



INTERNATIONAL HIGH SCHOOL of NEW ORLEANS

PARENT NEWSLETTER

AUGUST 14, 2022



MISSION

To educate and nurture a diverse learning community through the International Baccalaureate Programme, world languages and intercultural appreciation to succeed in global economy.

PEEK AT THE WEEK

- Monday 8/15 A Day- Tech distribution
- Tuesday 8/16 B Day- 5th & 7th Periods - CKH Social Contracts
6th & 8th Periods - Diagnostic
- Wednesday 8/17 A Day 1st & 3rd Periods - Diagnostic
2nd & 4th Periods - CKH Social Contracts
- Thursday 8/18 A Day 2nd & 4th Periods - Diagnostic
1st & 3rd Periods - CKH Social Contracts



Friday 8/19 B Day 5th & 7th Periods - Diagnostic
6th & 8th Periods - CKH Social Contracts

MESSAGE FROM PRINCIPAL JENNY CARRRENO

Dear IHSNO parents and guardians

Thanks for your support during this week. This week was a fantastic kick-off of our school year! We have worked so hard to welcome students back, and I am excited to see the passion for education and the involvement of your students. As I walk the hallways and see students' faces full of hope and enthusiasm, I can't be more proud of the work we are set to do this year. This week we had three major events to get to know students and families, which went amazingly well. Parents and students gave such positive feedback about the Schedule day, and the IHSNO Houses system. Students were excited to be here on the first day of school, and most were in full uniform, enjoyed their meals, practice CKH, showed leadership and got familiar with new members of our community.

Parents, please continue supporting us at home and getting students on time and in attendance every day. We have restructured arrival procedures to ensure the safety of all students and staff. You can help at home making sure that students do not bring sharp objects, flammable liquids or household tools in their book bags, this will speed up the security protocol in the morning.

This week students will take their diagnostic tests. Data from diagnostic informs planning and preparation for the school year, and points the strengths and areas for improvement for each student. Please remind students to get a good night sleep and try their best on their diagnostic exams.

Together we educate the future generation of international students,

Educationally yours,

Jenny Carreno
Principal
M.Ed. Administration

MESSAGE FROM ASSISTANT PRINCIPAL JAMES DAVIS

IHSNO families, I hope that you and your students are feeling great after this first week of school. We really worked hard to plan days that were geared towards making students feel welcomed and appreciated.

This upcoming week will include an activity that essential to all interactions at IHSNO: social contracts. By the end of the week, students and teachers will have collaborated on an agreement that governs day-to-day interactions. Teachers, students, and anyone who enters any classroom will be expected to honor those guidelines. This is important because it gives students a voice in how they want to be treated and how they should treat others. Respecting these student-centered expectations goes a long way in helping our learners feel valued.

This past week, students received their school-issued laptops. We will account for students who did not receive one this week and come up with a plan for getting devices to them. If your student did receive a laptop, please remind them to take good care of it as they will need it for the duration of the school year.

One week down and many more to go. Thank you for trusting us with your student's education!

MESSAGE FROM INTERNATIONAL BACCALAUREATE



August — Open Minded
I grow from seeking out and respecting different practices
and perspectives.

In the decade that I have been an education professional, I have to say honestly, the energy on our first day of school with students and all our staff is the best I've seen in my time.

Hope you had the chance to ask your students about their House and which IB learner profile trait the House exemplifies but even more so, ask about the connections they made over the first day of school and the rest of the week.

All our students are IB students, regardless of whether they take a Diploma Programme course or not because every student is educated in the IB framework.

This will be a big year for all of us related to IB as we prepare for the Diploma Programme (DP) evaluation but also planning for our future by applying for candidacy to offer the Middle Years Programme (MYP).

For both evaluation and candidacy, we will be engaging all of our students, faculty, staff and families to enhance how we offer the International Bachelorette continuum in our panther community.

If your student is a junior and would like to explore the IBDP, please reach out to Mr Bourque at cody.bourque@ihsnola.org because it is not too late to register for IBDP course option or try for the IB Diploma. Sophomore families, please reach out to Mr Bourque to ensure your student is on track for DP courses in their junior year.

