What standardized tests will my son/daughter take during his/her high school years?	Page 23
Whom should I contact if I have a question regarding the mandatory drug testing policy?	Page 23

Q How can I be sure that my son/daughter will have all the courses/credits needed to graduate and to meet college entrance requirements?

A Freshmen: The courses freshmen take will give them a good start toward those requirements. The freshman counselor will help them with academic planning throughout their time at Saint Viator. During the second semester of this year, before freshmen register for sophomore classes, their counselor will work with them to develop a Four-Year Plan of Studies. Each student will be encouraged to consider goals and confer with parents as he/she makes a tentative plan for all the courses to be taken during their four years at Saint Viator. This four-year overview provides a “game plan” for a student’s file and may be reviewed and changed as a student proceeds through Saint Viator High School.

Transfer Students: It is important that transfer students meet with their counselor to develop a “game plan” for their academic experience at Saint Viator High School. The counselor will examine the credits the student earned from the previous school. The student and counselor can then plan the coursework necessary for the student to graduate and to meet college entrance requirements. Credits can be checked via the Saint Viator High School website, saintviator.com. Click on the “Academics” tab and then access Student Records.

A parent or student with questions regarding academic planning should contact the student’s counselor.

Q What is the purpose of Viatorian Service Learning (VSL) at Saint Viator High School?

A VSL is a new service learning program mandatory for all freshmen that is rooted in the Viatorian tradition of forming men and women who use their gifts and talents to “raise up communities where faith is lived, deepened, and celebrated.” VSL extends the faith learning context from the religion classrooms into the world through student immersion into social issues and service with community partners. Intentional teaching, mentoring, and collaborating with the director of campus ministry and freshmen religion teachers ensures purposeful service experiences.

Q What are the service requirements for freshmen?

A The graduation requirement is a minimum of 100 total hours of service over four years. Each year, students are required to complete a minimum of 25 hours toward their 100 hour requirement. Of these 25 hours each year, a minimum of 10 hours must be completed by the end of the first semester. The remaining hours need to be completed by the end of second semester. The exact details and dates are found on the Christian Service webpage.

Q What are the service requirements for transfer students?

A Transfer students are required to complete a minimum of 25 hours of service each year they are students at Saint Viator High School, 12.5 if they transfer in mid-year.

Q Where can I find more information on the Viatorian Service Learning requirement?

A The Campus Ministry Office maintains ongoing service opportunities as well as a detailed Christian Service Handbook on the Saint Viator High School website under Faith Life. You may also contact Mrs. Nancy Devroy, Director of Campus Ministry, service, & outreach at ext. 276.

Q What are the Federal and State Constitution Test requirements?

A Students are required by the state of Illinois to pass both the Federal and the State Constitution Tests in order to receive their diploma. Students will complete this requirement as part of a state-required Civics Class during their sophomore year.

Q What career guidance is available to students?

A Your child's counselor is available to discuss career plans with your son/daughter. Students are encouraged to utilize the Naviance Family Connections Computer Program for college planning and career exploration. This program helps students explore career possibilities in depth, identify the careers in which they are most interested, and find colleges appropriate to their career goals. Visit the counseling page at saintviator.com for a link to Naviance under Family Connection.

Q What about college planning?

A Your student's counselor will work with your son/daughter to help plan a curriculum that will meet basic college requirements. Our college counselor, Mrs. Kelly Dutmers (room 134, ext. 233), is available to all students and parents for more specific college planning. Your child will hear about requirements regularly throughout his/her time at Saint Viator. More intensive planning begins during junior year.

Each spring, Mrs. Dutmers holds an important parent/student meeting to share information on college exploration and selection, as well as financial aid. She is available for individual meetings with students and parents to explore college options that are appropriate for that particular student. Information on college nights in the area, as well

DID YOU KNOW?

Every student will be introduced to the Family Connections Program. This program helps students explore colleges and careers via the internet.

as other pertinent college application and scholarship information, is available in the Counseling Center and on the counseling page at saintviator.com.

Q **What standardized tests will my son/daughter take during his/her high school years?**

A The GAINS Diagnostic Assessment of College Readiness is administered to all freshmen and the PreACT is given to all sophomores in October. These two tests allow students to become familiar with the ACT, and can be used as a predictor of performance on that test. The PSAT is administered to all juniors in October of their junior year. This test is used as a qualifier for the National Merit Scholarship Program and provides a predictor of Performance on the SAT. Saint Viator High School administers the ACT and SAT during the spring of each year. Most of our students take either one or both of these tests.

DID YOU KNOW?

Students who are planning to attend any college must take either the ACT or SAT. Mrs. Dutmers can help you determine which you should take.

Q **Whom should I contact if I have a question regarding the mandatory drug and random alcohol testing policy?**

A If you have a question regarding the mandatory drug and random alcohol testing policy, contact Dean Bill Sanford, (ext.213). Information on the drug and alcohol testing policy is also available in the Student Handbook.

