

A photograph of the Antioch Community High School building, a modern structure with large glass windows and brick pillars. A red circle is superimposed over the image, containing the title and date. The background of the lower half of the page features a grey geometric pattern.

ANTIOCH
COMMUNITY
HIGH SCHOOL

SEQUOIT SIGNAL

OCTOBER 2020

ANTIOCH COMMUNITY
HIGH SCHOOL

DEPARTMENT INFO

ENGLISH:

The English department has been working harder than ever to find ways to engage students in what's happening "in class." Students in 9th - 11th grades are trying a new system for reading books and articles called Actively. They read the books online and teachers can pose questions as they read for students to answer before they move on to the next section. Teachers can also see how long a student spent on reading and how far they got. In our hybrid situation, we felt this was a better option than trying to get books to students over the course of three weeks. We hope students find this experience and all the other changes we have had to make engaging. If you feel like your child is not engaged, please reach out to the teacher to seek help.

MATHEMATICS:

The math and science departments are excited to let you know that we have opened The Learning Center during lunch periods. Teachers are anxious to help anyone who stops into room 104 (please note the new location for this year). If the lunch hours don't work for you, remember that teachers have Office Hours Monday - Thursday from 2:30 - 3:30. Contact the teacher to see how you can get additional assistance.

PHYSICAL EDUCATION:

Please remember that when your child is present at school for their two days, their Physical Education teacher will be asking them to be active. The locker rooms will remain closed so it is important that your child wears clothes and appropriate shoes that they can participate in.



DEPARTMENT INFO



Mr. Salaban Woods prep

Mr. Salaban spent many hours designing, preparing and even delivering kits for his Woods classes. He also uses his multi-camera set-up to create recorded and live demonstrations for all his classes!



COLLEGE VISITS

College Visits are available on Naviance!

Juniors and Seniors can sign up for any visits.

All visits are virtual this semester, a link will be emailed to you when you sign up.

THE UNIVERSITY OF ALABAMA WED SEPTEMBER 30, 2020 9:15 AM
UNIVERSITY OF WISCONSIN-PLATTEVILLE WED SEPTEMBER 30, 2020 11:30 AM
EARLHAM COLLEGE WED SEPTEMBER 30, 2020 12:15 PM
ILLINOIS INSTITUTE OF TECHNOLOGY WED SEPTEMBER 30, 2020 1:00 PM
UNIVERSITY OF WISCONSIN-OSHKOSH THU OCTOBER 1, 2020 8:30 AM
LOYOLA UNIVERSITY CHICAGO THU OCTOBER 1, 2020 10:00 AM
VANDERBILT UNIVERSITY THU OCTOBER 1, 2020 10:45 AM
ILLINOIS WESLEYAN UNIVERSITY THU OCTOBER 1, 2020 1:45 PM
NORTH PARK UNIVERSITY MON OCTOBER 5, 2020 10:00 AM
CORNERSTONE UNIVERSITY MON OCTOBER 5, 2020 11:30 AM
EMBRY-RIDDLE AERONAUTICAL UNIVERSITY MON OCTOBER 5, 2020 12:15 PM
MISSOURI UNIVERSITY OF SCIENCE AND TECHNOLOGY MON OCTOBER 5, 2020 1:45 PM
WESTERN ILLINOIS UNIVERSITY TUE OCTOBER 6, 2020 8:30 AM
DOMINICAN UNIVERSITY TUE OCTOBER 6, 2020 10:00 AM
ILLINOIS COLLEGE TUE OCTOBER 6, 2020 10:45 AM
MICHIGAN STATE UNIVERSITY TUE OCTOBER 6, 2020 11:30 AM
MILLIKIN UNIVERSITY WED OCTOBER 7, 2020 10:00 AM
QUINCY UNIVERSITY WED OCTOBER 7, 2020 10:45 AM
NORTH CENTRAL COLLEGE WED OCTOBER 7, 2020 1:00 PM
ILLINOIS WESLEYAN UNIVERSITY WED OCTOBER 7, 2020 1:45 PM
IOWA STATE UNIVERSITY THU OCTOBER 8, 2020 9:15 AM
UNIVERSITY OF ILLINOIS AT SPRINGFIELD THU OCTOBER 8, 2020 10:00 AM
LINDENWOOD UNIVERSITY THU OCTOBER 8, 2020 10:45 AM
UNIVERSITY OF CHICAGO THU OCTOBER 8, 2020 12:15 PM
NORTHERN MICHIGAN UNIVERSITY TUE OCTOBER 13, 2020 8:30 AM
CORNELL COLLEGE TUE OCTOBER 13, 2020 9:15 AM
SAINT MARY'S COLLEGE TUE OCTOBER 13, 2020 10:00 AM
UNIVERSITY OF WISCONSIN-PARKSIDE TUE OCTOBER 13, 2020 11:30 AM
INDIANA STATE UNIVERSITY WED OCTOBER 14, 2020 9:15 AM
UNIVERSITY OF WISCONSIN-LA CROSSE WED OCTOBER 14, 2020 10:00 AM
HOLY CROSS COLLEGE WED OCTOBER 14, 2020 10:45 AM
UNIVERSITY OF KANSAS WED OCTOBER 14, 2020 1:00 PM
LOUISIANA STATE UNIVERSITY THU OCTOBER 15, 2020 9:15 AM
THE UNIVERSITY OF AKRON MAIN CAMPUS THU OCTOBER 15, 2020 10:00 AM
FLORIDA INSTITUTE OF TECHNOLOGY THU OCTOBER 15, 2020 10:45 AM

