

## *A Note from Interim Superintendent Ty Wolf*



Life in the Lab Schools has been exciting this fall. Our students have been academically challenged. We've had famous authors visiting our schools. Our sports teams are having great successes. And, our students are having fun and participating in clubs and activities at record levels.

Soon, we will be celebrating one of my favorite holidays of the year, Thanksgiving. Food, family, the Macy's Day Parade and football... I love it all. One of my favorite Thanksgiving family traditions is having family members reflect on their reasons to be thankful.

There is an old saying, "money can't buy happiness." Interestingly enough, science has proven that people are happier when they share their gratitude and thankfulness (Emmons & McCullough, 2003).

In fact, there are many benefits of showing daily gratitude.

- Expressing gratitude makes it more likely to make progress toward personal academic, interpersonal and health-based goals.
- A daily gratitude intervention with young adults has shown to result in higher positive states of alertness, enthusiasm, determination, attentiveness and energy.
- Expressing gratitude makes it more likely that someone will offer emotional support or help another with a personal problem.
- Expressing gratitude has even shown to result in higher amounts of high energy positive moods, a greater sense of feeling connected to others, more optimistic ratings of one's life, and better sleep duration and sleep quality.

Do any of these positive benefits surprise you? Would you like to have some of those positive benefits for yourself or your family members? Those Pilgrims were really on to something when they got together to express their gratitude and thankfulness at that first Thanksgiving back in 1621!

I am grateful for all of the special people within the Lab Schools. There is so much energy, enthusiasm and positivity. We have remarkable students, staff, parents and supporters.

Thank you for helping make the Lab Schools special.

Have a great Thanksgiving!



**UNIVERSITY  
LABORATORY SCHOOLS**  
*Illinois State University*

A handwritten signature in black ink that reads "Ty E. Wolf".

Ty Wolf, Ed.D.  
Interim Superintendent, Illinois State University Laboratory Schools

## U-High Kiosks

After many months of planning, the Alumni Award Wall was completed in September, just in time for Homecoming 2017. The morning of the Alumni Awards Ceremony, Dr. Ty Wolf, interim superintendent, revealed the new wall to the 2017 Alumni Award recipients and their guests. This new wall has a compilation of University High School's history, including mascots, logos and a timeline. In addition, University High School now has a fully interactive kiosk on the wall designed to highlight all of the U-High Alumni Award winners from throughout the years. This kiosk has a touch screen, and students or visitors can see who has won a variety of awards since the



University High School Alumni Association began bestowing the awards back in 1982. These awards include: Distinguished Alumni Award, Pioneer Hall of Fame Award, Alumni Service Award, Friends of U-High Award, Outstanding Young Alumni Award, and Posthumous Award.



The next one will be a kiosk that will be student focused. It will be located down by Stroud Auditorium. The plan is to have the kiosk house all the current student awards. This will include both academic and athletic awards.

---

## Lisa Tabaka Wins Excellence in Teaching Award



The Illinois Association of Blind Students (IABS), a division of the National Federation of the Blind of Illinois and a chapter of the National Association of Blind Students, presents two Excellence in Teaching Blind Students Awards to deserving educators at the NFBI State Convention each fall. Lisa Tabaka, University High School Vision Impaired Teacher, was one of the 2017 recipients of the Excellence in Teaching award. Lisa is a graduate of Illinois State University and she has taught blind students at all grade levels during her 10 years with the lab schools. She has a strong commitment to her students and their success. Lisa is also a great mentor to other college students, following her example as they work with the visually impaired. As her nominator, Jan Harrell, the Vision Coordinator, noted, "Lisa Tabaka certainly not only meets the standard of excellence in our field but exceeds it!" Congratulations, Lisa!

---

In 2017 Niche ranked U-High as **120 out of 17,867 Best Public High Schools** in America

## Did You Know?...

**38% of Lab School teachers** are National Board Certified, compared to less than 3% nationwide

**Metcalf is a Heart of Illinois Low Incidence Association site based center** for students with hearing and vision disabilities

ISU students observed Lab School classrooms for a total of **over 40,000 hours**

In 2017 100% of our seniors graduated, and those U-High graduates were awarded more than **\$12 million** in scholarships

## **Metcalf Science Teacher Mike Jones Receives STEM Teacher of the Year Award**

Each year the Illinois Council of Teachers of Mathematics and Illinois Science Teachers Association host a joint conference in the fall. Last year was the first one where they offered a combined "STEM Teacher of the Year" award, one for middle and one for elementary. The Laboratory Schools are proud to announce that Mike Jones, Metcalf Science Teacher, won the 2017 STEM Teacher of the Year award.

