



# Redbird Review

## November 2023

### Bus Route Changes To Begin After Thanksgiving

Many bus riders will experience a change in their riding schedule after Thanksgiving. Director Opelt has been working to revise routes in order to provide more efficient and equitable drop off and pick up times. The changes allow all of our buses to arrive and depart MGS at a similar time.

The MGS Office will be making contact with all families who have a student(s) impacted by changes. The new bus routes will take effect Monday, November 27.

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### Employment Opportunities

Please consider joining the MGS Team by applying for one of the following positions:

1. Teacher's Aide
2. Administrative Assistant (9:45a-4:00p during school year. Additional summer days.)
3. Cafeteria Monitor &/or Recess Monitor-1.5 hours daily.
4. Bus Drivers
5. Full Time Custodian
6. Substitutes for all of the above positions.

Email any inquiries to Dr. Lee ([blee@mgsredbirds.org](mailto:blee@mgsredbirds.org)). More information can be found on our [employment section](#) of our website.



#### Find Us

Metamora Grade School  
815 E. Chatham St.  
Metamora, IL 61548  
3093672361

#### Stay Connected



Metamora Grade School

[www.mgsredbirds.org](http://www.mgsredbirds.org)

309-367-2361

# Youth Mental Health

We wanted to share important information with you regarding the well-being of our adolescents aged 11-18 in Woodford County. Recently, area health departments sent information to school districts about an increase in suicide attempts among this age group, with many of these attempts involving the use of prescription or over-the-counter medications.

At MGS, we are committed to the safety and well-being of our students, and we want to provide you with resources to support prevention efforts, address mental health concerns, and prevent substance misuse among teens. Our website is a starting point under [Student Health Resources](#). Additional resources are below:

## **Mental Health/Suicide Prevention Resources:**

- [SAMHSA 988 Partner Toolkit](#)
- [NAMI Back to School Resources](#)
- [NAMI Local Resources: Tri-County Illinois](#)
- [ISBE Suicide Prevention Toolkit](#)
- [HULT Center – Mental Health Suicide Prevention](#)
- [SAMHSA Suicidal Behaviors: Warning Signs and Symptoms in Youth](#)
- [Safe2Help](#)

## **Substance Misuse Resources:**

- [NAMI: Substance Use and Mental Health Warning Signs and Symptoms in Youth](#)
- [Preventing Substance Misuse](#)
- [Lock Your Meds: Preventing Prescription Misuse in Your Household](#)
- [SAMHSA Recovery Month Toolkit](#)
- [SAMHSA Tips For Teens Fact Sheets](#)
- [Prescription Drug Safety Flyer](#)

These resources cover a wide range of topics, from recognizing warning signs to providing guidance on prevention and intervention. We encourage you to explore these tools to learn more about these topics and promote open communication.

## **Safe2Help Illinois**

Last school year, our school district began participating in a statewide school safety program called Safe2Help Illinois. This program offers students a safe and confidential way to share information that may help prevent suicides, bullying, school violence, and other threats to student safety. The program also includes resources for educators and parents to reinforce the program concepts with their students.

Safe2Help Illinois features a 24/7 helpline (1-844-4-SAFEIL), free mobile app, and dedicated website ([www.Safe2Helpil.com](http://www.Safe2Helpil.com)). In the absence of a trusted adult, students can use Safe2Help Illinois to share concerns about themselves or others in a confidential environment. Once vetted, the information will be immediately shared with local school officials, 911 call centers/Public Safety Answering Points (PSAPs) depending on the nature of the tip. It is important to note that this program is not intended to punish, suspend or expel students. Rather, the intent is to encourage students to “seek help before harm.”

### Regular School Hours:

8:15 a.m.-3:05 p.m.

*Students may arrive at 8:00 or after.  
Breakfast is available at 8:00.*



## MGS Behavior Matrix

Ask your child(ren) about the MGS Behavior Matrix. They should be able to tell you that as Redbirds, we are....Respectful, Responsible and Safe--no matter what part of the school or time of the day. [Click this link for examples.](#)

## Health & Wellness Reminder

Please take time to review our health and illness guidelines (also available on our website). We would like to see all students in school each day but there are times when it is necessary for students to stay home. If your child will be absent please call the main office to report the absence. Thank you for your cooperation. [Return to School from Illness](#)

## Upcoming Events/Opportunities



November 10	Early Dismissal 11:30/SIP Day
November 20	No School - P/T Conferences
November 21	No School - P/T Conferences
November 22-24	No School - Thanksgiving Break



# Newsletter NOVEMBER '23

REACH OUT ✉ [pto@mgsredbirds.org](mailto:pto@mgsredbirds.org)

FOLLOW US 📺 [Facebook.com/MGSPTO](https://www.facebook.com/MGSPTO)



## MGS STAFF LUNCHEON: TUES 11/7

- Annual Soup & Salad Luncheon hosted by PTO
- All parent donated
- Sign up to donate (check email for link)
- Gratitude Grams due by Friday 11/10 (check email for link)



## RESTAURANT NIGHT: WED 11/8

- Germantown Grille 4PM- Close
- Dine-in or Carry-out
- No flier needed
- 10% of sale will go to PTO for programs such as Family Fun Night, Fun Day, Redbird Store & more!



