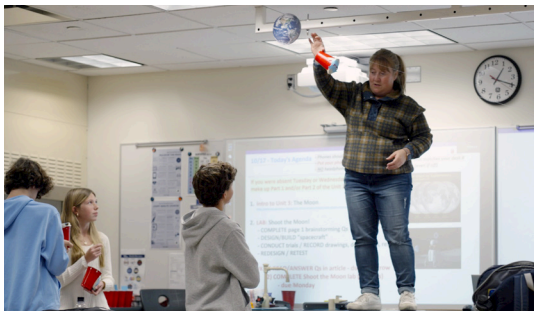

GETTING TO KNOW

NEW TRIER HIGH SCHOOL

A guide for future Trevians

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PEOPLE TO KNOW

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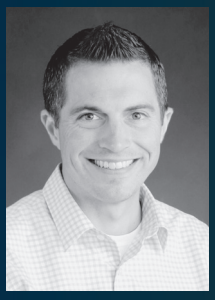

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Scan the QR code to learn about how we commit minds to inquiry, hearts to compassion, and lives to the service of humanity while making sure every student has a place to belong, succeed, and grow.

For upcoming events, important dates, and more, visit newtrier.k12.il.us/incomingfreshmen

Welcome to your guide to New Trier High School!

I'm excited that you want to learn more about our school, and I hope this booklet will help you understand why our students, parents, staff, and alumni are so proud to be New Trier Trevians.

Whether you are a junior high school student or parent wondering what the transition to New Trier might be like or a family considering a move to our school district, Getting to Know New Trier High School will answer many of your questions about the New Trier student experience.

Since its founding in 1901, New Trier has focused on education that is individualized to each student. While we are a big school, we use our big-school resources to create a small-school experience for every student, making sure they are known, cared for, and connected to peers, programs, and staff members. Unique programs like our Adviser Rooms or Integrated Global Studies School, student services like in-school tutoring and individualized post-high school counseling, and a vast extracurricular program are all ways in which we seek to make sure every student has a place where they belong.

There truly is something for everyone at New Trier -- from more than 130 student-led clubs, performing arts, 38 different sports, and intramural opportunities to unique curricular programs such as glass art or forensic science. If you are interested in a topic or career path, chances are we have a class or club for you! And if we don't, you can join with like-minded students to create a new opportunity. Student leadership is a big part of the New Trier experience as we follow our vision to "develop in every graduate the skills and dispositions to lead meaningful, compassionate, and impactful lives."

In these pages, you will find advice from some of our current students and recent graduates, read about some of the unique programs New Trier has to offer, and even learn a little New Trier lingo. If you want to learn more about our academic and extracurricular programs, I encourage you to visit our website, www.newtrier.k12.il.us. We are excited to take part in this journey with you.

Dr. Peter W. Tragos
Superintendent
New Trier Township High School District 203

Take it from our Trevians...

New Trier students offered insight and tips for incoming freshmen who may be curious about what being a Trevian is all about. Check out what they had to say -- on this page, and throughout this booklet!

"Something that I love about New Trier is how many great people you will meet, and how many new friends you will make from sports, classes, clubs, etc. I also have had a great experience with New Trier sports. I was able to make many new friends my age and upperclassmen especially, and it really helped my transition to the Winnetka Campus."

-- Honor D., Kenilworth
(Joseph Sears School)
NT Class of 2025

"It's so important to just be yourself in class, advisery, clubs, and extracurriculars. Don't be afraid to expand from your middle school friends, as I've met some of my closest friends through New Trier and all of its activities. And I know everyone says this, but it's true; get involved in things around the school! It'll make finding 'your people' so easy."

-- Keira F., Winnetka
(Washburne School)
NT Class of 2024

"Meeting people is surprisingly easy. Simply start talking to the person next to you on the first day of class; they feel the same way and could end up becoming a great friend! Another option is joining a club. There are clubs for everything at New Trier, and they are so welcoming so it is a great way to make some friends and get a good experience at the same time."

-- Carly P., Glencoe
(Central School)
NT Class of 2024

"The best part of my New Trier experience so far has been the amount of resources available to students. The [Academic Assistance Center] has been an amazing resource to me. All the tutors in the AAC are always willing to help you no matter what the question is. Along with the AAC, there are so many teachers who give up some of their free period to assist you and answer any questions."