Mike is very well liked by his students. One student, Roberto (Robbie) Kearny, provided a glowing recommendation for this prestigious award and in his letter stated the following: "Before Mr. Jones, I just learned science out of a textbook and took tests that rewarded lots of memorization. In Mr. Jones' class, I took tests that made me think. Mr. Jones wants his students to make connections and use what they know about science to solve problems."

When asked about his award, Mike said "I am excited to be picked for this honor. I have been very fortunate to have so many opportunities to share my enthusiasm for STEM education with students and educators in our town. I feel so lucky to be at Metcalf where our mission is 'to promote effective, quality education throughout their profession.' I also feel blessed to teach students who have a sense of wonder about our world and who can question and connect our curricula to their lives."

Dr. Amy Fritson Coffman, Metcalf principal, also commented on Mike's achievement: "When I hired Mike last year as our middle school science teacher, we knew we were getting someone with wide expertise of STEM, but I'm still learning how extensive his influence is on the teaching profession at large. Mike is quiet about his accomplishments, similar to how I've watched him provide professional development to individual staff members. He sits back and observes, sees a need, and quietly moves in to help support their teaching and learning."

Thank you Mike for continuing to inspire and promote STEM education for our students and our educators!

## **U-High English Teacher Shannon Maney-Magnuson Receives Yale Educator of the Year Award**

Ms. Shannon Maney-Magnuson has been recognized by the Yale Office of Undergraduate Admissions as a recipient of the 2017 Yale Educator Award. The Yale Educator Recognition Program recognizes outstanding educators from around the world who have supported and inspired their students to perform at high levels and achieve excellence. Matriculating students are invited to nominate high school educators, and a committee composed of Yale admissions officers reviews the nominations individually and designates recipients. Of this year's 411 nominees, who represent 42 states and 24 countries, 58 teachers and 30 counselors were selected to receive the award. In September, the winners were sent engraved desk sets and congratulatory letters, and administrators of the high schools were notified of their achievement.

Thank you Shannon for your ongoing efforts in motivating and supporting your students. Your efforts are recognized and greatly appreciated!



# LIFE in the LAB SCHOOLS

# November 2017

PARENT EDITION

## PARCC Results

The Laboratory Schools administer the PARCC test to Metcalf 3rd through 8th graders. Thomas Metcalf students continue to perform well above the state average on the PARCC test. For English/Language Arts, the state's percentage of students who met or exceeded the expectations was 37%, compared to 72% of Metcalf meeting or exceeding expectations. For Math, the state's percentage of students who met or exceeded expectations was 31%, compared to 70% of Metcalf students meeting or exceeding expectations. Here are this past spring's results for Metcalf students.



Mathematics		
% Met or Exceeded Expectations		
Grade Level	Metcalf	State
3	64%	39.2%
4	81%	30.8%
5	56%	29.6%
6	70%	28.1%
7	65%	26.9%
8	78%	31.5%

English/Language Arts		
% Met or Exceeded Expectations		
Grade Level	Metcalf	State
3	55%	36.2%
4	76%	37.1%
5	75%	36.6%
6	76%	34.9%
7	74%	40%
8	80%	37.4%

## ACT Results

Below are the spring 2017 results in comparison to the state's average ACT score in each subject as well as composite. These U-High scores are representative of all of the University High School graduates of 2017. The state scores are the average ACT Scores of students in the state of Illinois who graduated in 2017. The national average composite ACT score is 21.4. With a composite average of 25.2, our students continue to perform at high levels on the ACT, one indicator of being prepared for college education.



	U-High	State
English	26.4	21.0
Mathematics	25.3	21.2
Reading	25.6	21.6
Science	24.6	21.3
Composite	25.2	21.4

## Hayden Update

Faculty, staff, and students at Metcalf are excited about the progress that has been made on Hayden Auditorium. The seats are in, the floors are done, the walls are painted and Metcalf actors and actresses are anxious to get on that stage. The only items left to wrap up are the sconces, some additional chairs, and the "Clouds" (also known as acoustic tiles).



