TigerTimes

Sherrard Jr/Sr High Newsletter

October 2026

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

October 1
Choir Concert - 7p

October 4
JH Band Concert - 2p

October 7
Early dismissal - 1p
P/T Conferences - 2:15-6:30p
Booster Club Meeting - 6p

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

October 9
No school

October 10
Marching Band @ Metamora HS

October 12-16
No school - Fall break

October 17
Marching Band @ WIU

October 21
NMSQT Testing
School Board Meeting - 6p

October 24
Fall Play - 7p

October 25
Fall Play - 3p

October 28
Early dismissal - 1p

Principal's Note

Time has flown by during these initial nine weeks at SHS. We are grateful for such a successful beginning to the school year and are eager to maintain this positive momentum as we move into the second quarter.

October Calendar Reminders:

October 7th & 8th:	Student Led Conferences from 2:15 - 6:30 PM
October 9th - 16th:	Fall Break
October 28:	Early Dismissal

Parent-Teacher Conferences

I encourage you to join us for our Parent Teacher Conferences October 7th and 8th from 2:15 - 6:30 p.m. We will be using the Student-Led method for conferences again this year. Teachers will be reaching out to schedule a time for a conference.

Come out and support the Tigers!

As we finish up our fall athletic season, please come out and support the Tigers! There will be plenty of opportunities to see our students in action including senior nights and postseason play. Check the calendar for upcoming events and dates.

Congratulations to Mr. Sigler

Tim Sigler was recognized as the ROE Employee of the Month. Mr. Sigler has been our head maintenance at the High School for the last 3 years. His day is always changing based on the needs of the school, but he always gets everything done with a positive attitude. Mr. Sigler works behind the scenes, but is an essential part of our school.

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

Athletics / Activities

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

Homecoming Thank You

We have finished another successful homecoming week. It was great to see the school spirit from grade school through the upper levels. Thank you to everyone that helped including Aaron Deneckere (All School Senate Advisor), Chris Zippe (Senior Class Advisor) and the Village of Sherrard for the extra support with all the events and activities during the week.

As always, if you have any questions, please do not hesitate to call 309-593-2175 or email me at johnsona@sherrard.us. Thank you for your continued support.

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 7th and October 8th. 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 9, 2026. Students will return on Monday, October 19, 2026.

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: Nevaeh Tracy
Math: Claire Kuster
Science: Kayden Nash
Social Studies: Claire Curry
Vocational: Layker DeCoster
Fine Arts: Ava Taylor
PE/Health: Ava Graves
Business: Caleb Thompson
Special Forces: Timothy Vroman

JUNIOR HIGH
English: Skyler Shemek
Science:
PE/Health: Madalyn Breiby
Math: Marlie McRae
Fine Arts: Chloe Jasper
Social Studies: Ellianna Brown
Service: Harper Payne
Skills Development: Amelia Bell
Striving for Excellence: Anabel Fritch

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 Cross Country team is having an outstanding season. The runners are setting new personal bests nearly every meet. They will run in the IESA Sectional Meet on Saturday, October 10th at Dunlap Middle School. Races will begin at 10:00 am. The girls basketball teams opened their season on Monday September 28th with two wins. The football team continues to build and show improvement week in and week out. They will finish up the season at home versus Rockridge on October 17th. Kickoff is slated for 10:00 a.m.

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

Fall Play

Get ready for an extraordinary evening of theater! The Sherrard High School Drama Department invites you to its upcoming Fall Play production of The Giver, adapted by Eric Coble from the Newbery Medal-winning novel by Lois Lowry.

About the Show
In Jonas' world, everything is under control. There is no war, fear, or pain—but there are also no choices or color. When Jonas turns 12, he is chosen to receive the memories of the community from The Giver, the sole keeper of true joy and deep pain. As Jonas learns the truth about his utopian world, he must discover what it truly means to grow up, think for himself, and take control of his own destiny.

Performance Dates & Showtimes:
- Saturday, October 24 at 7:00 PM
- Sunday, October 25 at 3:00 PM

Admission - $7 Adults, $5 Students & Seniors

NHS

Sherrard National Honor Society has been gearing up for a very busy October! Members will be involved in several opportunities to serve our school and community throughout this month, including:

- Wonderful Wednesdays
- Pumpkin Painting at Winola Grade School
- Helping serve grandparent breakfast at Matherville
- Helping at Sherrard Pumpkinfest
- Selling pies to fund a volunteer trip to the Iowa Mission of Mercy free dental clinic
- Will be visiting each town in the district to collect hygiene products and canned goods for local food pantries



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 ourself 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.