COLLEGE FAIR INFORMATION



SENIOR SAT INFORMATION

PAGE 06

State SAT with Essay October 14th, 2020

As part of the graduation requirements for the Class of 2021, all seniors will take part in the state SAT with Essay on October 14, 2020. The SAT, Scholastic Aptitude Test, is one of two college entrance exams students may take and is part of the school accountability data used by the state to show student growth. Students absent on the 14th will need to take the makeup exam on October 27th.

The schedule for the regular-length SAT with Essay is as follows:

8:30-9:15 Preadministration session

9:15-10:20 Reading Test (65 minutes)

10:20-10:30 Break

10:30-11:05 Writing and Language Test (35 minutes)

11:05-11:30 Math Test- No calculator (25 minutes)

11:30-11:35 Break

11:35-12:30 Math Test- Calculator (55 minutes)

12:30-12:32 Break

12:32 - 1:22 Essay (50 minutes)

1:22 - 1:30 Collect materials

*Opportunity to go home for the day

Total: 4 hrs, 7 mins (+45 for preadministration)

Be sure to check out the SAT Student Guide. The Guide includes important information about the test as well as a practice exam.

It is important that you carefully read the Guide and take the practice exam at home under timed conditions to gauge the pace you'll need to maintain during the actual exam. Khan Academy is also a great resource for studying for the SAT.

Senior SAT Info

SENIOR SAT INFORMATION

PAGE 07

IMPORTANT NOTES TO SHARE WITH YOU:

SLEEP AND EAT! A good night's sleep for at least three nights preceding the exam and healthy breakfast on October 14th are important for sustained mental focus and function.

BRING AN APPROVED CALCULATOR AND PENCILS with ERASERS!
Calculators are permitted and advantageous on the exam. We recommend that your student bring a fully charged calculator and fresh batteries. Please also bring at least two, non-mechanical #2 pencils.

CAREFULLY CHECK THE SAT STUDENT GUIDE FOR APPROVED TYPES OF CALCULATORS.

BE ON TIME!

The test will begin promptly at 8:30 am. Posters with room locations will be in the commons on the day of the test. Testing will conclude around 1:30 pm. Students can leave school when the test is over.

**LEAVE YOUR CELL PHONES AND SMARTWATCHES AT HOME. DON'T
BRING ANY ELECTRONICS INTO THE TESTING ROOM
MAKE SURE TO KNOW YOUR HOME ADDRESS
DO NOT BRING ANY FOOD INTO THE TESTING LOCATION**

We urge you to approach the SAT with Essay with seriousness of purpose and wish you the best in your performance.



