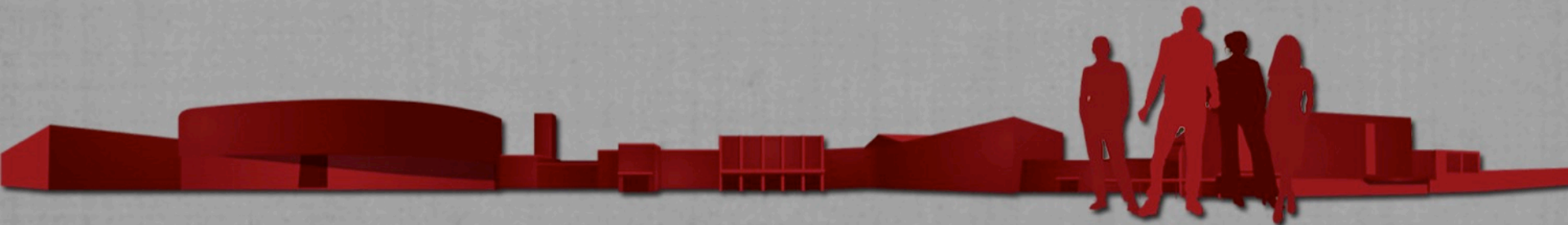


BOARD OF EDUCATION MEETING

June 12, 2019

Serving All or Portions of the Following Communities:

Blue Island * Burnham * Calumet City * Dixmoor * Dolton * East Hazel Crest * Harvey * Hazel Crest *
Lansing * Markham * Phoenix * Posen * Riverdale * South Holland * Thornton



Open Session

Roll Call

Pledge of Allegiance



Committee of the Whole

- *Report from Curriculum Committee*
- *Report from Finance Committee*
- *Report from Policy Committee*
- *Report from Discipline Committee*
- *Report from Facilities Committee*

Consent Agenda

- **Approval of Minutes:** Regular Meeting and Executive Session of March 13, 2019
- **Approval of District 205 Bills** dated May 9 through June 12, 2019
- **Personnel:** Approval of Resignations, Leave of Absence, New Hires and Terminations dated June 12, 2019
- **Ratifications - Approval of Overnight and/or Out-of-State fieldtrips:**
 - Thornridge and Thornwood High School Girls State Track & Field Meet, Eastern IL University, Charleston, IL May 16 18, 2019
 - Thornton High School Boys Track & Field Meet, Eastern IL University, Charleston, IL, May 23-26, 2019
 - Thornridge, Thornton and Thornwood High Schools Special Olympics State Finals, Normal IL, June 7-9, 2019

Public Participation

We now open the Public Participation section of our agenda. At this time, members of the community are invited to address the Board. We ask that you state your name and town, limit your total time to two minutes, and talk only about items on the current Board Agenda.

In addition, if your comments are of a critical nature about specific people, the Board requests that you present your comments during the personnel portion of the “executive session.”

Your name will not be called if you do not sign in and list a topic or the topic is not on the current Board agenda or if public participation has begun.

Public Hearing

- *Public Hearing Request Concerning the Waiver of School Code for 4-Phase Driver's Education Program for five (5) years from SY 2019-20 through SY 2023-24 – **Mr. Fickes***