Visit <https://www.ibo.org/diploma-guide/> for more information about the IB Diploma Programme

-Mr Bourque

MESSAGE FROM TITLE IX COORDINATOR

Title IX of the Education Amendments of 1972 states that: no person in the US shall on the basis of sex, shall be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any education program or activity receiving federal financial assistance.

IHSNO will not restrict rights protected under the US Constitution, including the First Amendment, Fifth Amendment, and Fourteenth Amendment, when complying with Title IX.

What are IHSNO's responsibilities in addressing harassment and sexual violence? •

IHSNO has the responsibility to respond promptly and effectively. If a school knows or reasonably should know about sexual harassment or sexual violence that creates a hostile environment, the school must take immediate action to eliminate the sexual harassment or sexual violence, prevent its recurrence, and address its effects.

- Even if a student or the student's parents does not want to file a complaint or does not request that IHSNO take any action on the student's behalf, if a school knows or reasonably should know about sexual harassment or sexual violence, it must promptly investigate to determine what occur and then take appropriate steps to resolve the situation.

What procedures must the school have in place to prevent sexual harassment and sexual violence and resolve complaints?

- IHSNO must have and distribute a policy against sex discrimination. The notice must be widely distributed and available on an ongoing basis.
- IHSNO must designate at least one employee responsible for coordinating its compliance with Title IX.
- IHSNO must have and make known procedures to file complaints of sex discrimination. • IHSNO will follow a grievance process before imposing any disciplinary sanctions or other actions that are not supportive measures against the Respondent.

Complainant: An individual who is alleged to be the victim of conduct that could constitute sexual harassment. A Third Party may report sexual harassment. Parents and Legal Guardians are not Complainants (or respondents), but the Final Rule recognizes the legal right of both to act on behalf of their students(s).

Respondent: someone alleged to have been involved in an incident of prohibited conduct under Title IX.

Coordinator: Demayo Gomez, Demayo.gomez@ihsnola.org

MESSAGE FROM DEAN OF CULTURE

Greetings Parents,

We are sending out a gentle reminder of our uniform policy as it relates to outwear, students are only allowed to wear the IHSNO outwear (sweatshirt, hoodie, cardigan or sweater) while on the premises of the school building. Students are not able to wear non-IHSNO outwear while in the school building. If students come with a non-IHSNO outwear while on the premises of the school building, it will be confiscated and students will be able to pick their item(s) up on the 15th of every month. Please [Click Here](#) to see updated changes as it relates to our uniform policy, as well as electronic devices policy and consequences. Students are not allowed to have their phones, airpods, headphones, etc., while inside of the school, in the hallways, during instructional time, and during lunch. If students are seen with their phone/headphones/airpods out, it will be confiscated. If you have any questions or concerns, please feel free to contact the Culture Team, Ms. Recasner (Dean), Ms. Armstrong (Associate Dean), or Mr. Davis (Behavior Interventionist).

The Culture Team

MESSAGE FROM ATHLETICS

Parents,

I am excited about all the possibilities that the future holds. For the next couple of years, the mantra and mindset around IHSNO's Athletics has to be "ALL IN." There is beauty and power in this phrase when it is put into action.

I am calling on parents to join our first **Panther PAC** (Parent Athletic Committee). This will support IHSNO Athletics by unifying parents of athletes to promote school spirit, improve communication, and raise funds for school programs, projects and scholarships. This is BIG!!!

If you would like to be a part of IHSNO Panther PAC please contact me by email: kwame.jordan@ihsnola.org or phone at 504-295-9651. If you have a current student-athlete at IHSNO, welcome to the team. If your child is interested in playing sports, please contact me– ALL IN!

*–Athletic Director
Kwame Jordan*

MESSAGE FROM SCHOOL NURSE

Get Back on Track with Routine Vaccines



National Immunization Awareness Month

National Immunization Awareness Month (NIAM) is an annual observance held in August to highlight the importance of vaccination for people of all ages.