## FAMILY FUN NIGHT: FRI 11/10

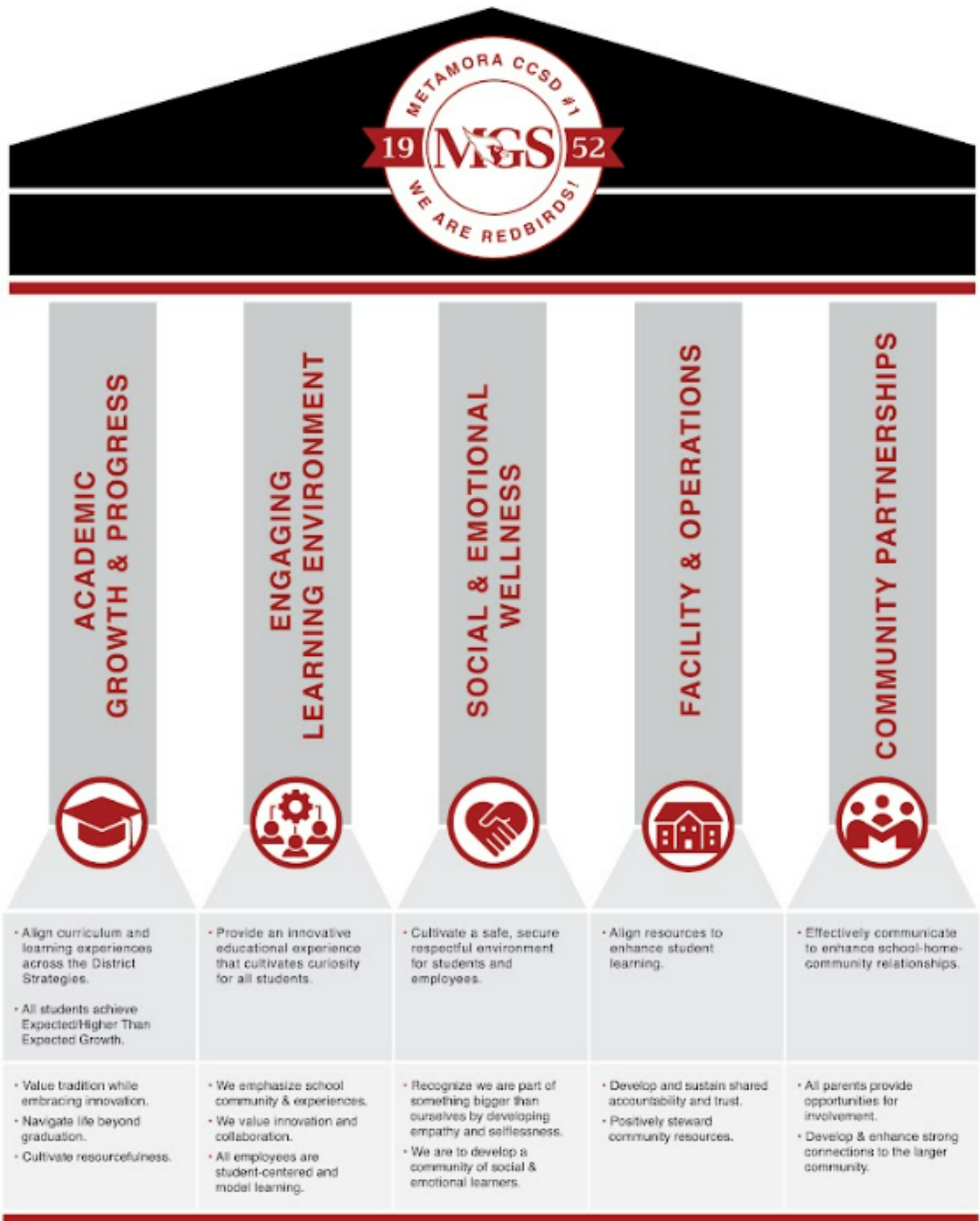
- FREE (except concessions) to all MGS families
- Final day of shopping at the Book Fair during FFN
- Diary of a Wimpy Kid themed games & crafts
- Open gym
- Geo's pizza by the slice + soda for sale at concessions



## OTHER ANNOUNCEMENTS

- Next PTO Meeting Thursday 11/9 7PM
- ❤️🌱 SANTA STORE IS COMING TO TOWN for K-4 students Week of 12/11
- Supply Closet is LOW on Sharpie markers
- THANK YOU to our administration for sponsoring Faire Coffee in October for MGS Staff
- Join our Facebook page for updates @MGSPTO

# MGS Strategic Plan



Metamora Grade School

[www.mgsredbirds.org](http://www.mgsredbirds.org)

309-367-2361