Freedom Of Information Act

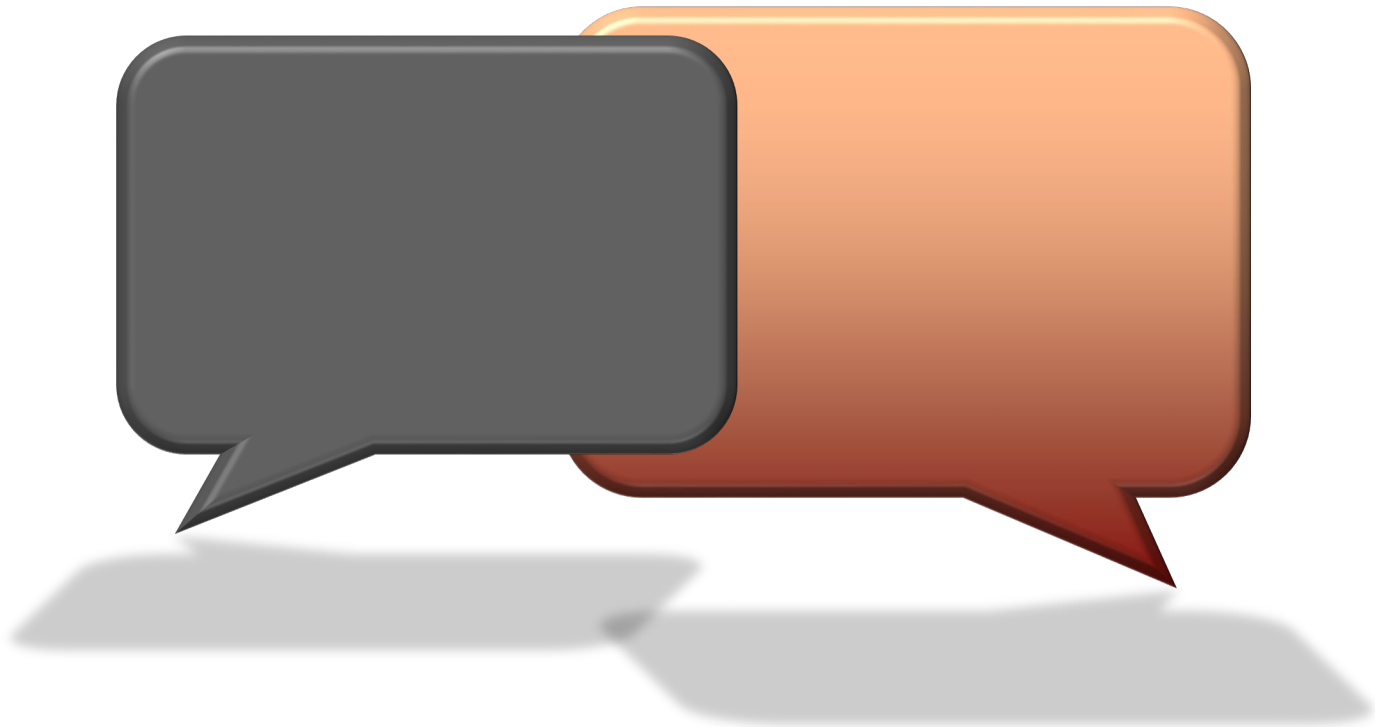
- Dr. Doss

FOIA



Communications

- *Mr. Arrington*



IHSA BOYS STATE CHAMPION – TRACK

- Leondre Pollard won state championship in 200 meter event, 2nd place in 100 meter event, and 9th place in long jump
- Leondre Pollard, Corey Thomas, Parron Forrest, and Davon Bolden finished 3rd place in 4x100 relay
- Corey Thomas finished 10th place in 800 meter event
- As a team, TR finished 6th place in state

We are very proud of entire Thornridge Boys Track team and Coaching staff, Coaches A and Gomez.



Falcon Pride!



SOCIAL STUDIES STUDENTS ATTEND A HAMILTON PERFORMANCE

- Thanks to The Gilder Lehrman Institute and TR social studies teacher, Mr. Bell, members of our student body had an opportunity to see Hamilton in downtown Chicago
- TR was selected from hundreds of schools that applied to attend this free event! We are TR!



Falcon Pride!



THORNTON TOWNSHIP HIGH SCHOOL

GRADUATING CLASS COLLEGE & CAREER COUNSELOR REPORT

Summation of the highlights of TTHS Class of 2019:

- Three hundred thirty (330) seniors received a diploma, May 19, 2019
- \$20,402,316.00 in scholarships and financial aid offered to students
- Salutatorian Caileb Travier will attend Stanford University with full scholarship this fall
- Valedictorian Chicoyah Hunt, received \$446,000 in scholarships, will attend Purdue University this fall



Wildcat Country



RAY PRICE MEMORIAL SCHOLARSHIP 2019 RECIPIENT



CONGRATULATIONS ASHLEY COLEMAN

- Received \$3,200, total of \$800/year for four (4) years
- Plans to pursue an undergraduate degree in Education at Illinois State University this fall

Wildcat Country



EDUCATIONAL SUPPORT PROFESSIONAL STAR AWARD RECIPIENT



Chalimar McAllister
Union of Support Staff
Region 27

- Paraprofessional at TTHS District 205
- Building Representative for two (2) separate buildings
- Currently sits as the only ESP on the professional development committee of our district
- Works tirelessly to keep members informed and involved
- First-time delegate to the NEA-RA in Minnesota

