

**From:** [Gina Castellano](#)  
**To:** [Maureen Forsythe](#)  
**Subject:** Updates from RHS  
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Dear Ridgewood Families,

As promised, here is what is happening at Ridgewood High School in the next few weeks:

Dates to Remember:

October 12th -PSAT NMSQT Testing

October 13th- FAFSA Completion Night

October 15th- Deadline to submit freshmen physicals & senior meningitis vaccinations

October 26th -Parent Teacher Conference

Freshman and Senior School Medical Information

The State of Illinois requires all freshmen students to have a physical exam on file in the Nurse's office. Similarly, all seniors are required to submit proof of one meningitis vaccination after the age of 16. [These documents are due by October 15th.](#)

If your student does not submit their forms by October 15th at 8 a.m., they will be excluded from school.

Please submit these documents to Candace Reid, School Nurse, at fax #: 708-456-0342 or at [nurse@ridgenet.org](mailto:nurse@ridgenet.org).

Competency Courses - Grading Reminders

As a reminder, many of our courses use competency grading to show a student's level of proficiency in skills. This means that these courses show an average level of proficiency, shown by a numeric value, rather than a traditional letter grade, to show student's progress in learning. Teachers will enter letter grades at the end of each semester for a student's transcript. During the semester, please click on the student's FG score in order to see your student's overall percentage in the course out of 100. For more detailed information, please take a look at our [Competency Grading Overview](#).

PSAT NMSQT Testing

On Wednesday, October 12th, Ridgewood High School will administer the Preliminary SAT (PSAT)/National Merit Scholarship Qualifying Test (NMSQT) to all juniors and the top 10% of sophomores. By offering students an opportunity to participate in the PSAT administration, Ridgewood High School will provide students with valuable college readiness feedback and tools to help them reach their post-secondary goals.

Benefits of the PSAT:

- Juniors can qualify for the National Merit Scholarship – By taking the PSAT/NMSQT students may be eligible to qualify for the National Merit Scholarship Program and other academic scholarship and recognition programs.
- Students have a better chance at scoring higher on the SAT – Historically, students who take the PSAT have scored significantly higher on the SAT than students who do not. Since the PSAT evaluates the same skills and knowledge as the SAT, taking the PSAT means students will have an opportunity to address their areas of improvement long before they take their official college entrance exam.
- Students will receive feedback on their aptitude for success in AP courses – student score reports will show recommendations for AP courses that might be good matches.
- A personalized study plan – the PSAT will provide students with a custom SAT study plan that can be accessed

online, anytime through Khan Academy.

#### Important Test Day Information:

- Testing will begin promptly at 8:45am. Students should arrive in the field house at least 15 minutes prior to testing.
- No backpacks or cell phones will be allowed in the field house.
- Students will need to bring their Student ID, no. 2 pencils, and a calculator.
- Standard testing time will conclude around 12:50 pm.
- Students will have lunch from 12:55pm - 1:24pm.
- Students will be required to attend period 10 from 1:40pm - 3:00pm.

Your child has received a PSAT/NMSQT Student Guide which includes important information about the test, study tips, and practice questions. More resources about this test can be found at [collegeboard.org](http://collegeboard.org). If you have questions, please contact Jennifer Tan at 708-697-5548 or [jt@ridgenet.org](mailto:jt@ridgenet.org).

#### Before/After School Tutoring

As we finish the first full month of school, we want to remind you of an academic intervention that is available to all students! Tutoring is available in the Collaboration Center before school on B Days from 8:00 - 8:40 am and after school on Mondays, Tuesdays, Wednesdays, and Thursdays from 3:15 - 4:15 pm. This is an opportunity for all students to receive extra time and support from a teacher to complete their assignments and make up any missing work prior to the Sunset Deadline. Questions about tutoring can be directed to Katie Davis at [kdavis@ridgenet.org](mailto:kdavis@ridgenet.org)

#### Parent University

The first Parent University will be held on October 17th from 6:00-6:45 pm in the RHS Auditorium. We hope to see you in-person to learn more about taking advantage of all that Ridgewood has to offer.

Topic: Understanding the High School Experience and Opportunities for Parent Involvement.

Questions about Parent University should be directed to Dr. Lasky at [elasky@ridgenet.org](mailto:elasky@ridgenet.org)

#### Parent Teacher Conferences

It is almost time for our 2022 Fall Conferences! Due to the positive feedback and participation levels of families, we will offer conferences remotely via ZOOM for fall conferences. RHS families will have the opportunity to meet with students' teachers, counselors, and social workers. Families should log into Skyward Family Access, click on their student's schedule, and choose the teachers, counselors, and social workers they would like to meet with. Step-by-step instructions are included below. Here is the date and time of conferences:

Wednesday, October 26th, 2022

1:00 to 8 p.m.

Registration will open starting October 1st and will close at 8:00 A.M. on October 25th. Once registration closes, you must contact the teacher/ staff member directly to schedule an appointment. Our staff will email the conference Zoom link directly to families scheduled for conferences on October 26th.