When You Need Help

Whom should I contact if my son/daughter has special needs due to a physical impairment, learning disability, etc.?	Page 25
How do I get homework for my son/daughter if he/she will be absent for an extended period of time?	Page 25
What should I do if I feel that my son/daughter has been incorrectly placed in a class?	Page 25
Whom should I contact if my son/daughter needs additional academic help in a particular subject?	Page 25
How can I get feedback regarding my son/daughter's academic performance?	Page 26
Whom should I talk to concerning difficulty with tuition payments?	Page 26
My son/daughter is skipping lunch in Fr. Querbes Dining Hall because he/she is anxious about not knowing anyone. What should I do?	Page 26
Another student is harassing my student. Whom can I call for assistance?	Page 26
If I am concerned about my son/daughter's emotional state due to a difficult situation at home, whom should I call?	Page 27
My son/daughter seems to be under too much stress. How much is too much?	Page 27
How can I help my stressed-out son/daughter?	Page 27
I am aware of behavioral and/or emotional changes in my son/daughter, and I am concerned about depression or possible substance abuse. What do I do?	Page 27
When should I seek outside professional help for my son/daughter?	Page 28

Q Whom should I contact if my son/daughter has special needs due to physical impairment, learning disability, etc.?

A The Deans' Office and the student's counselor should be made aware of students with physical problems that require medication or special assistance. If a student has a diagnosed learning disability, it is important that their counselor be made aware. The counselor can then communicate with teachers if any special accommodations are necessary.

DID YOU KNOW?

No student should have any type of medication with them at school. All medicine should be left in the Deans' Office.

Q How do I get homework for my son/daughter if he/she will be absent for an extended period of time?

A For short periods of illness, students can find assignments posted for the week on their teacher's web page. If your child has an illness that will keep him/her home for two weeks or more, it is important that you contact the counselor.

Q What should I do if I feel that my son/daughter has been incorrectly placed in a class?

A This happens rarely, but if you feel your child may be incorrectly placed, contact the teacher and the counselor. Initially it may be difficult for you to assess whether there is a placement problem. Don't hesitate to contact the counselor if you have questions.

Q Whom should I contact if my son/daughter needs additional academic help in a particular subject?

A The classroom teacher should be your first contact. Teachers often make themselves available before school, after school, or during a free period for students who need additional help or one-on-one assistance. If your child's teacher is not available at a time that is convenient, then the teacher may be able to recommend another teacher in the department who is available when your child is free.

Math and Writing Labs: The Math and Writing Labs are available during various periods of the school day to provide additional assistance to students.

Outside tutors: The counselor can give you references for outside adult tutors.

Q How can I get feedback regarding my son/daughter's academic performance?

A Every week, teachers update student grades on the Student Records page. This information will help you to monitor your student's progress on assignments, tests and other classroom evaluations. Consult with the student's teacher and counselor if they are not making progress.

Q Whom should I talk to concerning difficulty with tuition payments?

A Mrs. Nora Boka (ext. 215), vice president of finance, is the person you should contact concerning financial difficulty.

Q My son/daughter is skipping lunch in Fr. Querbes Dining Hall because he/she is anxious about not knowing anyone. What should I do?

A Initially, lunchtime can be an overwhelming experience for a new student. Encourage them to "stick it out" and attend lunch. Often, students will go to lunch with other students from their homeroom or from their last class before lunch. Help your child realize that he/she is not the only one who feels anxiety and that everyone is not staring as he/she enters Fr. Querbes Dining Hall. If the anxiety continues after the first couple of weeks, contact the counselor.

Q Another student is harassing my son/daughter. Whom can I call for assistance?

A Although we attempt to prevent this type of behavior from occurring, it sometimes happens. Contact Mr. Bill Sanford (ext. 213), or Dr. Deb Scerbicke (ext. 269), or the counselor to resolve the conflict.

Q If I am concerned about my son/daughter's emotional state due to a difficult situation at home, whom should I call?

A It is difficult to share when there is a problem at home. When a family is experiencing divorce, separation, serious illness, death or other trauma, calling the school may not be the parent's first thought. Contact with the counselor is very important at these times. The counselor and parent can then decide together what kind of response may be appropriate, both in terms of contact with the student and the teachers. Adolescents usually say, "I'm fine," in this kind of stressful situation. It is seldom true, however, and having someone outside the immediate situation whom they can talk to can be helpful during difficult times. Even if the counselor and parent decide that no immediate

response is appropriate, it is good to have someone at school aware of a potentially stressful situation.

Q My son/daughter seems to be under too much stress. How much is too much?

A All teenagers show signs of stress now and then. Psychologists say the time to worry is when your child shows prolonged or very strong symptoms such as:
Physical problems – sleep difficulties, loss of appetite, chronic fatigue, vague stomach distress, diarrhea, dizziness, increased perspiration, low-grade infections, rashes, frequent colds or flu, headaches, lower-back pain.
Emotional problems – nightmares, panic, dramatic mood changes, feelings of worthlessness or failure, suspiciousness, apathy, nervous or inappropriate laughter, negative feelings.
Behavioral problems – impulsiveness, fighting, stealing, deliberately doing poor work, skipping school, loss of interest in appearance, alcohol or other drug use, poor attitude toward others, attention-getting antics, yelling, arson, accident proneness.