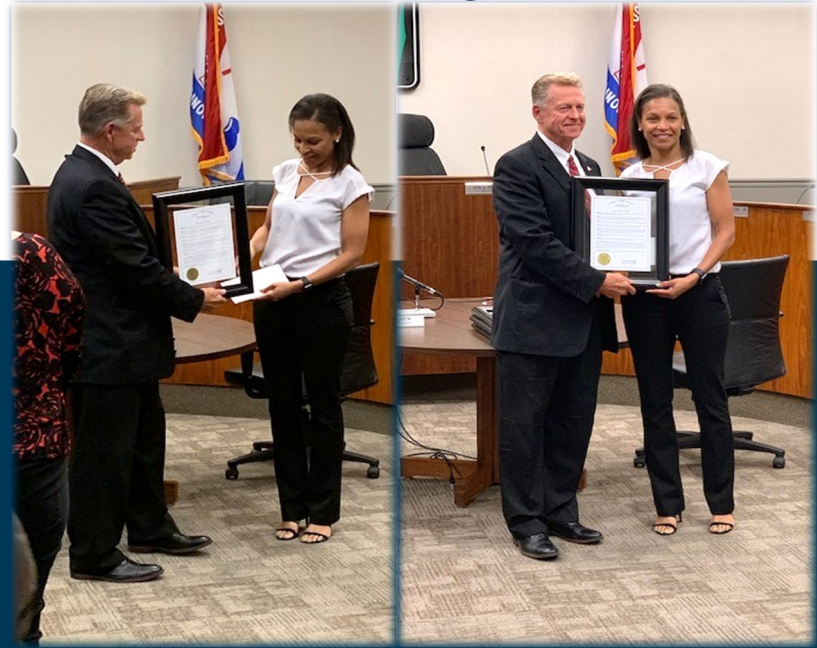
Congratulations!



SOUTH HOLLAND RED TULIP AWARD RECIPIENT THORNWOOD'S SUSAN HUDSON

Our very own Susan Hudson was selected to receive the 2019 Teacher Appreciation Red Tulip Award

- Recognizes outstanding teachers working with South Holland School children
- Last Month, Village representatives presented Mrs. Hudson with the award personally
- June 3rd recognized by the Mayor, Clerk and Village Trustees.



THORNWOOD'S

LADY THUNDERBIRD TRACK TEAM PLACES AT IHSA STATE

Congratulations Lady Thunderbird track team and phenomenal coaches:

- 2nd overall in IHSA State track meet, Eastern Illinois University. Heading the charge was 2-time double state champion in Shot Put and Discus supported by 2-time bronze Shot Put partner
- 4x2 relay team took 5th and 300 Meter Hurdler took 2nd



Thunderbird Nation

THORNWOOD GIRLS TRACK

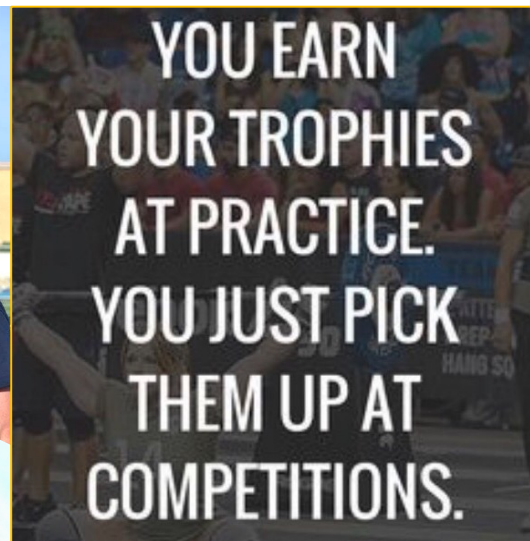
Girls Track & Field Final Round Results — 2018-19

Last updated at 4:41 pm on Saturday, May 18, 2019

[Print this page](#)