Catch-up vaccinations

If your child missed a vaccine, now is a good time for your child to catch up. Make an appointment with your child's primary care physician to get caught up. If you do not have a doctor click on the link below to view the immunization bus schedule for the month of August. Your child will need vaccines to protect against any of the following diseases:

- [HPV](#)
- [Tetanus, diphtheria, and whooping cough](#) (pertussis) (Tdap)
- [Meningococcal disease](#) (MenACWY)
- [Hepatitis A](#) (HepA)
- [Hepatitis B](#) (HepB)
- [Polio](#) (IPV)
- [Measles, mumps, rubella](#) (MMR)
- [Chickenpox](#) (Varicella)

http://www.gnoshots4kids.com/busschedule/2208_August_2022.pdf

MESSAGE FROM COVID-19 TESTING COORDINATOR

Dear Families:

Welcome back to our 22/23 school year.

We are happy to announce that weekly COVID19 testing is back to our school this year. Testing days will be Thursday from 2:00 pm to 4:00 pm. Please sign up your students to participate in our weekly testing to keep our students, staff, and families safe during the school year. Read below for more information and how to sign up.

COVID:

Testing at no charge for all interested students. Testing will occur weekly on-site during school hours. A parent or guardian must register any minor under 18 years old. Cost Testing is through the Louisiana Department of Health at no cost. No insurance info is collected.

Incentive Reward Program

The Louisiana Department of Health is offering a monetary reward in exchange for participation in testing through this initiative. Students who participate in weekly testing 10 or more times between August and December can receive a \$100 Prepaid card in December of 2022.

Eligible participants will be emailed in December to confirm they would

like to opt-into receiving funds.

Registration:

A parent or guardian must register any minor under 18 years old. Registration is one time only, it does not need to be completed weekly.

Please use the following link to sign-up for weekly testing.

<https://omega-covidsafe-prod-web.azurewebsites.net/register/participant-splash>

For a walkthrough of how to register, If you are having difficulties registering, please contact the LDH Safer,

Smarter Schools Help Line at 877-356-1511.

Results:

The tests being used are PCR tests sent only to labs located within Louisiana to expedite results. Results should be expected on your COVIDSafe portal within 12-36 hours. You will also receive a notification via text and email (depending on what you provided) upon your results being ready.

CAFETERIA

Please see the Breakfast and Lunch menus for August and welcome our new food service vendor Sodexo. IHSNO provides free and nutritious breakfast and lunch to all students through the Community Eligibility Provision (CEP).



August Breakfast Menu

AUG 2022

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1	2	3	4	5
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Fruit Choices may include: apples, oranges, pears, cranberries, fruit juice, locally available items
 Milk choices include: fat-free plain, 1% plain, fat-free chocolate

8	9	10	11	12
<u>Table Choice</u> Breakfast Burrito Mini Muffins & Golden Crackers	<u>Table Choice</u> Bacon Scramble w/ Toast Nutrigrain Bar & Yogurt	<u>Table Choice</u> Bagel & Cream Cheese English Muffin Breakfast Sandwich	<u>Table Choice</u> Egg & Cheese Sausage Yogurt & Cereal	<u>Table Choice</u> Egg & Cheese Sausage Yogurt & Cereal
Fruit Milk	Fruit Milk	Fruit Milk	Fruit Milk	Fruit Milk

Fruit Choices may include: apples, oranges, pears, cranberries, fruit juice, locally available items
 Milk choices include: fat-free plain, 1% plain, fat-free chocolate

15	16	17	18	19
<u>Table Choice</u> French Toast Egg & Cheese Sausage	<u>Table Choice</u> Scrambled Eggs, Grits, & Toast Nutrigrain Bar & Cereal	<u>Table Choice</u> Yogurt Parfait Bar Oatmeal	<u>Table Choice</u> Breakfast Pizza Mini Muffins & Golden Crackers	<u>Table Choice</u> Sausage Sausage Chicken Sausage
Fruit Milk	Fruit Milk	Fruit Milk	Fruit Milk	Fruit Milk

