TigerTimes

Sherrard Jr/Sr High Newsletter

October 1
Best of Classes Competiton & Tiger Tailgate - 5pm

October 2
Homecoming Parade - 6:15p

October 3
Homecoming Game - 7p

October 4
Homecoming Dance - 7-10p

October 5
JH Band Concert - 2p

October 8
Early dismissal - 1p
P/T Conferences - 2:15-6:30p

October 9
Early dismissal - 1p
P/T Conferences - 2:15-6:30p

October 10
No school

October 13-17
Fall break - No school

October 31
Sr Senate Halloween Party 7-10:30p

Athletics / Activities

Get up to date athletic and activities schedules on the Sherrard SNAP! website: https://schools.snap.app/SherrardHS

October 2025
Alex Johnson, High School Principal
Brady Stromquist, Jr. High Principal

Principal's Note

Fall is upon us even though it might still feel like summer. The first 9 weeks have gone fast at SHS. We are thankful for a strong start and look to continue that into the 2nd quarter.

October Calendar Reminders:

Week of September 29th:	Homecoming Week
October 8th & 9th:	Student Led Conferences from 2:15 - 6:30 PM
October 9th:	FASFA Workshop 4:30 PM
October 10th - 17th:	Fall Break
November 1st:	IHSA Sectional Cross Country Meet Hosted by Sherrard at Saukee Golf Course 3:00PM

Attendance matters. One of the key indicators of success for students is being at school and on time each day. Students that miss 7 or more days of school will be marked unexcused without a doctor's note. Please contact our Check and Connect supervisor, Kyle Ellision (ellison.kyle@sherrard.us), if you are having trouble getting your child to school and/or on time.

We continue to offer academic assistance for students that need extra help. If your student is struggling, please encourage them to attend after school study hall . Also, feel free to reach out to our Guidance Office to discuss potential solutions to get your student on the right track.

www.sherrard.us

Sherrard Jr/Sr High School
4701 176th Avenue
Sherrard, IL 61281
High School 309.593.2175
Jr. High 309.593.2135

Stay informed!

Daily high school announcements will be posted on the Sherrard High School website. Please visit the website daily for information about all things happening at the high school. The link below will take you directly to the announcements: https://www.youtube.com/results?search_query=sherrard+morning+announcements+TV

You may also want to connect to our District social media accounts.

Facebook: https://www.facebook.com/sherrardschooldistrict - Facebook ID is "Sherrard School District"

Instagram: https://www.instagram.com/sherrardschooldistrict/ - Handle is SherrardSchoolDistrict

Twitter: https://twitter.com/home - Handle is @SherrardSchools

Come out and support the Tigers as we finish up our fall athletic season. We will be hosting many senior nights to honor the athletes in the upcoming weeks as they finish their playing career with the Tigers. Then it will be off to the postseason, where we hope the Tigers can bring home some plaques! Check the calendar for upcoming events and dates.

Please let us know if there is anything we can do to help your child be successful. We thank you for your efforts in making Sherrard a great school!

Alex Johnson
High School Principal

JH Principal's Notes

As the first quarter comes to a close, please take some time to talk with your students about the first quarter. We are always looking for feedback on ways to improve. If your student has any concerns or ideas on ways to make their day of learning better, please let us know.

Just a reminder that we will again be having student led fall conferences this year. Conferences will be held on October 8th and October 9th. Teachers will be in contact with you to schedule a conference. Please make sure that you are checking your email and looking for a phone call. If you don't hear from anyone, please call the JH office 309-593-2135 to let us know.

Fall break will start on Friday, October 10, 2025. Students will return on Monday, October 20, 2025.

A couple of important reminders:

1. With the exception of quarterly elective classes, your student's grades will continue through the end of the semester. If your student is in need of additional support, please contact the Junior High Office.
2. If your student has quarterly elective classes, those will change after fall break, which is the halfway point of the semester. Quarterly elective classes will post a "final grade" for each quarter. Please check your student's schedule to see what quarterly elective is coming up after break.

Student of the Month

HIGH SCHOOL
English: Daelynn Swanson
Math: Tessa Driessens
Science: David Browning
Social Studies: Chase Stenger
Vocational: Cooper Thomas
Fine Arts: Lizzy Westfall
PE/Health: Devin Bull
Business: Landin Eisentrager
Special Forces: Frankie Dobereiner

JUNIOR HIGH
English: Mia Van Tine
Science: James Nelson
PE/Health: Clyde Kenney
Math: MaKinzy Connealy
Fine Arts: Kayden Smith
Social Studies: Nathan Bolt
Service: Madison Brose
Skills Development: Cru Kuster
Striving for Excellence: Eliza Adams

Athletic teams' games and practices will continue during break. If you are unsure of practice or game schedules, please contact your coach. Sign ups for Boys Basketball and Wrestling are available in the JH Office at this time. Be sure that your student's physical on file with the school is up to date. All students participating in extracurricular sports must have one.