Team Scores

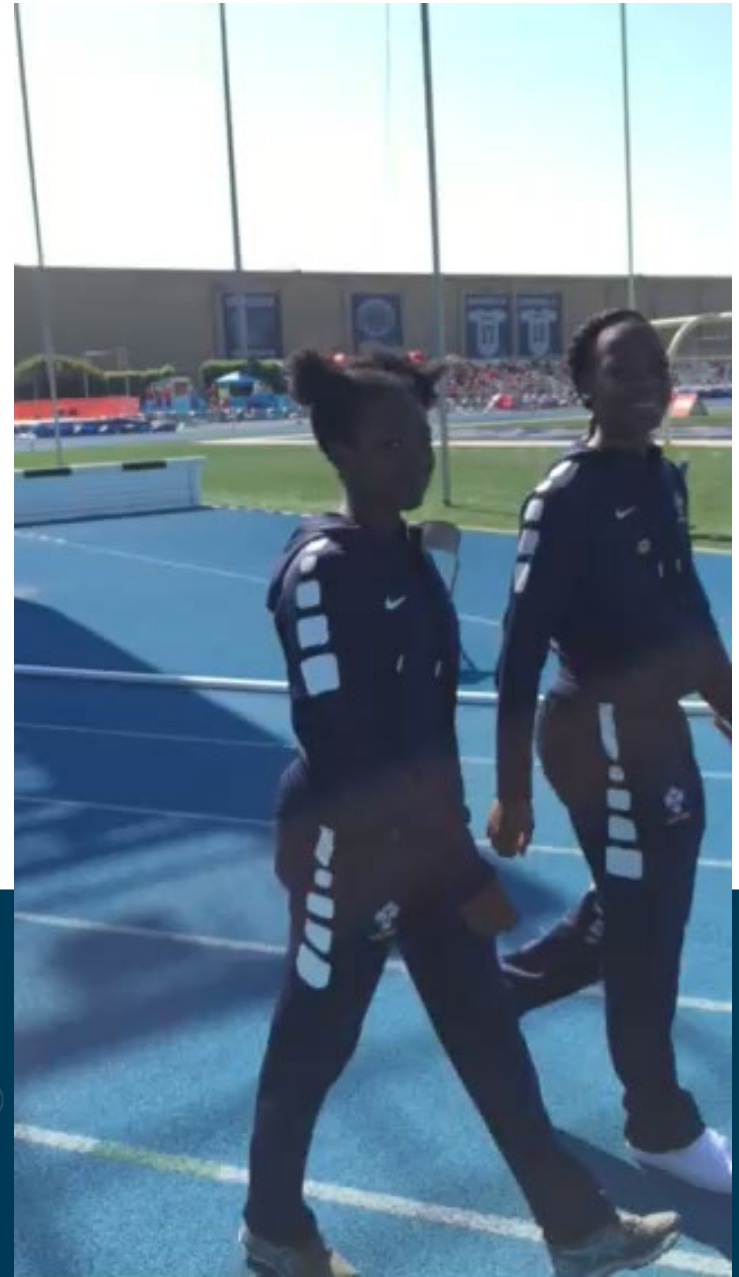
1	Flossmoor (Homewood-F.)	59.50
2	South Holland (Thornwood)	42
3	Glen Ellyn (Glenbard West)	39
4	Aurora (West Aurora)	32.50
5	Barrington	26
5	Crete (C.-Monee)	26
7	Lake Villa (Lakes)	25
8	Belleville (East)	24
8	Danville (H.S.)	24
8	Frankfort (Lincoln-Way East)	24
11	Naperville (Neuqua Valley)	23
12	Hoffman Estates (H.S.)	22
13	Naperville (North)	21
14	Chicago Heights (Bloom Twp.)	20
14	Highland Park	20
16	Belleville (West)	19
16	Winnetka (New Trier)	19
18	Gurnee (Warren)	18
18	Plainfield (South)	18
20	Downers Grove (South)	17
21	Dunlap	16
21	Machesney Park (Harlem)	16
23	Bolingbrook	15
23	Chicago (Whitney Young)	15
25	Oswego (H.S.)	14
26	Chicago (Kenwood)	12
26	Grayslake (Central)	12
26	Hinsdale (Central)	12
29	Palatine (H.S.)	11.50
30	LaGrange (Lyons)	11
31	Belvidere (North)	10.50
32	Evanston (Twp.)	10
32	Ottawa (Twp.)	10
32	Wauconda	10
35	Glenview (Glenbrook South)	9
35	Wheeling	9
37	DeKalb	8
37	Wheaton (W. Warrenville South)	8
39	Downers Grove (North)	7.50
39	Lake Zurich	7.50
41	Arlington Heights (Hersey)	6
42	McHenry	5.50
42	Oak Park (O.P.-River Forest)	5.50
44	Antioch	5
44	Chicago (Brooks)	5
44	Geneva	5
44	Huntley	5
44	Mt. Prospect (Prospect)	5
46	St. Charles (St. Charles)	4



Thunderbird Pride



THORNWOOD GIRLS TRACK



Thunderbird Pride



TW HOSTS MOTHER'S DAY EVENT

MAY 10TH

With the collaboration of TTTLP and our four (4) sister schools TT, TR, OUTLOOK and PEACE, Thornwood hosted the annual Mother's Day event.

- Under the richness of culture with authentic food, music and performances, our 400 parents were given an inspirational message from Ovidilio Vasquez on literacy and overcoming challenges.
- Our sender schools, supporting businesses, community leaders, Thornton Township, soccer clubs and SSC parent groups set up the stage so our younger students could showcase the passion for their culture.

Thank you to our Board members and district administrators that attended.