Fruit Choices may include: apples, oranges, pears, cranberries, fruit juice, locally available items
 Milk choices include: fat-free plain, 1% plain, fat-free chocolate

22	23	24	25	26
<u>Table Choice</u> Waffles Oatmeal	<u>Table Choice</u> Breakfast Burrito Mini Muffins & Golden Crackers	<u>Table Choice</u> Bacon Scramble w/ Toast Nutrigrain Bar & Yogurt	<u>Table Choice</u> Bagel & Cream Cheese English Muffin Breakfast Sandwich	<u>Table Choice</u> Egg & Cheese Sausage Yogurt & Cereal
Fruit Milk	Fruit Milk	Fruit Milk	Fruit Milk	Fruit Milk

Fruit Choices may include: apples, oranges, pears, cranberries, fruit juice, locally available items
 Milk choices include: fat-free plain, 1% plain, fat-free chocolate

29	30	31	31	31
<u>Table Choice</u> French Toast Egg & Cheese Sausage	<u>Table Choice</u> Scrambled Eggs, Grits, & Toast Nutrigrain Bar & Cereal	<u>Table Choice</u> Yogurt Parfait Bar Oatmeal	<u>Table Choice</u> Breakfast Pizza Mini Muffins & Golden Crackers	<u>Table Choice</u> Sausage Sausage Chicken Sausage
Fruit Milk	Fruit Milk	Fruit Milk	Fruit Milk	Fruit Milk

Fruit Choices may include: apples, oranges, pears, cranberries, fruit juice, locally available items
 Milk choices include: fat-free plain, 1% plain, fat-free chocolate

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.



Agosto Desayuno Menu

AUG 2022

MONDAY**TUESDAY****WEDNESDAY****THURSDAY****FRIDAY**

1

2

3

4

5

Fruta elecciones mayo incluir: manzanas, naranjas, peras, uvas, fruta jugo, en la zona disponible elementos
 Lече elecciones incluir: libre de grasas sencillo, 1% sencillo, libre de grasas chocolate

8

9

10

11

12

Opciones de EntradaBurrito de Desayuno
Mini Magdalenas y Galletas Graham

Fruta

Lече

Opciones de EntradaTaco Raveño con Tortada
Barras de Nutigranos y Yogur

Fruta

Lече

Opciones de EntradaRosquilla y Queso Crema
Sandwich de Desayuno de Panecillo
Ingles

Fruta

Lече

Opciones de EntradaBiscocho de Huevo y Queso
Yogur y Cereal

Fruta

Lече

Fruta elecciones mayo incluir: manzanas, naranjas, peras, uvas, fruta jugo, en la zona disponible elementos
 Lече elecciones incluir: libre de grasas sencillo, 1% sencillo, libre de grasas chocolate

15

16

17

18

19

Opciones de EntradaTortada Francesa
Panecillo de Huevo y Queso

Fruta

Lече

Opciones de EntradaHuevos Revueltos, Sencilla y
Tortada
Barras de Nutigranos y Cereal

Fruta

Lече

Opciones de EntradaParfait de Yogur
Avena

Fruta

Lече

Opciones de EntradaPiza de Desayuno
Mini Magdalenas y Galletas Graham

Fruta

Lече

Opciones de EntradaPanecillo de Salchicha
Galleta de Polo

Fruta

Lече

Fruta elecciones mayo incluir: manzanas, naranjas, peras, uvas, fruta jugo, en la zona disponible elementos
 Lече elecciones incluir: libre de grasas sencillo, 1% sencillo, libre de grasas chocolate

22

23

24

25

26

Opciones de EntradaGalletas
Avena

Fruta

Lече

Opciones de EntradaBurrito de Desayuno
Mini Magdalenas y Galletas Graham

Fruta

Lече

Opciones de EntradaTaco Raveño con Tortada
Barras de Nutigranos y Yogur

Fruta

Lече

Opciones de EntradaRosquilla y Queso Crema
Sandwich de Desayuno de Panecillo
Ingles