The junior high Football team is currently 3-0 and tied for first place in the Prairieland Conference. The junior high Cheer team does amazing being their loudest supporters! The junior high Cross Country team is having an outstanding season. The team consistently finishes in the top ten and has several individuals that finish in the top twenty-five. Girls basketball teams will be playing their first games starting in October.

Our number one goal is for your student to get the best education possible. Together we can make this attainable. Please do not hesitate to reach out if you have any questions. I look forward to working with you.

Sincerely,
Brady Stromquist
JH Principal

Homecoming 2025

Disney "Once Upon a Roar!"
Here are some key dates you won't want to miss:

- **Wednesday**: Best of the Classes Competition and a Tiger Tailgate. Our Tailgate will begin promptly at 5 and end at 6. We will introduce royalty and announce the king and queen at 6:15 p.m. Join us for a night of fun, food, and Tiger Spirit.
- **Thursday**: Homecoming Parade beginning at 6:15 p.m. in Sherrard.
- **Friday**: Homecoming football game against Monmouth-Roseville Titans. Please join us as we cheer on our Sherrard Tigers to VICTORY! We will celebrate our homecoming king and queen and all attendants before the game at 6:30 p.m.
- **Saturday**: Homecoming dance beginning at 7 p.m. and ending at 10 p.m. at the high school. Coronation will begin at 8 p.m. If you would like to come watch the coronation, please arrive by 7:45. All 9th-12th graders are welcome to attend the dance. Tickets will be sold for $10 during B and C lunches the week of September 29th-October 3rd. **NO** tickets will be sold at the door. Any student bringing a date from another school must have the paperwork completed and turned in to the office before purchasing tickets.

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Post Prom Cookies!

The Post Prom Parents volunteer group will be at the home varsity games selling fresh baked chocolate chip cookies to raise money for the post prom event. Stop at our table and show your support for the cause by getting a plate or two of deliciousness!

To keep this tradition going, we are looking for more parent volunteers to make cookies at home games. Contact Jen Diehl - diehlj@sherrard.us - if you would be interested in being part of this SHS game day staple!

Junior Senate Scratch Cupcake Fundraiser

Just a reminder that the junior class senate is selling Scratch Cupcakes for the fall fundraiser to raise money for prom. On sale now through October 10th. Cupcakes will be delivered to the high school October 30th. You can order online here or through a senate member. They will have a table set up at Homecoming near the pavilion. Thank you for your support.

NHS Volunteering

Sixteen NHS students traveled to Coralville, Iowa, on September 19. The students volunteered at a free dental clinic, earning four volunteer hours. The dental clinic served over a thousand people, providing more than one million dollars worth of free dental care. The students really enjoyed this wonderful experience!

8th Grade Washington DC Trip Info Meeting

There's still time for current 8th graders interested in having the experience of a lifetime, so register today! This isn't just any trip – it's a chance to create memories that will last a life-time, build confidence, and see the world through new eyes. Any questions, contact Chris Zippe at zippec@sherrard.us.

From the HS Counseling/Academic Center:

ACADEMIC INFORMATION:

Did you know that you can receive daily or weekly notifications from your student's *Google Classrooms*? As a guardian, you can get email summaries about your student's activity in Classroom. Email summaries do not include grades.
In email summaries, you can review:

Missing work—Work not turned in when the summary was sent.
Upcoming work—Work that's due today and tomorrow (for daily emails) or that's due in the upcoming week (for weekly emails).
Class activities—Announcements, assignments, and questions recently posted by teachers.

To get email summaries of your student's work, you must accept an email invitation from a teacher. You can unsubscribe from summaries or remove yourself as a guardian at any time.

Steps to receive notification:

1. The teacher emails you an invitation to join your student's class.
2. In your email program, open your email invitation and accept.

In addition, the *parent portal on Infinite Campus* is a great tool to monitor grades and assignments. If you do not have a parent portal or cannot gain access to yours, please contact Jen Thurman to get it set up. thurmanj@sherrard.us

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Is your student struggling with any classes? If so, Sherrard High School offers After School Study Hall.

When: Days vary each week
Time: After school until 5pm (activity bus available for transportation home)

*Teachers supervise to provide support if needed
Please reach out to the Counseling Department if you want your student to attend.

Senior Parents/Guardians:
Academic Counseling Google Classroom:
Your students have been invited to join the *Academic Counseling Google Classroom*. A ton of information is provided about post-high school through this classroom. Encourage your student to join, and accept the guardian invite to see notifications.

All School Senate

Join the All School Senate for our second annual Biscuits and Gravy Fundraiser on Saturday, December 6th! We'll be at the Viola Community Center during the Christmas in the Village Event.