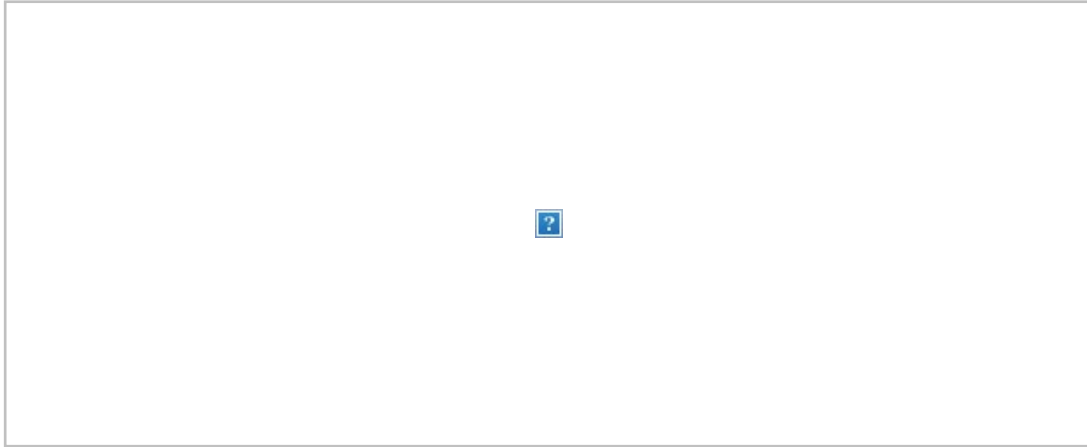
Current student grades will be accessible via our online student information system, Skyward. Please log into Skyward in advance of your conference to review and/or print your student's grades.

Students are welcome and encouraged to participate in the conferences with their parents/guardians and to be an active part of the discussion about their academic progress. If, for any reason, you cannot make an appointment during these times, please reach out directly to our staff. Our teachers, counselors, and social workers would be happy to meet with you at a time that works for you. We look forward to talking with you and your student(s) at conferences.

Questions regarding Fall Conferences can be directed to the Division Head of Student Services, Katie Davis, [kdavis@ridgenet.org](mailto:kdavis@ridgenet.org), or the Assistant Principal, Eric Lasky, [elasky@ridgenet.org](mailto:elasky@ridgenet.org).

## Scheduling Teacher Conferences in Skyward Family Access

To access this area, click on the Conferences Tab on the left hand side. Next, select the "All Conferences" hyperlink. This area allows you to schedule times for your conference as well as view scheduled times with your student's teachers.



## Scheduling Times

The top area is for Teacher Conferences. Your student's schedule will appear. To schedule a time, under the Status column, click on the Select a Time hyperlink to schedule a time for the class/teacher that appears to the right. Another screen will appear with all available time spots, click on the Select hyperlink for the desired time. A confirmation screen will appear, click on Save. Repeat for all desired classes/teachers.



The bottom area is for Staff Conferences, this would be either a counselor, social worker, etc. To schedule a time with a desired staff, other than a teacher, follow the same directions for scheduling a time with teachers.



### Reminder! Building closes at 3:30

As an added safety measure, the building will close at 3:30 p.m. daily during the 2022-2023 school year. Only students who are involved in activities or athletics will be allowed to stay in the building after 3:30 p.m. These students will be supervised by their coaches or activity advisors.

If you have any questions regarding building security or student safety, please contact David Hawk, Dean of Students.

### Scholarships

Attention seniors! With college application season just around the corner, please make sure to schedule an appointment with your counselor to discuss your post-secondary plans. The counselors are here to help you with any questions, no matter your post-secondary plans. If you're looking for scholarships, please make sure to check out our scholarship bulletin: <https://www.d234.org/student-life/scholarship-and-job-bulletin/>

### FAFSA Completion Night

The completion of the FAFSA is a graduation requirement. In order to assist students and families complete the FAFSA, Ridgewood is hosting a FAFSA Completion Night on Thursday, October 13th from 6:00-8:00 P.M. in the Library for all seniors and their families. Doors will close at 7:30 P.M. If you have any questions, please contact Katie Davis at [kdavis@ridgenet.org](mailto:kdavis@ridgenet.org).

### Upcoming College Fairs

College fairs are a great way for students and their families to explore their options and to talk directly with admission officers. College fairs are not just for 11th and 12th-grade students. 9th and 10th-grade students should also attend; remember, post-secondary planning starts in 9th grade. Virtual options are available if you cannot attend the national college fair in person. The college fairs listed below are free to attend:

- Choices Post-Secondary Fair (Choices is a post-secondary planning night for students with learning differences who are college bound). The Choices Fair will be held on Tuesday, October 18, 2022, hosted at Evanston Township High School, 1600 Dodge Ave, Evanston, IL 60201, from 6:00-8:30 p.m. Please visit their website by clicking [here](#) for more information about this event.
- Options Post-Secondary Fair (Students with disabilities and their families are invited to the Options Fair 2022 to learn about opportunities available after high school). The event will be held on Monday, October 17, 2022, from 6-8 p.m. at South High School in Downers Grove. Please visit their website by clicking [here](#) for more information about this event.