Fruta

Lече

Opciones de EntradaPanecillo de Huevo y Queso
Yogur y Cereal

Fruta

Lече

Fruta elecciones mayo incluir: manzanas, naranjas, peras, uvas, fruta jugo, en la zona disponible elementos
 Lече elecciones incluir: libre de grasas sencillo, 1% sencillo, libre de grasas chocolate

29

30

31

Opciones de EntradaTortada Francesa
Biscocho de Huevo y Queso

Fruta

Lече

Opciones de EntradaHuevos Revueltos, Sencilla y
Tortada
Barras de Nutigranos y Cereal

Fruta

Lече

Opciones de EntradaParfait de Yogur
Avena

Fruta

Lече

Opciones de EntradaPiza de Desayuno
Mini Magdalenas y Galletas Graham

Fruta

Lече

Opciones de EntradaPanecillo de Salchicha
Galleta de Polo

Fruta

Lече

Fruta elecciones mayo incluir: manzanas, naranjas, peras, uvas, fruta jugo, en la zona disponible elementos
 Lече elecciones incluir: libre de grasas sencillo, 1% sencillo, libre de grasas chocolate

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August Lunch Menu

AUG 2022

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1	2	3	4	5
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Fruit Choices may include: apples, oranges, pears, cranials, fruit juice, locally available items
 Milk choices include: fat-free plain, 1% plain, fat-free chocolate

8	9	10	11	12
	<u>Entire Choice</u> Chicken Nuggets w/ Mac & Cheese Hot Dogs Salad Bar <u>Vegetable Choice</u> Glazed Carrots Side Salad Fruit Milk	<u>Entire Choice</u> Spaghetti & Meatballs Crispy Chicken Sandwich Salad Bar <u>Vegetable Choice</u> Sautéed Spinach Sweet Potato Fries Fruit Milk	<u>Entire Choice</u> Smothered Chicken Thighs w/ Brown Rice Hot Dogs Salad Bar <u>Vegetable Choice</u> Baked Beans Mixed Vegetables Fruit Milk	<u>Entire Choice</u> Tomato Soup w/ Grilled Cheese Hamburgers/Cheeseburgers Salad Bar <u>Vegetable Choice</u> Tater Tots Side Salad Fruit Milk

Fruit Choices may include: apples, oranges, pears, cranials, fruit juice, locally available items
 Milk choices include: fat-free plain, 1% plain, fat-free chocolate

15	16	17	18	19
<u>Entire Choice</u> Red Beans & Rice Crispy Chicken Sandwich Potato Bar <u>Vegetable Choice</u> Collard Greens Glazed Carrots Fruit Milk	<u>Entire Choice</u> Taco Tuesday Hamburgers/Cheeseburgers Potato Bar <u>Vegetable Choice</u> Black Beans Steamed Corn Fruit Milk	<u>Entire Choice</u> Breakfast for Lunch Hot Dogs Potato Bar <u>Vegetable Choice</u> Tater Tots Mixed Vegetables Fruit Milk	<u>Entire Choice</u> Pork Chop w/ Gravy & Brown Rice Hamburgers/Cheeseburgers Potato Bar <u>Vegetable Choice</u> Roasted Sweet Potatoes Roasted Broccoli Fruit Milk	<u>Entire Choice</u> Gumbo & Grilled Cheese Hot Dogs Potato Bar <u>Vegetable Choice</u> Smiley Fries Side Salad Fruit Milk

Fruit Choices may include: apples, oranges, pears, cranials, fruit juice, locally available items
 Milk choices include: fat-free plain, 1% plain, fat-free chocolate