Enjoy some warm biscuits and gravy while helping us support a great cause: Operation Santa. Keep an eye on our Sherrard High School Facebook page for more information about ticket prices and serving times, which will be available soon!

Junior and Senior Parents/Guardians:

ASVAB (Armed Services Vocational Aptitude Battery) Exam:
Sherrard High School is administering the ASVAB (Armed Services Vocational Aptitude Battery) exam on November 6th during the school day. This is open to all juniors and seniors. The ASVAB exam is the military entrance exam, but it can also provide very valuable career information for any student in high school. Taking the test does not sign you up for the military or commit you to them in any way. Scores are only released to the military upon your request. Students should contact Mrs. Drish for more information.

College Visits:
A reminder that Seniors are allowed 2 college/trade/workplace visit days as excused absences, and Juniors are allowed 1.

SOCIAL/EMOTIONAL INFORMATION:

Let's talk about mental health. Just like you take care of your physical body, it's crucial to take care of your mind. Mental health affects how we think, feel, and act. It's okay to feel stressed or anxious; the key is learning how to manage those emotions in a healthy way.

Common Challenges

High school can be a lot. Here are some challenges you might encounter:

- **Depression**: Persistent feelings of sadness or loss of interest in activities you used to enjoy.
- **Anxiety**: Excessive worry, nervousness, or panic attacks.
- **Stress**: Feeling overwhelmed by pressure from school or life.
- **Eating Disorders**: An unhealthy relationship with food, often as a way to cope with emotions.
- **Self-Harm**: Intentionally hurting oneself to deal with intense emotional pain.

Signs You Might Need a Reset

Look out for these signs in yourself or a friend:

- Changes in mood or behavior, like withdrawing from friends.
- Difficulty concentrating in class.
- Physical symptoms like frequent headaches or fatigue.
- Significant changes in sleep or appetite.

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Tiger Closet

We have kept our Amazon Wish List up to date, but we know many are not Amazon shoppers and would still like to contribute. Here is a list of our "greatest needs." As always, we appreciate everyone's support, this labor of love wouldn't be possible without the community support we receive.

Needs:
- Laundry detergent
- Laundry stain remover
- Dryer sheets
- Dish soap
- Tampons
- Hair ties
- Face wash
- Face moisturizer
- Deodorant
- Hair dryers
- Toilet paper

For those that do want to use the Amazon Wish List, click here for it.

If you have any questions you can contact:
Vanessa Schulenberg at schulenbergv@sherrard.us or Erin DeKeyrel at dekeyrele@sherrard.us.

It's Okay to Ask for Help

Asking for help is a sign of strength. If you or a friend are struggling, here are some great resources:

- **School Counselor:** Your go-to for support right on campus.
- **Mental Health Professionals**: A therapist or counselor provides a safe space to talk.
- **Helplines**: Free, confidential support is available 24/7 if you need it immediately.

Quick Tips for Well-Being

- **Get Enough Sleep**: Aim for 8-10 hours to recharge your brain.
- **Move Your Body**: Physical activity can boost your mood and reduce stress.
- **Connect with Others:** Spend time with friends and family who make you feel good.
- **Practice Mindfulness:** Try deep breathing or meditation to stay calm.

We will continue to counsel students both socially/emotionally and academically. Students and parents can reach out via email if they have any questions or concerns.

blackwells@sherrard.us
drishju@sherrard.us

Remember to buy your 2025/2026 Yearbook for your student!!

https://www.jostens.com/

Click Shop Your School's Store - Search for Sherrard High School or Sherrard Junior High School

The high school yearbook is $65 and the junior high book is $28.

Please contact Stacey Blackwell or Julie Drish with any questions about ordering your yearbook through Jostens.

blackwells@sherrard.us
Drishju@sherrard.us

SENIORS

The Meningococcal Vaccine is required for all 12th grade Students by October 15, 25. Students not incompliance on October 20 (when school resumes after fall break) will be excluded from school per State Requirements.

All students entering the **12th grade** shall show proof of having received two doses of the **meningitis vaccine** prior to entering the **12th grade**. The first dose shall have been received on or after the 1**1th birthday**, and the second dose shall have been administered on or after the **16th birthday**, and at least eight weeks after the first dose. If the first dose is administered when the child is 16 years of age or older, only one dose is required.

***NOTE**: This must be the Meningococcal vaccine (Menactra or Menveo). The Meningitis B Vaccine otherwise known as Trumenba or Bexsero **does not** meet this requirement. Some pharmacies such as Walgreens have administered the Meningitis B vaccine instead of the Meningococcal Vaccine.

FRESHMEN

Updated Physicals are required for all 9th grade student by 10/15/25. Students not in compliance by October (when school resumes after fall break) will be excluded from school per State Requirements.