Thunderbird

Unfinished Business

New Business

- A. *Student Presentation by Thornwood High School Track Team*
- **Mr. Fickes**

New Business

- B. *Recommended Approval of Thornwood High School Speech Team, National Speech & Debate Tournament (NSDA), Dallas, TX, June 15-22, 2019 - **Mr. Holmes** (Approval Needed)*

New Business

- C. *Recommended Approval of Thornwood High School
Marching Band Fieldtrip, Circle City Classic, Indianapolis, IN
September 28, 2019 - **Mr. Holmes** (Approval Needed)*

New Business

- D. *Recommended Approval of Thornwood High School Marching Band Experience, 2019 Auto Zone Liberty Bowl Game, Memphis, TN December 27, 2019-January 1, 2020*
- **Mr. Holmes** (Approval Needed)

New Business

- E. *Recommended Approval of Thornwood High School Varsity Girls Basketball Team, Nike Tournament of Champions, Phoenix, AZ, December 17-22, 2019 - **Mr. Holmes** (Approval Needed)*

New Business

- F. *Recommended Approval of Health Text Book - **Mr. Fickes**
(Approval Needed)*



Trust Goodheart-Willcox

Experts in Career and Technical Education

- Preparing students for college and career since 1921
- Focusing exclusively on CTE and Health Education
- Providing complete programs of instructional materials
- Delivering resources with industry-recognized certification correlations





Catherine Sanderson
was named one of Princeton Review's
Top 300 Professors.



Mark Zelman
is an expert in microbiology,
and an officer of the Illinois State
Academy of Sciences.

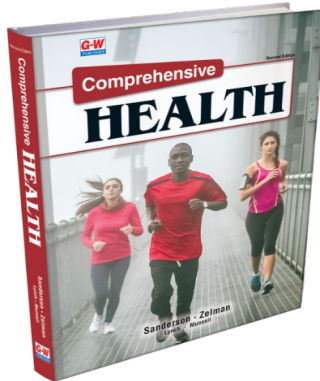


Melanie Lynch
was named SHAPE's
2016 Health Education
Teacher of the Year.



Melissa Munsell
is the Health Education Lead
for her district.

Select the best resources for your classroom



- Aligned to *National Health Education Standards*
- Aligned to *National Sexuality Education Standards*
- Contemporary Topics
- Classroom-Tested Activities
- Extensive Instructor Resources
- Companion Website

Unit I - Introduction to Health and Wellness

1. Understanding Your Health and Wellness
2. Risk Factors: Behavior, Genes, Environment

Unit II - Nutrition and Food Choices

3. Nutrition
4. Body Weight and Composition
5. Body Image

Unit III - Fitness and Personal Health

6. Physical Fitness
7. Sleep
8. Personal Hygiene and Basic Healthcare

Unit IV - Understanding and Avoiding Hazardous Substances

9. Tobacco
10. Alcohol
11. Medications and Drugs

Unit V - Diseases and Disorders

12. Infectious Diseases
13. Sexually Transmitted Infections and HIV/AIDS
14. Noncommunicable Diseases

Unit VI - Mental and Emotional Health and Wellness

15. Achieving Mental and Emotional Health
16. Managing the Stress in Your Life
17. Mental Illnesses and Disorders

Unit VII - Social Health and Wellness

18. Healthy Family and Peer Relationships
19. Dealing with Conflict, Violence, and Abuse

Unit VIII - The Human Life Cycle

20. Reproduction and Pregnancy
21. Childbirth and Parenting Newborns
22. Human Development across the Life Span

Comprehensive Health contains:

23. Pregnancy Prevention
24. Understanding Sexuality

The goal of making good food choices is to provide the right amount of nutrients for your body. Another goal is to make sure the foods and beverages you put into your body are safe.

One of the most helpful strategies for making good food choices is to carefully read the information provided on a packaged food label. These labels contain valuable information about that food, such as how long it will remain fresh, how it should be stored, and the type of nutrients it provides. This section will focus on the important information provided on food labels and how you can avoid becoming ill from the foods you eat.

Daily Values
the recommended amounts of nutrients that a person should consume each day

Understanding Nutrition Facts Labels

To help consumers make good choices about what they eat, the FDA requires any food sold in a package to include a Nutrition Facts label (Figure 3.16). Certain pieces of information are required to be printed on the Nutrition Facts label, including:

- serving size (the volume or weight of a single serving of the food);
- number of servings in a package;
- number of calories in each serving;
- amount of different nutrients (including fat, cholesterol, sodium, carbohydrates, fibers, sugars, protein, and some vitamins and minerals) in a serving; and
- percent of daily values for the different nutrients provided in a serving.

The Nutrition Facts label was updated, effective July 2018, to reflect revised serving sizes and include amounts of added sugars, vitamin D, and potassium.

Daily Values

Daily Values are the recommended intake amounts for specific nutrients. The Daily Values for a 2,000-calorie diet are used to calculate the Percent (%) Daily Values for the nutrients on the Nutrition Facts panel. These percentages, therefore, could be higher or lower depending on an individual's daily calorie needs.