22	23	24	25	26
<u>Entire Choice</u> White Beans & Rice Hot Dogs Salad Bar <u>Vegetable Choice</u> Collard Greens Sweet Potato Fries Fruit Milk	<u>Entire Choice</u> Salisbury Steak Crispy Chicken Sandwich Salad Bar <u>Vegetable Choice</u> Mashed Potatoes Mixed Vegetables Fruit Milk	<u>Entire Choice</u> Pasta Bake Hamburgers/Cheeseburgers Salad Bar <u>Vegetable Choice</u> Sautéed Spinach Corn on the Cob Fruit Milk	<u>Entire Choice</u> BBQ Chicken Thighs w/ Mac & Cheese Crispy Chicken Sandwich Salad Bar <u>Vegetable Choice</u> Baked Beans Glazed Carrots Fruit Milk	<u>Entire Choice</u> Meatball Sandwich Hamburgers/Cheeseburgers Salad Bar <u>Vegetable Choice</u> Tater Tots Side Salad Fruit Milk

Fruit Choices may include: apples, oranges, pears, cranials, fruit juice, locally available items
 Milk choices include: fat-free plain, 1% plain, fat-free chocolate

29	30	31		
<u>Entire Choice</u> Red Beans & Rice Hamburgers/Cheeseburgers Pasta Bar <u>Vegetable Choice</u> Collard Greens Sweet Potato Fries Fruit Milk	<u>Entire Choice</u> Taco Tuesday Crispy Chicken Sandwich Pasta Bar <u>Vegetable Choice</u> Black Beans Steamed Corn Fruit Milk	<u>Entire Choice</u> Breakfast for Lunch Hot Dogs Pasta Bar <u>Vegetable Choice</u> Tater Tots Mixed Vegetables Fruit Milk	<u>Entire Choice</u> Chicken & Waffles Hamburgers/Cheeseburgers Pasta Bar <u>Vegetable Choice</u> Baked Beans Roasted Broccoli Fruit Milk	<u>Entire Choice</u> Gumbo & Grilled Cheese Crispy Chicken Sandwich Pasta Bar <u>Vegetable Choice</u> Smiley Fries Side Salad Fruit Milk

Fruit Choices may include: apples, oranges, pears, cranials, fruit juice, locally available items
 Milk choices include: fat-free plain, 1% plain, fat-free chocolate

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Agosto Almuerzo Menu

AUG 2022

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1	2	3	4	5
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Fruta elecciones mayo incluir: manzanas, naranjas, peras, uvas, fruta jugo, en la zona disponible elementos
 Lече elecciones incluir: libre de grasas sencillo, 1% sencillo, libre de grasas chocolate

8	9	10	11	12
	<u>Opciones de Entrada</u> Pollo Papitas con Macarrones con Queso Pimientos Calientes Salsa de Ensaladas <u>Opciones de Vegetales</u> Zanahorias Glaseadas Ensalada Fruta Lече	<u>Opciones de Entrada</u> Espagueti y Abondigas Sandwich de Pollo Crujiente Salsa de Ensaladas <u>Opciones de Vegetales</u> Espinacas Salteadas Patatas Dulces Fritas Fruta Lече	<u>Opciones de Entrada</u> Pollo con Limón y Pimiento con Arroz Integral Pimientos Calientes Salsa de Ensaladas <u>Opciones de Vegetales</u> Frijoles Hornados Verduras Mixtas Fruta Lече	<u>Opciones de Entrada</u> Sopa de Tomate con Queso Adofo Hamburguesas/Hamburguesas con Queso Salsa de Ensaladas <u>Opciones de Vegetales</u> Tatar Totopos Ensalada Fruta Lече

Fruta elecciones mayo incluir: manzanas, naranjas, peras, uvas, fruta jugo, en la zona disponible elementos
 Lече elecciones incluir: libre de grasas sencillo, 1% sencillo, libre de grasas chocolate