- All ninth grade students are required to have an updated school physical.
- State law requires Illinois Department of Public Health form to be used.
- Physical forms are available at the school and on the school district web site www.sherrard.us, go to **Departments** and select **Health Services, Health Forms** and **Student Physical Form**.
- Physicals must be completed and signed by a physician licensed to practice medicine, a physician's assistant, or an advanced practice nurse. **Chiropractors MAY NOT perform school or sports physicals**.
- Parents or guardians are required by state law to complete and sign the **health history** portion on the front of the physical form.
- **Sports physicals will not fulfill this requirement**. The ninth-grade physical may be used for a sport physical for 395 days from the date of the exam. Students who receive freshman physicals March 1, 2025 will need another sports physical by April 1 of 2026, if they desire to participate in spring sports. Please keep this in mind when scheduling your child's physical.
- A copy of your child's immunization record may be required by the health care provider. Contact the school nurse if you need a copy of your child's immunization record.

OCTOBER 2025

Sherrard School District PreK-12 Breakfast Menu

Menu Subject to Change
This institution is an equal opportunity provider.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Applications for free/reduced meals are available at each attendance center or on the district website.	1 Mini Waffles/Syrup ½ Cup Fruit ½ Cup 100% Juice Milk Choice	2 Mini Breakfast Loaf ½ Cup Fruit ½ Cup Juice Milk Choice	3 Sausage Pancake Bites ½ Cup Fruit ½ Cup 100% Juice Milk Choice
6 Muffin ½ Cup Fruit ½ Cup 100% Juice Milk Choice	7 Cereal Bowl Snack Cookie ½ Cup Fruit ½ Cup 100% Juice Milk Choice	8 Mini Pancakes/Syrup ½ Cup Fruit ½ Cup 100% Juice Milk Choice	9 Cinnamon Crunch Bar ½ Cup Fruit ½ Cup 100% Juice Milk Choice	10 No School
13 No School	14 No School	15 No School	16 No School	17 No School
20 Mini Cinnis ½ Cup Fruit ½ Cup 100% Juice Milk Choice	21 Cereal Bowl Snack Cookie ½ Cup Fruit ½ Cup 100% Juice Milk Choice	22 Mini Bagel ½ Cup Fruit ½ Cup 100% Juice Milk Choice	23 WG Poptart ½ Cup Fruit ½ Cup 100% Juice Milk Choice	24 Fruit Frudel ½ Cup Fruit ½ Cup 100% Juice Milk Choice
27 Muffin ½ Cup Fruit ½ Cup 100% Juice Milk Choice	28 French Toast Sticks Syrup ½ Cup Fruit ½ Cup 100% Juice Milk Choice	29 Egg & Cheese Omelet Goldfish Crackers ½ Cup Fruit ½ Cup 100% Juice Mlk Choice	30 Mini Pancakes/Syrup ½ Cup Fruit ½ Cup 100% Juice Milk Choice	31 Breakfast Burrito ½ Cup Fruit ½ Cup 100% Juice Milk Choice

OCTOBER 2025

Sherrard Jr-Sr High Lunch Menu

Menu Subject to Change
This institution is an equal opportunity provider.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Applications for free/reduced meals are available at each attendance center or on the district website.	1 Popcorn Chicken Salad – Tomatoes Corn – Mixed Fruit Tiger Grahams Milk Choice	2 Tiger Rite/Bun Fries Carrots Pears Milk Choice	3 Cheese or Pepperoni French Bread Marinara Celery – Green Beans Pineapple Milk Choice
6 Chicken Fried Steak Mashed Potatoes/Gravy Carrots Apple Slices Milk Choice	7 Pretzel Wrapped Hot Dog Fries Broccoli Applesauce Milk Choice	8 Crispitos Refried Beans Celery Peaches Milk Choice	9 Breakfast Pizza Hash Browns Carrots Mixed Fruit Milk Choice	10 No School
13 No School	14 No School	15 No School	16 No School	17 No School
20 Cheeseburger/Bun Peas – Carrots Peaches Milk Choice	21 Walking Taco Salad – Tomatoes Fiesta Beans Apple Slices Milk Choice	22 Chicken Tenders Corn – Broccoli Mixed Fruit Sunchips Milk Choice	23 Tenderloin/Bun Baked Beans Celery Applesauce Milk Choice	24 Quesadilla Refried Beans Carrots Pineapple Milk Choice
27 Sloppy Joe/Bun Tater Tots Celery Mixed Fruit Milk Choice	28 Corn Dog Green Beans Carrots Apple Slices Milk Choice	29 Toasted Cheese Tomato Soup Broccoli – Applesauce Goldfish Crackers Mlk Choice	30 Ribette/Bun Salad Baked Beans Pineapple Milk Choice	31 Baked Spaghetti Bread Stick Corn – Carrots Grapes Milk Choice