The % Daily Value signals whether a serving of food contributes a lot or a little of a particular nutrient to your total daily diet. For example, suppose a food item's % Daily Value for calcium is 20. That means one serving of the food supplies 20% of the daily requirement for calcium for an individual on a 2,000-calorie diet.

Nutrition Facts	
1 serving per container	
Serving size	1 cup (245g)
Amount per serving	
Calories	208
Percent Daily Values*	
Total Fat 3g	4%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 12mg	4%
Sodium 162mg	7%
Total Carbohydrate 34g	12%
Dietary Fiber 0g	0%
Total Sugars 34g	
Includes 17g Added Sugars	34%
Protein 12g	
Vitamin D 0mcg	0%
Calcium 410mg	32%
Iron 0.2mg	1%
Potassium 537mg	11%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Figure 3.16

Effective July 2018, this new Nutrition Facts label lists added sugars, vitamin D, and potassium. *How does this Nutrition Facts label compare to labels printed before July 2018?*

ing from the poppy plant, ates) are prescription medication (Figure 11.5). They include hydrocodone, Kadian®, and Avinza®.

ic, which is one reason these n may be prescribed an opioid medication. Continued opioid use produces endorphins, which o become physically dependent.

ects, including drowsiness, rination, confusion, sweat- low breathing and decrease use is a growing problem in can become unconscious and alcohol or other depressants g overdose.

also called **sedatives** or increase a person's ability es of depressant medication Nembutal®, and Mebaral®. ple sleep. A slang term for anti-anxiety medications, e more frequently used for

n, causing a person's rate of t use can lead to side effects d and slurred speech, poor and lowered inhibitions.

nts of a sedative may expe- ger amounts, however, can ing, causing a person to lose

ed to increase energy, alert- for stimulants include **speed**,

uppers, and **vitamin K**. They are available both with a prescription and over the counter. People who have attention deficit hyperactivity disorder (ADHD) are often prescribed stimulants. Examples of OTC stimulants include energy pills and appetite suppressants. Using OTC stimulants can be extremely dangerous and even life threatening.

Common stimulants, such as **amphetamines**, increase the level of dopamine in the brain, producing **euphoria** (intense happiness). Although the brain naturally produces dopamine, stimulant use leads to a rapid increase in dopamine levels, which increases the likelihood of becoming addicted over time. Side effects of stimulant use are listed in Figure 11.8 on the next page.

opiates
substances that come from the poppy plant
opioids
synthetic opiates that are prescribed for pain relief



Figure 11.5

Opium (above left), often found in prescription medications such as OxyContin (right), is a substance that relieves pain.



Figure 11.6

Prescription drugs such as Xanax, which contain depressants, slow the body's central nervous system and may lead to drowsiness.



Figure 11.7

Prescription drugs that contain stimulants, such as these amphetamines, increase dopamine levels in the brain and lead to alertness and concentration.

euphoria
a feeling of intense happiness caused by high levels of dopamine in the brain

What's New for 2018

- Affirmed consent
- Emerging diseases
- Health across the lifespan
- Human trafficking
- Internet violence and identity theft
- Life expectancy and leading causes of death
- Marijuana
- Opioid use
- Performance-enhancing drugs
- The 2015-2020 Dietary Guidelines
- The New Nutrition Facts Label

CASE STUDY Recognizing Skin Cancer

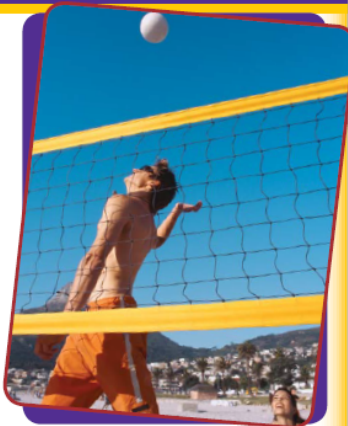
George and Randy spend many days at the beach each summer playing volleyball. Randy never gets a dark tan like George does. In fact, Randy sunburns easily.

As Randy pulled on his shirt after a game one afternoon, he felt a familiar itch on his shoulder. He'd had a mole on his shoulder for many years, but it had just begun to itch recently.

He asked George to look at the mole, and George noticed it was darkly colored, with a purple center and a ragged edge. George suggested that Randy see his family's primary care physician about the mole.

Thinking Critically

1. Why do you think that Randy is at risk for developing skin cancer?
2. Why did the mole worry George?
3. Are both boys at risk for skin cancer? Explain your answer.

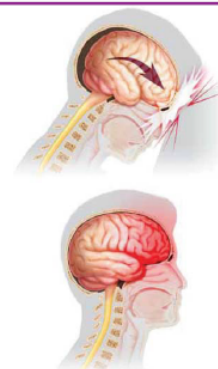


Research in Action

Sports and Brain Injury

One of the most common injuries to occur during football and other contact sports is concussion. Wearing proper equipment and following rules and safety guidelines when playing sports can help reduce the risk of concussion. Despite safety precautions, however, the CDC reports that there are still millions of people who experience a concussion each year.