15	16	17	18	19
<u>Opciones de Entrada</u> Frijoles Rojas y Arroz Sandwich de Pollo Crujiente Salsa de Patatas <u>Opciones de Vegetales</u> Salsa Verduras Zanahorias Glaseadas Fruta Lече	<u>Opciones de Entrada</u> Taco Mates Hamburguesas/Hamburguesas con Queso Salsa de Patatas <u>Opciones de Vegetales</u> Frijoles Negros Maiz al Vapor Fruta Lече	<u>Opciones de Entrada</u> Desayuno Para el Almuerzo Pimientos Calientes Salsa de Patatas <u>Opciones de Vegetales</u> Tatar Totopos Verduras Mixtas Fruta Lече	<u>Opciones de Entrada</u> Chuleta de Cerdo con Salsa y Arroz Integral Sandwich de Pollo Crujiente Salsa de Patatas <u>Opciones de Vegetales</u> Patatas Dulces Asadas Brocoli Asado Fruta Lече	<u>Opciones de Entrada</u> Gumbo y Queso Asado Pimientos Calientes Salsa de Patatas <u>Opciones de Vegetales</u> Papas Fritas Sonrientes Ensalada Fruta Lече

Fruta elecciones mayo incluir: manzanas, naranjas, peras, uvas, fruta jugo, en la zona disponible elementos
 Lече elecciones incluir: libre de grasas sencillo, 1% sencillo, libre de grasas chocolate

22	23	24	25	26
<u>Opciones de Entrada</u> Frijoles Blancos y Arroz Pimientos Calientes Salsa de Ensaladas <u>Opciones de Vegetales</u> Salsa Verduras Patatas Dulces Fritas Fruta Lече	<u>Opciones de Entrada</u> Filete Salisbury Sandwich de Pollo Crujiente Salsa de Ensaladas <u>Opciones de Vegetales</u> Puré de Patatas Verduras Mixtas Fruta Lече	<u>Opciones de Entrada</u> Patatas Hornadas Hamburguesas/Hamburguesas con Queso Salsa de Ensaladas <u>Opciones de Vegetales</u> Espinacas Salteadas Maiz en la Mazorca Fruta Lече	<u>Opciones de Entrada</u> Mollo de Pollo a la Barbacoa con Macarrones y Queso Sandwich de Pollo Crujiente Salsa de Ensaladas <u>Opciones de Vegetales</u> Frijoles Hornados Zanahorias Glaseadas Fruta Lече	<u>Opciones de Entrada</u> Sandwich de Abondigas Hamburguesas/Hamburguesas con Queso Salsa de Ensaladas <u>Opciones de Vegetales</u> Tatar Totopos Ensalada Fruta Lече

Fruta elecciones mayo incluir: manzanas, naranjas, peras, uvas, fruta jugo, en la zona disponible elementos
 Lече elecciones incluir: libre de grasas sencillo, 1% sencillo, libre de grasas chocolate

29	30	31		
<u>Opciones de Entrada</u> Frijoles Rojas y Arroz Hamburguesas/Hamburguesas con Queso Salsa de Patatas <u>Opciones de Vegetales</u> Salsa Verduras Patatas Dulces Fritas Fruta Lече	<u>Opciones de Entrada</u> Taco Mates Pimientos Calientes Salsa de Patatas <u>Opciones de Vegetales</u> Frijoles Negros Maiz al Vapor Fruta Lече	<u>Opciones de Entrada</u> Desayuno Para el Almuerzo Sandwich de Pollo Crujiente Salsa de Patatas <u>Opciones de Vegetales</u> Tatar Totopos Verduras Mixtas Fruta Lече	<u>Opciones de Entrada</u> Pollo y Gofitas Hamburguesas/Hamburguesas con Queso Salsa de Patatas <u>Opciones de Vegetales</u> Frijoles Hornados Brocoli Asado Fruta Lече	<u>Opciones de Entrada</u> Gumbo y Queso Asado Pimientos Calientes Salsa de Patatas <u>Opciones de Vegetales</u> Papas Fritas Sonrientes Ensalada Fruta Lече

Fruta elecciones mayo incluir: manzanas, naranjas, peras, uvas, fruta jugo, en la zona disponible elementos
 Lече elecciones incluir: libre de grasas sencillo, 1% sencillo, libre de grasas chocolate

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PARENT INVOLVEMENT

IHSNO in collaboration with Jazz Empowers will be offering a Jazz Program for the upcoming school year. This Jazz Program will be scheduled as an elective course for students. Students must commit to a full-year of instruction in the program.

