

The Bird Call

Innovation Lab High School



2021 - 22 Edition #1

Student Birthday Celebrations at ILHS!

September through this week:

Joshua B. - 9/6

Felix C - 9/8

Katie S. - 9/8

Kyra N. - 9/9

Laney N. - 9/11

Himani S. - 9/11

Garrett M. - 9/12

Sophia O. - 9/13

Justin Z. - 9/13

Andrew W. - 9/17

Luke T. - 9/23

Staff Birthday Celebrations at ILHS!

September (thus far):

Rajendra Sami - Facility Manager - 9/8

Matt Fluster - Math Teacher - 9/21

Keisha Hays - School Psychologist - 9/21

Did you know September is National Courtesy Month?

Courtesy can mean several things to different people. To some, being courteous means being helpful. To others, being courteous means being polite and having good manners. Courtesy can be words spoken or actions towards someone. Courtesy is about manners and respect. How you choose to show someone courtesy is entirely up to you!



September Religious & Cultural Observances

9/7 - 9/8 - Rosh Hashanah (Jewish)

9/8 - Feast of Trumpets (Non-denominational Christian)

9/16 - Yom Kippur (Jewish)

9/21 - 9/27 - Feast of Tabernacles (Non-denominational Christian)

Do you celebrate a holiday or cultural observance not listed here? Please share with your Crew!

Attendance Information for Ravens

I am so happy to be in the building with all of you!

Please make sure you check in at the front desk if you are late, or leave early.

If you don't see anyone at the front desk, please ring the bell. Once. :-)

There is a clipboard to sign in and out on. Soon you will be able to use your ID card to check in on an iPad if you arrive late.

If you are outside and the door is locked, please ring the doorbell to the right of the doors. You will need to press and briefly hold it.

If you were here last year, you may have noticed that I changed my name. It is now Christy Frank, but until it is changed by the district you will continue emailing me at cbressler@nsd.org.

You can find me downstairs near the front desk if you have questions!

A few things to try when you are STRESSED OUT!

Take a few deep breaths

Listening to calming music

Think of a calm, happy place (guided imagery)

Close your eyes, and count to 10 OR backward from 100

Take a quick break or rest

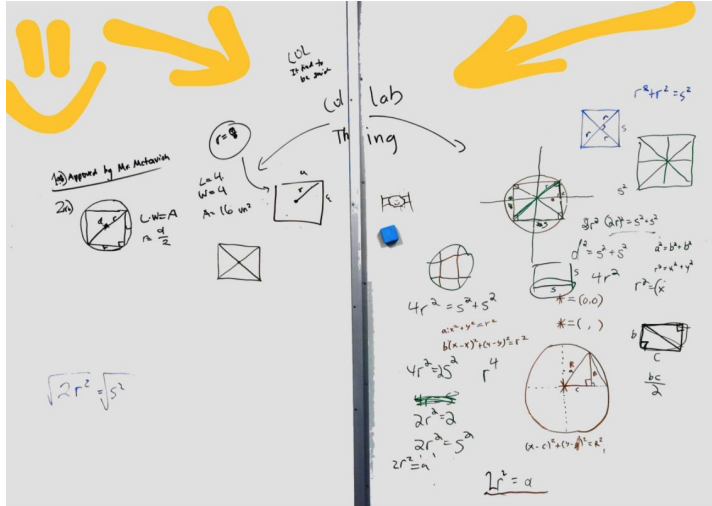
Tense and relax your muscles



Club Fair Tuesday (9/21/21)!!! :)

During collab time (12:45-1:15),
Representatives of each club will be
available on the 3rd floor to explain
club information. Come talk to us <3

Habits of Character IN ACTION!



From Alec McTavish: "Two groups of students working next to each other at the board today ended up combining their thinking to come up with a good answer. Love what they added when done."



From Stacey Hutchison: "My kids problem solved, collaborated and persevered to help me out."



From Alex Virga: "My Crew persevered through pouring rain during the fire making challenge at camp!"

Ravens practice R.E.S.P.E.C.T.

Do you have a story to share of someone at our school demonstrating one of our habits of character? Send an email to Alex Virga (avirga@nsd.org) with a message and/or picture to be featured in next week's edition of *The Bird Call*!