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 December 2nd 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.

FAFSA:
The 2027-28 FAFSA launched early this year and is now available to submit online. You can visit our high school website HERE for essential information on getting started, required documents, and financial aid resources.

Mark your calendar: We are also hosting a hands-on **FAFSA Workshop on October 7th from 4:30 PM – 5:30 PM in the Library** during Parent-Teacher Conferences. Drop in for one-on-one help!

Opting out of the FAFSA?
If you choose not to complete the FAFSA, state guidelines require a completed **FAFSA Non-Participation Form**. Hard copies of this form are available for students to pick up in the counseling office.

SOCIAL/EMOTIONAL INFORMATION:

Let's talk about mental health. Just like caring for your physical body, supporting your mind is essential to overall well-being. Mental health impacts how we think, feel, and navigate daily life. It is completely normal to experience stress or anxiety; learning healthy ways to manage those feelings is key.

Common Challenges

High school life can bring a variety of pressures. Here are some common struggles students may face:

- **Depression:** Ongoing feelings of sadness, low motivation, or loss of interest in activities you usually enjoy.
- **Anxiety & School Anxiety**: Persistent worry, restlessness, nervous tension, panic attacks, or specific hurdles with school attendance and performance.
- **Stress**: Feeling overwhelmed by academic, extracurricular, or personal commitments.

- **Eating Disorders:** Unhealthy patterns or relationships with food and body image used to handle distress.
- **Self-Harm**: Inflicting physical harm on oneself as a coping mechanism for intense emotional distress.

Signs You Might Need a Reset

Keep an eye out for these indicators in yourself or your peers:

- Noticeable shifts in mood or stepping back from friends and social activities.
- Trouble focusing or keeping up with coursework.
- Unexplained physical signs such as headaches, stomachaches, or persistent fatigue.
- Significant changes in sleep habits or appetite.

It's Okay to Ask for Help

Reaching out for support shows strength and self-awareness. If you or someone you know needs guidance, consider these valuable resources:

- **School Counselors**: Directly available on campus for support, academic assistance, and guidance.
- **Mental Health Professionals**: Licensed therapists and counselors who offer a confidential space to process feelings.
- **Helplines & Crisis Lines:** Free, confidential assistance available 24/7 for immediate support. Contact the **988 Suicide & Crisis Lifeline** by calling or texting 988.

Quick Tips for Everyday Well-Being

- **Prioritize Sleep:** Target 8–10 hours each night to help your mind and body recharge.
- **Stay Active:** Regular physical activity can elevate your mood and relieve stress.
- **Maintain Connections**: Spend quality time with supportive friends, family, and trusted peers.
- **Practice Mindfulness**: Incorporate deep breathing, journaling, or meditation techniques to remain centered.
- **Digital Wellness & AI Balance**: Manage screen time mindfully, and remember that while AI chatbots and digital tools can offer quick information, they shouldn't replace real-human emotional support from trusted counselors and adults.

We will continue supporting students through both social/emotional and academic guidance. Please feel free to reach out via email anytime with questions or concerns.

BULLYING PREVENTION MONTH (OCTOBER):

October is recognized as National Bullying Prevention Month, a time dedicated to promoting kindness, acceptance, and inclusion while raising awareness about the prevention of bullying. Creating a safe, supportive school culture requires everyone working together.

Recognizing Signs of Bullying

Bullying can take many forms—physical, verbal, social, or cyberbullying. Some common warning signs include:

- **Changes in Behavior**: Unexplained loss of interest in schoolwork, sudden drops in grades, or avoidance of social situations.
- **Physical Symptoms**: Frequent headaches, stomachaches, or changes in sleeping and eating habits.
- **Emotional Distress**: Appearing anxious, withdrawn, or visibly upset after using phones or social media.

Speak Up & Report It

If you or someone you know is experiencing bullying, please do not suffer in silence. We strongly encourage all students to report incidents to a school counselor, administrator, teacher, or any trusted adult on staff. Every report is taken seriously, and confidential help is always available.