Q How can I help my stressed-out son/daughter?

A *Talk to your child regularly.* Get him/her to vent problems. That alone can relieve stress. *Know your child.* Some people handle stress better than others. Realize that one child might need a less hectic schedule than another. *Let your child know that you love them unconditionally.* Never let him/her think failure will lead to loss of love. Avoid excessive criticism, which can undermine self-confidence. *Set limits early.* Unconditional love does not mean permissiveness. *Get your child moving.* Regular exercise will relax teens.

Q I am aware of behavioral and/or emotional changes in my son/daughter, and I am concerned about depression or possible substance abuse. What do I do?

A Contact the counselor. It is easy to pass off changes in your teenager as adolescent “phases,” because adolescence is an emotional time. The counselor can provide you with a source of support and feedback regarding your child’s performance and behavior here at school. If necessary, the counselor can also help with references for outside professional help or evaluation.

Q **When should I seek outside professional help for my son/daughter?**

A When the symptoms of stress listed on the previous page are prolonged and your child does not seem to be able to help him/herself, consult the school counselor or other mental health professional.

After Hours

My son/daughter is not socializing with other students from Saint Viator after school. I am concerned he/she is not adjusting socially.	Page 30
What sort of after school activities are sponsored by Saint Viator High School?	Page 30
What activities might my son/daughter be involved in that are not school sponsored?	Page 30
What sorts of activities occur after dances and athletic events?	Page 30
How great is the peer pressure at Saint Viator High School?	Page 31
How available are alcohol and other drugs to my son/daughter?	Page 31
How can I tell if my son/daughter is part of a gang?	Page 31

Q After school, my son/daughter is not socializing with other students from Saint Viator. I am concerned he/she is not adjusting socially.

A Many students will continue to socialize with friends from grade school. As time passes, students begin to gradually socialize with other Saint Viator students. Students who become involved in co-curricular activities, as participants or spectators, tend to socialize more quickly with other Saint Viator students.

It can be difficult for a freshman to socialize with other Saint Viator students because our students sometimes live considerable distances from each other. Help your student connect with new friends from Saint Viator by driving him/her to each other's homes.

Q What sort of after school activities are sponsored by Saint Viator High School?

A A variety of athletic events are offered each week to students who wish to support our athletes. Service projects sponsored by the Campus Ministry Office are oftentimes held "after hours." Various clubs sponsor activities during the year. Dances and other school events are also offered to students.

If you have questions concerning an event, contact Mr. Marty Jennings, athletic director, regarding athletics (ext. 214). For questions regarding service, contact Mrs. Nancy Devroy, director of campus ministry (ext. 276). For other activity questions, contact Mrs. JoAnne Francis, director of student affairs (ext. 267). Check saintviator.com for a list of activities.

Q What activities might my student be involved in that are not school-sponsored?

A Adolescents tend to gather in groups on the weekends. Often they go to the movies, restaurants, each other's homes, parties, cruising in cars, etc.

Hint: Sometimes adolescents look for locations to gather where they are unsupervised by adults. These unsupervised locations sometimes are homes where parents are out for the evening or away for the weekend. Unsupervised parties can often lead to the use of illegal drugs, alcohol, marijuana, etc.

DID YOU KNOW?

It's important to know your child's friends and their parents.

Q What sorts of activities occur after dances and athletic events?

A Often students go off in a group to local restaurants or homes. We encourage you to set reasonable curfews for your student and network with other parents concerning your student's activities.

Q How great is the peer pressure at Saint Viator High School?

A Peer pressure functions at the same level as any high school. Few adolescents are immune to the effects of peer pressure. Some peer pressure can be positive when it encourages a student to respond appropriately to situations. However, peer pressure can also be a negative experience when it hinders the growth of the individual or supports inappropriate and perhaps illegal activity.

Hint: By continuing to keep lines of communication open, parents can sometimes blunt the effects of negative peer pressure. Helping your son/daughter to develop decision-making skills will enable him/her to resist this negative pressure.

DID YOU KNOW?

Adolescence is a time of testing limits. Network with other parents.

Q How available are alcohol and other drugs to my son/daughter?

A According to community law enforcement agencies, these drugs are readily available to our students in the local community.

Q How can I tell if my student is part of a gang?

A While gang membership and/or activity is not tolerated at Saint Viator, your student may come in contact with gangs in the community. If you have questions concerning possible gang influence on your student, contact your student's counselor, who will attempt to assist you in identifying gang colors, symbols, etc.

If your child ever suggests the presence of gangs at Saint Viator, contact one of the deans, Mr. Bill Sanford (ext. 213) or Dr. Deb Scerbicke (ext. 269).