-- Elie K., Glencoe
(Central School)
NT Class of 2025

SMALL SCHOOL FEEL,

New Trier: A Small School Experience within a Big School Setting

One of the biggest questions we get from families and students new to New Trier High School goes something like this: "You have nearly 4,000 students? Wow. Isn't it easy to get lost?"

Now, if you're talking about getting physically lost, well, we have signs, maps, and friendly security staff who will always help you find your way. Really, though, we know that question is usually a little deeper. Students and parents want to know: How am I going to find my interests, my friends, my path to the future in a school that big? Will anyone really get to know me?

The answer to those questions is a resounding "Yes!" New Trier High School prides itself on providing an individualized experience for every student, creating a "small school" feeling within a larger school setting. While New Trier may be known for our outstanding curriculum or our district's high test scores and college attendance rate, we are equally proud of what our alumni tell us about the connections they made at our school. One year after graduation, 98 percent of alumni surveyed said they had one or more adults who cared about them at New Trier, and 98 percent said the same about having one or more caring friends. This is an unusually high response for a high school.

In the next few pages, you will learn about the many ways we make our big school seem small, from our 150-plus clubs and extracurricular opportunities to our unique adviser and post-high school counseling programs. There truly is something for everyone!

Go Trevs!

New Trier competes in 38 sports and has more than 100 team levels, from varsity to freshman A/B. Each season offers at least one no-cut athletic opportunity.

Something for everyone:

New Trier has more than 150 clubs, performing arts opportunities, and intramural sports open to students of any interest or ability level.

In the Spotlight:

Performers and technicians have a chance to shine both on stage and behind the scenes, with plays that rotate casts, improv troupes, and opportunities in stage crew, audio, video, and radio.

"The best part of being at New Trier is the community you build with your advisery, the camaraderie, and the friends that you always get to see before you start your day."

- Nathan H., Glencoe (Central School)
NT Class of 2025

"The best way to 'find your people' is to take classes and clubs of your interest. This will help you become friends with people who have similar interests and hobbies as you."

- Logan S., Winnetka (Washburne School)
NT Class of 2025

"I was surprised by how much emphasis New Trier puts on community. For such a large school, there really is a community feel."

- Annabelle B., Winnetka
(Transferred to NT from out of state)
NT Class of 2023

BIG SCHOOL RESOURCES

The Adviser Program

First of all, we know that spelling adviser with an "e" is unusual (and you'll find other unique New Trier lingo on page 6), but that spelling is rooted in the history of the program, which began almost 100 years ago.

So what makes the adviser program so special? Students spend all four years of high school starting their day with the same group of 25 students in their adviser room. They will have one faculty adviser on the freshman Northfield Campus, and then another faculty member will move with them every year from sophomore to senior year.

Adviser groups do bonding activities, service projects, and even fun competitions to let off steam. They discuss important issues in the school and community. And students and families are encouraged to turn to their adviser with questions or if they are struggling. It's one important way to make sure students and their parents never feel lost during their time at New Trier.

Connecting Outside the Classroom

New Trier offers more extracurricular opportunities — clubs, team sports, intramural sports, and performing arts — than any other high school in Illinois. Many students find their "people" in the activities they pursue outside of the school day. In fact, more than 85 percent of New Trier students are involved in extracurriculars.

Athletics/Intramurals

In Athletics, New Trier offers every sport recognized by the Illinois High School Association, from badminton and bass fishing to fencing and water polo. Every athletic season includes a no-cut sport, and many sports have multiple team levels.

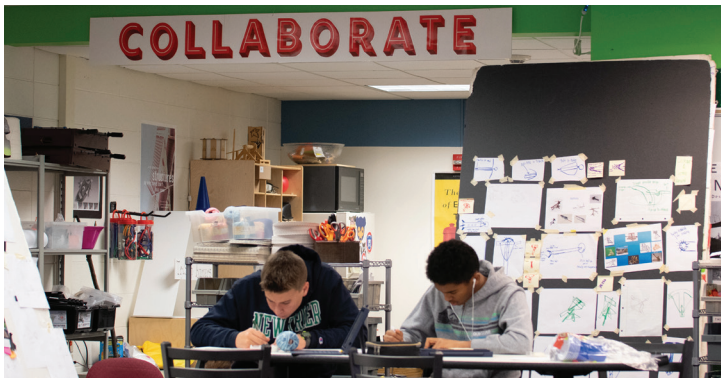
Students who want to break a sweat or have a friendly competition without the commitment of an organized athletic team participate in New Trier's many intramural sports, including night league basketball, golf, volleybal, paddle tennis, and more.