### Post-Secondary Planning

Senior year can be quite stressful for students as they navigate their senior year while planning life after high school. For many students, there is a belief that they should attend community college to keep costs down. Still, for many of our students, if they apply for Early Action, they can earn merit-based scholarships that would significantly impact the cost. I have seen many seniors get full-ride scholarships! To help students narrow down their lists and meet the Early Action deadlines in November, we have planned several support opportunities:

- Students met with the counseling team to:
  - Review senior timeline
  - Create a Common Application account and link it to School Links
  - Download and access their transcripts
- We will have ongoing visits from colleges and universities. Students can sign up during flextime and meet with admission counselors to learn about their programs and specific scholarships.
- Every Thursday through December 1st, students can meet with a counselor during Flextime to assist with their applications.
- Click [here](#) for our binder of information to help families navigate the post-secondary process. Post-secondary planning starts in the 9th grade. This binder is still in the works, so if there is a topic that isn't covered, please email [tyoung@ridgenet.org](mailto:tyoung@ridgenet.org)

### Hispanic Association of Colleges and Universities (HACU)

The Hispanic Association of Colleges and Universities (HACU) strongly believes in the cradle to career pipeline and advocates for equal opportunity and access to increase the matriculation, retention, and graduation rate of our first-generation and minority students at the PreK-12 sector and beyond. A central part of these values is our commitment to share resources, create opportunities, and strengthen advocacy work to address issues affecting students throughout the educational pipeline. Here is the link to their website to learn more about them and the resources they offer:

<https://www.hacu.net/hacu/default.asp>

### Athletics, Activities, and Extracurricular Events:

Ridgewood Rewards are back!! Current Ridgewood students should locate the QR Code sheet at our home athletic and activity events and scan in to earn points for fantastic Ridgewood merchandise! Questions can be directed to Athletic Director, Rob St. John ([rstjohn@ridgenet.org](mailto:rstjohn@ridgenet.org)) or Public Relations Coordinator, Bree Sabin ([bsabin@ridgenet.org](mailto:bsabin@ridgenet.org)). A schedule of all of our home and away athletic contests can be found [Here](#). A full calendar of all of the events happening at Ridgewood can be found [Here](#).

### Winter Sports Start Dates and Registration:

Believe it or not, our Winter Sports Season is gearing up to begin in just a few short weeks. Please see below for more details:

<u>SPORT:</u>	<u>START DATE</u>	<u>HEAD COACH</u>
Competitive Dance	October 24, 2022	Amanda Bogdal ( <a href="mailto:abogdal@ridgenet.org">abogdal@ridgenet.org</a> )
Competitive Cheer	October 24, 2022	Emily Arp ( <a href="mailto:earp@ridgenet.org">earp@ridgenet.org</a> )
Girls Basketball	October 31, 2022	Kristi Meade ( <a href="mailto:kmeade@ridgenet.org">kmeade@ridgenet.org</a> )
Boys Basketball	November 7, 2022	Chris Mroz ( <a href="mailto:kmroz@ridgenet.org">kmroz@ridgenet.org</a> )
Boys Wrestling	November 7, 2022	Jared McCabe ( <a href="mailto:jmccabe@ridgenet.org">jmccabe@ridgenet.org</a> )
Girls Wrestling	November 7, 2022	Jared McCabe ( <a href="mailto:jmccabe@ridgenet.org">jmccabe@ridgenet.org</a> )

To register for a Winter Sport, please go to the [Registration Link](#). Additionally, all athletes will need a valid physical on file with the Ridgewood High School Athletic Department prior to participating. You can access the IHSA Physical Form here: [IHSA Athletic Physical](#). Please check our [RHS Athletic Department Website](#) for more information.

### Ridgewood High School Parents Club:

Please consider joining the Ridgewood High School Parents Club!! The Mission of the RHS Parents' Club is to enhance the high school experience for the students. The RHS Parents' Club is a diverse group of committed adults who volunteer for this non-profit organization to support social activities and provide opportunities for our children to network and learn from each other. For more information check out the [Ridgewood Parents Club Website Link](#).

### Freshman, Sophomore, and Junior Yearbook Picture Retakes:

Did you miss picture day?? No problem! Lifetouch Studios will be back on campus one last time - Friday, October 14, 2022 from 11:00-4:00pm in the Fieldhouse Concession Stand Area. This will be the last opportunity to get your yearbook picture taken - please do not miss out!! Contact Athletic Director, Rob St. John ([rstjohn@ridgenet.org](mailto:rstjohn@ridgenet.org)) with any questions.

### Year-Long Calendar

The link to the school-wide calendar can be found on the RHS website, under About RHS / Yearly Calendar: [CLICK HERE FOR YEAR-LONG CALENDAR](#).





Happy Fall!

RHS Administration

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Ridgewood Community High School District 234 would like to continue connecting with you via email. If you prefer to be removed from our list, please contact Ridgewood Community High School District 234 directly. To stop receiving all email messages distributed through our Skylert service, follow this link and confirm: [Unsubscribe](#)

Skylert is a notification service used by the nation's leading school systems to connect with parents, students and staff through voice, SMS text, email, and social media.