For some people—especially those who have repeated concussions—brain changes can pose greater risks for developing certain mental disorders. In one study of 67 college football players, researchers found higher levels of a particular protein in the blood of players who reported being hit in the head several times. The presence of this protein in the blood indicates brain damage. The protein is linked to the development of brain disorders, including epilepsy and dementia.



Thinking Critically

1. Given these findings, do you think there should be rules to limit body contact that can cause concussions when playing certain sports? Provide details to support your response.
2. What rules and safety guidelines are in place at your school to protect student athletes? Do you think these rules are satisfactory? Why or why not? Provide details to support your response.

Real World Health

Self-Analysis Draw and label a continuum of health. Make a list of both positive and negative decisions you make that affect your health. Place these decisions or actions onto your health continuum. After labeling your health continuum, circle where you fall—optimal health, some impairment, or disease—on the health continuum. Below your health continuum, list some decisions or actions that you can make in the future to improve your health or keep it at or near optimal health.

Choose from
300+ activities

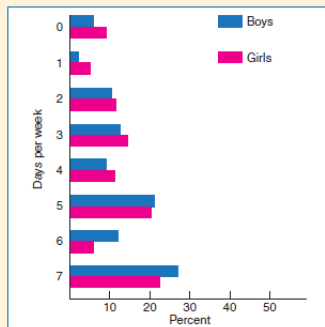
Incorporate core skills into chapter content

Chapter 6 Skill Development

Core Skills

Math Practice

The following bar graph shows the percentage of youth who were physically active in 2012 according to the number of days they were active. Study the graph and then answer the following questions.



37. Approximately what percentage of boys were physically active three days per week?
- 13%
 - 19%
 - 8%
 - 27%
38. The percentage of boys who were physically active seven days per week is _____ the percentage of girls who were physically active seven days per week.
- less than
 - equal to
 - greater than
 - greater than or equal to
39. Approximately what percentage of girls were physically active five or more days per week?
- 30%
 - 60%
 - 38%
 - 48%

Reading and Writing Practice

Read the passage below and then answer the questions.

Most children and teenagers attend schools that offer physical education classes. Participating in physical activity during school is a great way to increase fitness. Both the National Association for Sport and Physical Education (NASPE) and the American Heart Association (AHA) recommend that all students engage in regular physical education classes in school. These recommendations include the following:

- Elementary school students should participate in more than 150 minutes of physical education per week.
- Middle and high school students should participate in more than 225 minutes of physical education per week.

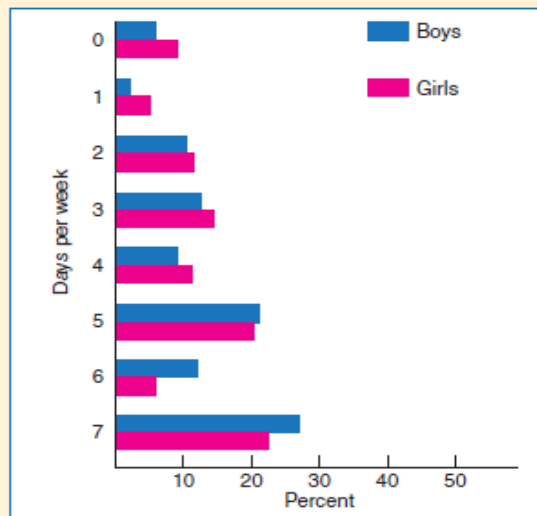
Schools can increase the amount of physical activity in a student's day by ensuring that physical education classes are taught by qualified teachers and are provided to all students in all grades. Unfortunately, too few high school students participate in physical education classes on a regular basis.

40. What is the main idea of this passage?
- Most physical education classes are taught by unqualified teachers.
 - Schools can play an important role in improving students' fitness levels.
 - Most students participate in physical activity outside of school.
 - Middle and high school students should participate in more physical activity per week than elementary school students.
41. Based on this passage, what do you think the author's point of view is regarding physical education in schools?
- The amount of time dedicated to physical education is sufficient.
 - More quality time should be dedicated to physical education.
 - There is too much time dedicated to physical education.
 - None of the above
42. Based on the passage you just read, write two or three paragraphs about your experience with physical education in schools.