FAFSA Night

Wednesday, October 7

6:00 pm

Virtual

Antioch Community High School

The ACHS Counselors and Illinois Student Assistance Commission have teamed up for a virtual workshop to help senior students file their FAFSA application.

REQUIRED INFORMATION

- Social Security number
- 2019 federal tax returns, W-2's, and other records of income
- Banking statements and records of investments
- Records of untaxed income
- List of colleges you would like to attend

LOG IN INFORMATION

[https://illinois.webex.com/illinois/onstage/g.php?
MTID=e263acaf601fc392ae3daa2f315ff1b3b](https://illinois.webex.com/illinois/onstage/g.php?MTID=e263acaf601fc392ae3daa2f315ff1b3b)

Event number: 133 734 4676 Event password: isac

October 2020 Antioch Lakes SD 117 High School

Lunch

Lunch \$ 3.25

Milk .60¢

**HOMESTYLE
MEAL**

V= Vegetarian

(*) Contains or may contain Pork

FEATURES

Fresh N' Go

Garden Spot

Deli Express

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			Turkey Tacos (2) Spanish Rice Pineapple Tidbits	
5	6	7	8	9
French Toast Sticks Sweet Maple Syrup *Pork Sausage Links Peachy Applesauce	Beef Stroganoff Buttered Noodles Green Beans Sliced Pears	Slider Joes Pretzels Fruit Gelatin	Pasta & Meatballs Toasted Garlic Bread Garden Salad Choice of Dressing	
12	13	14	15	16
No School Columbus Day	Country Chicken w/Gravy Mashed Potatoes Green Beans	SAT Testing	Meatballs w/Gravy Parsley Potatoes Steamed Corn	
19	20	21	22	23
Mascot Burger Potato Chips Spiced Pear Slices	Pasta Primavera V Toasted Garlic Bread Garden Salad Choice of Dressing	Jumbo Waffles Sweet Maple Syrup *Pork Sausage Fresh Grapes	Biscuit w/*Pork Sausage Gravy Scrambled Eggs Crispy Hash Brown Orange Wedges	
26	27	28	29	30
All Beef Hot Dog Pineapple Tidbits Potato Chips	Pizza Bread V Fresh Veggie w/dip Fresh Apple	Roast Chicken w/Gravy Whipped Potatoes Peas & Carrots	Pancakes Sweet Maple Syrup *Pork Sausage Links Sliced Peaches	
Mozzarella Sticks Chicken Nuggets Bosco Sticks	Chicken Tenders w/Curly Fries \$4.25	Mozzarella Sticks Chicken Nuggets Bosco Sticks	Mini Corn Dogs w/Fries \$4.25	
Fresh Strawberry Fresh Grapes	Fresh Mixed Fruits Yogurt Parfaits	Fresh Grapes Fresh Pineapple	Fresh Apple or Orange	
Garden Salad V or Chicken Caesar Salad	Buffalo Salad or Fresh Veggies w/Dip V	Mascot Salad or Crispy Chicken Salad	Southwest Salad or Julienne Salad	
Buffalo Style Chicken Wrap	Turkey or Ham w/Cheese Subs	Variety of Wraps Variety of Deli Subs	Italian Wrap Italian Sub	

Daily Entrées

**Cheeseburgers
Chicken Sandwiches
Cheese
or Pepperoni Pizza**

Fruit Or Veggies
available daily with all lunches

Arbor A+ Nutrition Mission

To serve students daily:

- ✓ A wide variety of fresh, nutrient rich foods
Fresh fruits and vegetables, locally sourced as seasonally available
- ✓ Cage free poultry with no added hormones or steroids
- ✓ Fresh whole and multigrain bread, buns and baked goods
- ✓ No-fat or 1% milk free from any growth hormones from local, sustainable farms
- ✓ Plant based entrée options

-Arbor Management-

Make Choices for a Healthy Lifestyle!



For more
information or to
"Ask the Dietitian",
check out our website!

Menu changes are occasionally necessary.
Notice will be given when possible.