Performing Arts

In Performing Arts, there are no-cut dance and improv troupes, and plays and musicals that do require auditions are often double-cast, meaning there are twice as many opportunities to get a role. Musicians, dancers, and artists have numerous opportunities to put their creativity on display, and students who love working behind the scenes can join the stage crew for New Trier's many performances.

Student Activities

Love to cook? Volunteer? Build robots? Debate? Write? Sing? Dance? Play Super Smash Brothers? New Trier's Student Activities Program is the largest in the state with more than 130 clubs (including 25 at Northfield alone) matching students' interests in media, government and policy, social service, global cultures, and popular culture.



"JOIN SOMETHING. I heard this so often from the older kids and toward the beginning of my freshman year, but it wasn't until THIS year that I realized they were right. Looking back on it, joining sports at New Trier allowed me to meet some of my best friends and people I know will be there for me in five years."

- Annie P., Wilmette (Wilmette Junior High School)
NT Class of 2024

"I've definitely enjoyed my experience in clubs! I'm a member of the debate team, student council/ambassadors, and the Near True News. There are so many different clubs, and I love meeting new people in each of them."

- Riley K., Glencoe (Central School)
NT Class of 2023

SMALL SCHOOL FEEL,

We've Got a Class for That

One of the biggest benefits of being a big school is the ability to offer an extensive curriculum that can meet the needs and capture the interests of any student. Where else can a student choose from seven languages and 22 orchestras, ensembles, and choirs, along with multiple culinary, business, engineering, architecture, theatre, debate, media, and art classes? A strong core academic curriculum also provides numerous opportunities for students to explore.

It's almost impossible to capture the depth and breadth of New Trier's curriculum with just a few examples. Budding artists, for example, can try their hand at ceramics, painting, photography, comics and animation, or glass blowing. Students who like working with their hands can create models of houses, bridges, robots, cars, furniture, fashion, and more. Moguls in the making can pitch their ideas in StartupU and marketing classes, while foodies can find their home in the culinary lab. Students can ponder Great Books, master the climbing wall, choreograph their own dances, write plays and music, get scuba certification, debate about law and justice — the possibilities truly are endless.

Invested Teachers

New Trier's teachers are consistently named the best in the country, and we may be biased, but we have to agree! Beyond their credentials — nearly 97 percent of faculty members hold advanced degrees — New Trier teachers really care about their students and want to help them succeed.

A large number of New Trier faculty members choose to serve as advisers, club sponsors, or coaches during their careers, making a connection with students beyond the classroom. All teachers offer help for individual students before, during, or after school. Students are encouraged to seek out their teachers for help, and department offices are buzzing with students throughout the day.

Planning for the Future

We know that one of the most exciting — and stressful — parts of being a high school student is planning for the future. Students should come to New Trier with an open mind to exploring all the possibilities high school has to offer without worrying about how something will look on a college application. But when the time comes to think about what students want to do after they graduate, we've got that covered.

New Trier offers one of the country's only dedicated post-high school counseling programs. Post-high school counselors, teachers, and advisers work with students and their families on an individualized plan to pursue their interests after graduation. The department has vast experience in college admissions as well as other post-graduate paths such as trade schools, the military, jobs, or a gap year. Individual counseling sessions begin in the junior year.

Lead the Way

At New Trier, students are encouraged to lead every day - from creating their own clubs to membership in athletic, academic, and peer leadership groups.

Try Something New

New Trier's vast curriculum leaves plenty of room to explore. Want to learn Latin or marine biology? How about creating glass art or using a 3D printer? Whatever your interest, New Trier has a class for you.

I was surprised by the wide variety of electives available for students. You can really try so many different activities and expose yourself to cool, unique hobbies. Take advantage of this! Many of these experiences will be harder to get as an adult.

-- Julia C., Wilmette (Wilmette Junior High School) NT Class of 2024

BIG SCHOOL RESOURCES

LEARN THE LINGO

Pick up a few uniquely New Trier phrases before coming to campus

The AAC: Academic Assistance Center, a great resource for all students at the Northfield Campus to get tutoring/homework help from retired teachers every day.

B-Lounge: The student lounge at the Northfield Campus. The B is for B Building, where it's located on the first floor!