Math Practice

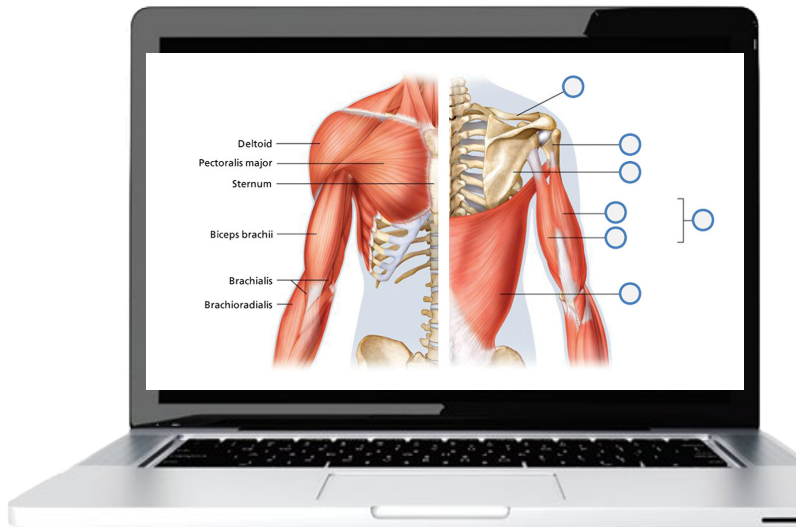


The following bar graph shows the percentage of youth who were physically active in 2012 according to the number of days they were active. Study the graph and then answer the following questions.



37. Approximately what percentage of boys were physically active three days per week?
- 13%
 - 19%
 - 8%
 - 27%

Enhance learning with the Companion Websites



Lesson 14.4: Diabetes, Allergies, Asthma, and Arthritis Matching Activity

Match the term with the correct definition.

- L acidosis
- I allergens
- B allergy**
- J arthritis
- C autoimmune disease**
- D diabetes mellitus**
- F edema
- M gout
- K hyperglycemia**
- E insulin
- A local allergies
- G osteoarthritis
- H systemic allergies

- A. allergies that affect a specific part of the body
- B. a disease in which the immune system attacks and damages healthy body tissues
- C. an immune response in which the body reacts destructively to a harmless substance
- D. a condition characterized by dangerously high blood glucose levels
- E. a hormone that is produced in the pancreas and directs cells to consume blood glucose
- F. the swelling of body tissues during an immune response
- G. a type of arthritis in which the cartilage in joints wears down so that the bones touch
- H. allergies that affect the entire body
- I. substances that trigger allergic reactions in the body
- J. a condition in which the joints become inflamed, causing pain and stiffness
- K. a disease in which the body is unable to regulate its levels of glucose
- L. a condition characterized by dangerously high levels of acid in the blood
- M. a type of arthritis characterized by sudden, severe, and painful swelling of a joint

Your score is: 9/13

To try again, change your answers and click "Recheck".

activities Lesson 1.2 Health and Wellness Knowle...

Term (1 of 6)

Select to flip

health literacy

Previous Remove Next

activities Lesson 1.2 Health and Wellness Knowle...

Definition (1 of 6)

the ability to locate, interpret, and apply information pertaining to your health

Previous Remove Next

Save time with
extensive instructor
resources



**Extensive Online Instructor Resources
include:**

- Instructor's Edition
- Lesson Plans
- Answer Keys
- Presentations for PowerPoint®
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Let's work together to encourage healthy living



Kathy Moehle
Goodheart-Wilcox
Educational Consultant
Kmoehle@g-w.com
708.821.6545

www.g-w.com/health

New Business

- G. *Recommended Approval of Thornridge High School Football Equipment Purchase - **Mr. Horton** (Approval Needed)*

New Business

- H. *Recommended Approval of 2019-2020 Student Fees*
- **Mr. Horton** (Approval Needed)

New Business

- I. *Recommended Approval of Lowest Responsible Qualified Bid for Workers Compensation Insurance - **Mr. Horton** (Approval Needed)*

Superintendent's Report

Executive Session

- Closed session pursuant to Section 2(c) of the Open Meetings Act to consider:
 - *The appointment, employment, compensation, discipline, performance, or dismissal of specific employees;*
 - *Student discipline;*
 - *Collective negotiating matters, and*
 - *Pending, probable or imminent litigation.*

Reconvene Open Session

Action Items Following **Executive Session**

- A. Possible Action Concerning Joint Stipulation for Clarification of the Bargaining Unit
- B. Possible Action Concerning the Stipulated Settlement Authority for Ranquist/Sandridge Apartments PTAB Appeal
- C. Possible Action Concerning the Stipulated Settlement Authority for Calumet River Oaks PTAB Appeals
- D. Possible Action Concerning a Notice of Remediation to a Tenured Teacher

Adjournment

NEXT MEETING

JULY 10, 2019

6:30pm

THORNWOOD HIGH SCHOOL