Don't miss out on preserving this year's memories—order your student's 2026/2027 Yearbook today through Jostens! Please note that Jostens is the exclusive vendor for all yearbook purchases, as orders can no longer be processed through the main office.

Watch for email updates from Jostens, or conveniently place your order online using the link below:
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 $68 and the junior high book is $28.

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

Stacey Blackwell
blackwells@sherrard.us

Julie Drish
drishju@sherrard.us

OCTOBER 2026

Sherrard School District K-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 on the district website or at each attendance center.**	**SPECIAL ANNOUNCEMENT** October 7th & 8th Parent/Teacher Conferences October 9th thru 16th Fall Break	1 Mini Cinnis ½ Cup Fruit ½ Cup 100% Juice Milk Choice	2 Cereal Bar ½ Cup Fruit ½ Cup 100% Juice Milk Choice
5 Cereal Bowl Snack Cookie ½ Cup Fruit ½ Cup 100% Juice Milk Choice	6 Mini Bagel ½ Cup Fruit ½ Cup 100% Juice Milk Choice	7 Mini Waffles/Syrup ½ Cup Fruit ½ Cup 100% Juice Milk Choice	8 Sausage Pancake Bites ½ Cup Fruit ½ Cup 100% Juice Milk Choice	9 No School
12 No School	13 No School	14 No School	15 No School	16 No School
19 Muffin ½ Cup Fruit ½ Cup 100% Juice Milk Choice	20 Cereal Bowl Snack Cookie ½ Cup Fruit ½ Cup 100% Juice Milk Choice	21 Mini Pancakes/Syrup ½ Cup Fruit ½ Cup 100% Juice Milk Choice	22 Cinnamon Super Stix ½ Cup Fruit ½ Cup 100% Juice Milk Choice	23 Whole Grain Poptart ½ Cup Fruit ½ Cup 100% Juice Milk Choice
26 Mini Cinnis ½ Cup Fruit ½ Cup 100% Juice Milk Choice	27 Cereal Bowl Snack Cookie ½ Cup Fruit ½ Cup 100% Juice Milk Choice	28 Mini Bagel ½ Cup Fruit ½ Cup 100% Juice Milk Choice	29 Breakfast Loaf ½ Cup Fruit ½ Cup 100% Juice Milk Choice	30 Glazed Breakfast Bun ½ Cup Fruit ½ Cup 100% Juice Milk Choice

OCTOBER 2026

Sherrard Jr-Sr High
Lunch Menu

Menu Subject to Change
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	**Applications for free/reduced meals are available on the district website or at each attendance center.**	**SPECIAL ANNOUNCEMENT** October 7th & 8th Parent/Teacher Conferences October 9th thru 16th Fall Break	1 Ribette/Bun Crinkle Fries Baked Beans Pears Milk Choice	2 Stuffed Crust Cheese Pizza Fries Carrots Applesauce Milk Choice
5 Hot Dog/Bun Chili Tater Tots Pears Milk Choice	6 Carnitas Romaine – Cheese - Tomato MexiRice Mixed Fruit Milk Choice	7 Chicken Fried Steak Mashed Potatoes/Gravy Dinner Roll Celery/PB – Apple Slices Milk Choice	8 Sausage Pizza Potato Wedges Carrots Applesauce Milk Choice	9 No School
12 No School	13 No School	14 No School	15 No School	16 No School
19 Cheeseburger/Bun Tater Tots Baked Beans Mixed Fruit Milk Choice	20 Chicken Drummies Crinkle Fries Green Beans Pears – Animal Crackers Milk Choice	21 Cheese Bites - Marinara Waffle Fries Broccoli Peaches Milk Choice	22 Tenderloin/Bun Fries Carrots Applesauce Milk Choice	23 French Bread – Marinara Potato Wedges Celery/PB Apple Slices Milk Choice
26 Chicken Tenders Crinkle Fries Broccoli Pears - Sunchips Milk Choice	27 Walking Taco/Chips Fiesta Beans Salad Peaches Milk Choice	28 Mini Corn Dogs Tater Tots Carrots Mixed Fruit Milk Choice	29 Breaded or Grilled Chicken Fries Celery/PB Sliced Apples Milk Choice	30 Baked Spaghetti Bread Stick Potato Variety – Carrots Eek Slushy - Cookie Milk Choice