The Cornog: The big auditorium on the Northfield Campus (see also The Gaffney)

Early Bird: Science, KW (see below!), or Music classes held before the regular school day starts, freeing up room in students' schedules if they want more flexibility during the day. These are only available at the Winnetka Campus (sophomores-seniors).

The Gaffney: The big auditorium on the Winnetka Campus (see also The Cornog)

Green Team: A spirited group of students who lead the student cheering section at home games. Seniors get to wear the coveted "Green Team" sweatshirts with a special, school-approved nickname on the back. A great way to show NT spirit!

High Five: One of New Trier's eight choral groups, this one celebrates students of all abilities who come together in friendship and music. Their school-day concerts can't be missed!

KW: Kinetic Wellness, a fancy way to say Physical Education! New Trier's KW classes include dance, outdoor education, yoga, strength and conditioning, and much more.

MCL: Modern and Classical Languages, the department that oversees the 7 (!) languages students can take at New Trier: Chinese, French, German, Hebrew, Japanese, Latin, and Spanish.

One Stop Trev Shop: Located both at the Winnetka Campus and at the New Trier Transition Center in Downtown Glencoe (640 Vernon Ave), the student-run stores were created to provide hands-on, real-world employment opportunities while serving as a one-stop shop for Trevian gear. Learn more at onestoptrevshop.com.

Scrounge: Student lounge at the Winnetka Campus. Why? Who knows. It was once a little "scroungy," but it's bright and new after a 2017 revamp.

Bridge Builder: Every freshman adviser room is paired with a Bridge Builder, an upperclassman student who participates in adviser room activities with freshmen and helps them with the transition to high school.

SILC: Senior Instructional Leadership Corps, a program that pairs seniors with mentor teachers to learn about teaching and education. In some classes, students may have a SILC (pronounced like silk) helping the teacher.

Trevian/Trevius Maximus: New Trier's school mascot. A Trevian was a Roman solider from Trier, Germany, the namesake of New Trier.

FREQUENTLY ASKED

FROM INCOMING STUDENTS AND THEIR PARENTS.

I'm coming from a small middle school or private or home school. How will I make friends at New Trier?
One of the benefits of being a big school with plenty of resources is that there truly is something for everyone! New Trier has more than 150 clubs, intramural sports, service groups, and performing arts opportunities that mostly meet after school — these are a great way to meet new people. You also will spend every morning of high school with the same group of 25 students in your adviser room; many people find friends in this group. New Trier has more sports teams at more levels than any other school, and there is at least one no-cut sport every season. At the freshman levels, there are even more opportunities. And if you don't find a club for your interest, you can ask to form one!

So will I ever see my friends from middle school?
In a word, yes! If you want to see your middle school friends, you almost certainly will. New Trier tries to make sure you have someone from your middle school in your adviser room, and with eight class periods (including a lunch period), passing periods, clubs, sports, and hanging out before and after school, if you want to see your old friends, you will — even while you are making plenty of new ones.

I keep hearing about advisers and adviser rooms. What are they?
We know New Trier is a big school, and the adviser room is one way to make sure our students and families are connected to their school and each other. Each day at New Trier starts with a 25-minute adviser period. It's what you might consider a "home room," but it's so much more. You'll be with the same students in your adviser room all four years of high school — and starting at the Winnetka Campus, the same teacher will be your adviser for three years in a row. Adviser rooms do service projects, bonding activities, and more. If you're struggling with something, or have questions about New Trier, the adviser is your first stop.

Why is there a separate freshman campus?
That's a long story that has to do with rising and declining enrollment over the decades, but the important part of the story for you is that our freshman campus is designed especially for the needs of freshmen. The transition to high school can be a big and challenging one, and the freshman campus caters to student needs during that transition. So freshmen go to the Northfield Campus and sophomores through seniors go to the Winnetka Campus. But freshmen also have plenty of opportunities to join clubs and sports that meet at the bigger campus; in fact, there's a free shuttle between the two campuses every day.

New Trier is such a big school, and people are so talented. Will I ever make that team/play/orchestra/etc.?
First, you won't know if you don't try! Sure, there are teams that have more people who try out than can be on the roster, and there are plays with a limited number of roles. But New Trier does everything it can to give as many students opportunities as possible. Many freshman sports teams have multiple levels, and teams like cross country or swimming don't make cuts. Big productions are double-cast, meaning there are twice as many chances to get a role. Music groups also have different levels. Clubs and intramural sports welcome all who are interested.