Instruments will be provided to all selected students.

Students will be taught the following:

- Proficiency on their respective instrument
- How to read sheet music
- Basic music theory
- How to play in the jazz style
- How to improvise a jazz solo

Please take a moment and complete this survey:

[Jazz Program Interest Survey - Google Forms](#)

Entergy partners with United Way to distribute bill credits to customers

Beginning Aug. 17, qualifying customers in Orleans, Jefferson, St. Bernard, Plaquemines, Tangipahoa, St. Tammany and Washington parishes will be able to apply for a one-time \$150 credit on their utility bill through the United Way of Southeast Louisiana at <https://www.unitedwaysela.org/>. Additional local United Ways across Louisiana will open their application process shortly.

To qualify, customers must have a total household income of up to 250% of the federal poverty level, which equates to \$69,000 for a family of four. Customers are encouraged to visit www.energy.com/answers for the most up-to-date information on bill assistance. In addition, application information will be available by calling the United Way at 211 or texting 898-211.

We're excited to announce that we have once again partnered with the Saints and Pelicans to participate in their volunteer program. All staff, parents, and friends 18 years and older can sign up to volunteer at a home game of their choice and after your shift the Saints will donate \$100 per person to our athletic department.

The link to sign up is here:

[2022-23 Saints Games Volunteer Sign-Up - Google Sheets](#)

Some additional information:

Please keep in mind the following important information:

1. Volunteers must wear black pants, the Fanatics shirt and ID will be provided to you when you arrive to volunteer. You will be allowed to retain the shirt to work future games.
2. You may bring lunch/snacks to the game to avoid paying the prices for stadium food. Any items brought into the stadium must be in NFL approved, clear bags not to exceed the size designated by the stadium for games. Your items will be locked in the General Manager's office while you volunteer.
3. You will be assigned to various locations throughout the Pro Shop, indoors at the stadium, Champions Square, Suite Levels, etc. Assignments are made when you arrive to volunteer.
4. There will be free parking for volunteers in the gravel lot under the interstate on West Stadium Drive.
5. You will be afforded a 40% discount on all merchandise sold in the Pro Shop, the same as Fanatics employees when volunteering. This is an awesome deal!!
6. Sign up for as many games as you like and encourage your students over 18 to volunteer with you.

7. Parents, Board members, friends and relatives over the age of 18 may also volunteer with you to work the games. This is a good way to garner more funding for IHSNO Athletics.

8. We will be scheduling a walk-through of the facility for volunteers in the very near future and will let everyone know that this tour is available as soon as the date is set.

9. We are not selling concessions, we are assisting the licensed vendor, Fanatics with the sale of NFL Licensed Merchandise. Experienced volunteers may work registers.

10 Last, but not least. Always keep in mind that while volunteering, we are representatives of IHSNO and any volunteers that we invite to work with us will also be a reflection of the image that we want our community to have of IHSNO.

If there are any questions or concerns about this volunteer opportunity, please see or email Pamela Recasner, Dean of Culture at pamela.recasner@ihsnola.org

Please do not share the online sign-up sheet with persons outside of IHSNO and please add the names and sport designations to the form as you acquire your volunteers.

GEAUX SAINTS! GEAUX IHSNO!

When enjoying our downtown, keep this great resource in mind:

SafeWalk

SafeWalk is a free service provided to safely escort residents, workers and visitors to their Downtown Destination.

Call or text (504) 415-1730 to check availability. If texting, include name, location and time of meet up.

Please call 20 minutes prior to the requested SafeWalk.

DDD WELCOMES IHSNO BACK TO SCHOOL



The [International High School of New Orleans](#) returned to campus this week and members of the [DDD](#) staff were there to welcome their students back! As the only school in Downtown, we're proud of our partnership and are ready to help the students succeed in any way we can.



International High School of New Orleans 727 Carondelet Street,
New Orleans, LA 70130 USA