How will I choose my classes at New Trier?
Once you reach your 8th grade year, you and your parents will be invited to several evening events to explain the different core academic and elective classes available at New Trier. Your middle school classes, recommendations, and interests all are a factor in the schedule you will eventually choose. Once New Trier sends home your course selection materials and recommendations (usually in early February), New Trier faculty will come to your middle school to help you choose classes and answer any questions you may have. After you are a student at New Trier, you will work with your adviser to choose future classes. As you grow older and see different opportunities at school, you may find your interests changing. There are as many paths through New Trier as there are students.

What are class "levels"?
Levels are simply a way of explaining the pace and level of independence required by different classes. All classes at New Trier are college preparatory, but students may be recommended for 2 (college prep), 3 (honors), or 4 (high honors) based on a number of factors that include placement tests, middle school teacher feedback, and knowing your own strengths and areas for growth as a student. A very, very small percentage of students take all of the same class levels during all four years of high school. Students who have never taken a high honors class at New Trier end up outperforming peers across the country and succeeding at all different types of colleges and universities.

QUESTIONS

Am I going to be in the same level classes all through high school? Will they affect my chances at college?
First, take a deep breath! We know people are worried about levels, but our post-high school counselors — who are experts on this subject — say that the best path for any student is to take the most challenging classes in which you can succeed and to explore your elective and extracurricular interests. Take a culinary class, build robots in engineering, create your own business in entrepreneurship, learn to play the guitar, take a leadership position in a service club. All of these are as important as your levels. But, since you asked, no, what levels you are placed in during freshman year are not set in stone for the rest of your time at New Trier. Students move levels all the time until they find the pace that is right for them.

What happens if I need help in a class?
All of New Trier's teachers want to help you! They have free periods during the week and will make time to meet with you. All you have to do is ask! You might be surprised when you walk in departments like math or English; there are students sitting with teachers all over. New Trier also has free faculty tutoring in many subjects all day and before and after school in the Academic Assistance Center at the Northfield Campus, and there are similar opportunities for help on the Winnetka Campus. There are also student tutors who are available to help you at the Winnetka Campus. If you still need help, you can talk to your adviser and they will help you figure out what to do next.

What's the technology policy at New Trier? Can I use my phone?
New Trier promotes responsible technology use. All students are required to have iPads as a classroom tool. Beyond that, we want students to have access to technology when they need it and to respect boundaries and rules set by teachers and staff. Phones must be stored in phone caddies during classes and adviser room. Students can use them during passing periods, lunch, or during free periods on the Winnetka Campus. Technology use is a privilege, and students must abide by school rules when using their devices.

Lunch is my favorite subject. What are the food options at New Trier?
We think you'll be pleased! Quest Food Services provides options for every appetite. On both campuses, there are multiple food stations such as Crust (Homemade Pizza and Pasta), Grill (Burgers, Chicken Sandwiches, Chicken Tenders, and Fries), Bread and Bowl (Made To Order Deli Sandwiches and Paninis), Picante (Made To Order Mexican Food), and Hemispheres (Asian and other International Cuisine). We also have a salad bar and breakfast offerings at both campuses. If you like to bring your own food, we have microwaves available in the cafeteria. Also look out for bake sales and other foodie fundraisers from our clubs, teams, and adviser rooms during lunch periods.

Finally, how's the homework — really?
That's a tough one to answer because it depends on your own study habits and the pace of your class schedule. A couple of hours a night is the average, with some students doing less and others more. More recently, we have instituted "homework-free" and "exam-free" breaks, generally around long weekends or extended breaks. During these times, teachers either cannot assign homework due the day after the break or may not have an exam or schedule a project or paper due right after the break. Homework is an important part of measuring student learning, but we continue to work with students and families to find ways to lessen student stress over homework.

ADVICE FROM A TREVIAN
If you don't already, start using a planner. Seeing what exams, homework, meetings, and everything else you have over the next week makes it so much easier to balance what you do.

-- Will C., Winnetka (Washburne School) NT Class of 2024

ADVICE FROM A TREVIAN
Make sure to set time to take care of yourself and your mental health. You can only be your best when you feel your best!

-- Izza V., Wilmette (Marie Murphy School) NT Class of 2024

ADVICE FROM A TREVIAN
New Trier's community accepts everyone, regardless of race, gender, etc. Don't be afraid to put yourself out there and show people who you truly are!

-- Soham B., Wilmette (Jane Addams Junior HS) NT Class of 2025

LIVES TO THE SERVICE OF HUMANITY

Service at New Trier High School

Service is an important part of the New Trier experience. Students participate in service projects large and small throughout their four years of high school, and dozens of service clubs offer students another opportunity to give back.

The New Trier Motto:

To commit minds to inquiry, hearts to compassion, and lives to the service of humanity.

Service learning starts in the freshman year with an all-class service assembly. Freshman students hear about a topic such as food insecurity in the Chicagoland area. Then classes, adviser rooms, and clubs work together to learn about the topic and take action. In the spring, the whole class participates in a big service event; in recent years, students have packed lunches with the #HashtagLunchbag organization.

On the Winnetka Campus, Social Service is a student leadership board overseeing more than 15 groups that go into the community after school to volunteer with organizations that help children, families, older people, or adults and kids with disabilities.

Other clubs do volunteer work at school; BinaryHeart, for example, repairs donated computers and electronics to give to students in need, while Tri-Ship and Girls Club raise funds for student scholarships and partner on the school's annual winter food drive. Clubs, adviser rooms, and sports teams fundraise and volunteer year-round.

Social Service Board

oversees more than 15 groups that serve organizations across the Chicago area, from tutoring younger kids to working with adult Special Olympians.

Freshman adviser rooms carry donated gifts and food items for families in need during the holiday season as part of New Trier's annual partnership with Northwestern University Settlement House (NUSH).

Adviser rooms and classes sometimes participate in group service projects, such as volunteering at the Glencoe Community Garden.

Northfield Pep Club often organizes an annual toiletry drive for Chicago-area organizations such as the Northfield Food Pantry and Hines Veteran Hospital.

New Trier Bucket List:

SOME THINGS TO DO BEFORE YOU GRADUATE FROM NEW TRIER HIGH SCHOOL

- ☐ Go see a show: cheer on your talented classmates at one of the many productions put on by the Performing Arts Division
- ☐ Get loud with the Green Team at a home game
- ☐ Grab breakfast at Sarkis or Walker Brothers on a day off
- ☐ Rap along to one of Mr. Horne's scholarly beats
- ☐ Try every food station in the cafeteria — from sushi to paninis
- ☐ Squeeze into a packed Pace bus to campus
- ☐ Get scared in the Spooky Scrounge
- ☐ Dance like you mean it at Homecoming, Trevapalooza, and the Freshman Mixer
- ☐ Go all out for the Spirit Week dress-up days
- ☐ Take a selfie with Trevius Maximus
- ☐ Help your advisery collect 1,000 pounds of food during the winter food drive
- ☐ Bring Friday donuts/bagels/pancakes for your adviser room
- ☐ Sample tasty snacks from a bake sale or food truck fundraiser
- ☐ Take a cool elective that you know nothing about
- ☐ Listen to 88.1 WNTH radio, "The Voice of New Trier" - or host a show yourself
- ☐ Volunteer to play a game in front of the whole crowd at a spirit rally
- ☐ Make friends with the security staff
- ☐ Walk through an exhibit in the Brierly Art Gallery
- ☐ Watch the sun rise with friends at Tower Road or Gillson Beach

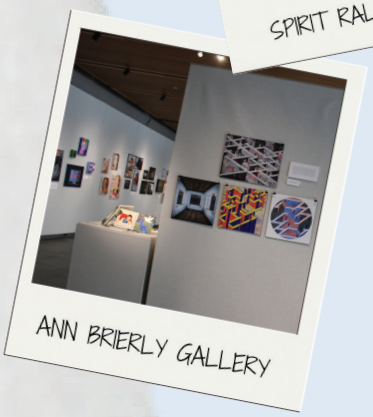
TREVIUS MAXIMUS

CHOIR OPERA MUSICAL

WINTER FOOD DRIVE

FOOD TRUCK FUNDRAISER

SPIRIT RALLY GAMES


ANN BRIERLY GALLERY

NEW TRIER CLUB FINDER

SCAN HERE TO BROWSE ALL THE CLUBS NEW TRIER HAS TO OFFER!

FOLLOW US!

@newtrier203

facebook.com/newtrierhighschool/

ADVICE FROM A TREVIAN

Definitely find an interest in something and carry it over when you get to New Trier. There is something for everyone, so there is no need to be afraid.

-- Grace M., Northfield (Sunset Ridge School) NT Class of 2020