There is still time to contribute though! By making a gift of \$300, you can underwrite a seat for Hayden. Donations of \$500 or more will be known as the L. J. Thomley Level of Giving. If you'd like to make a contribution, please make checks payable to Illinois State University Foundation and mail to: Pat Miles, Illinois State University, Campus Box 7000, Normal, IL 61790.

Visit: [metcalf.illinoisstate.edu](http://metcalf.illinoisstate.edu) and click on the "Gift a Seat" story in the "News and Highlights" section and follow the "Give Now" icon to make a gift online.

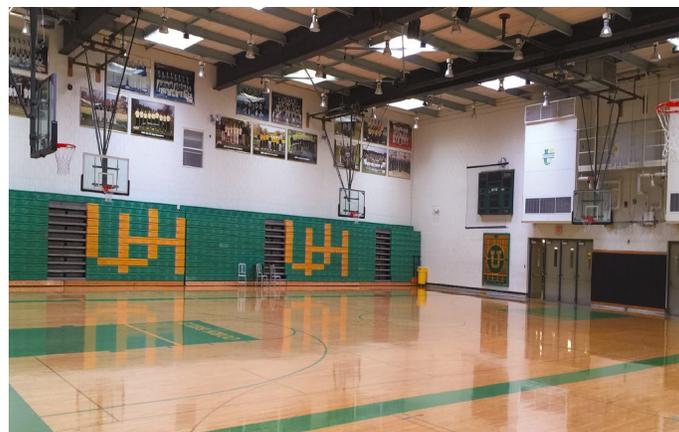


## Keeping U Cool!

After 60 years, with thousands and thousands of students enduring the endless heat in the main gymnasium, we are prioritizing the installation of air conditioning in our gymnasiums to ensure the safety of our students. Various sports and activities are held in this gym including: basketball, volleyball, wrestling, and cheerleading, as well as indoor practices for other sports when there is inclement weather. All of our physical education classes are also held in these gyms, along with community events, pep rallies, award ceremonies, parent meetings, Homecoming student activities and dances. In addition, these gymnasiums host all our band and athletic camps during the summer which include current U-High Pioneers and Metcalf Wildcats, as well as friends of the Lab Schools.

On any given day, the gymnasiums are used from 7am to 10pm. At times temperatures in the gymnasiums have reached as high as 100 degrees. With your support, we can provide a better, healthier environment for our students, our parents, and our community members.

To find out more information, or if you are interested in donating to the U-High A/C Fund, please visit our [UHigh.IllinoisState.edu](http://UHigh.IllinoisState.edu) webpage and click on "Make a gift now" icon to make a gift online and in notes specify you want to donate to the U-High A/C fund. Or please feel free to contact Wilma Bates, Associate Director of Development at 309-438-4304.





## Mr. Schu Visits Metcalf

Mr. John Schumacher (aka Mr. Schu) visited Metcalf in October. He is a blogger, a part-time lecturer at Rutgers University and is the Ambassador of School Libraries for Scholastic Book Fairs. He is a teacher-librarian who tries to turn every day into a giant book party. Mr. Schu did two presentations for our students—one to K-2 and the second was for 3-4th grade. Mr. Schu expressed his personal love of reading, the importance of giving children the opportunity to select their own books, and his personal love of the author Kate DiCamillo and Katherine Applegate. Mr. Schu also did a lunch chat with our staff where he expressed the importance of kids picking their own books, reading programs that do not provide external rewards, and book talked several of his favorite books.

## Randy Testa visits Thomas Metcalf School and University High School

Dr. Testa spent six years as a third grade teacher, earned an Ed.D. at the Harvard Graduate School of Education, and taught at Dartmouth before taking on his current role. Dr. Testa is currently serving as Associate Director for PreK-16 Programs at Harvard Graduate School of Education. Dr. Testa is known for his work in adapting children's books into movies and is the former vice president of education and professional development for Walden Media. Dr. Testa's most recent project is his work with the novel *Wonder*.



Dr. Randy Testa visited Metcalf on Friday October 13th. Dr. Testa gave a dedicated presentation to freshmen and then offered a discussion to all other students at U-High Friday morning. He then visited and presented to the 4th-8th grades in the afternoon at Metcalf. Dr. Testa's book *WONDER* is coming out as a film on November 17th. He discussed its migration to the screen and talked a bit about other movie and stories that have some of the same themes. Dr. Testa also talked about the students' ages and how the movie industry thinks about them and a brief look at the process and thinking as to what's considered when making a book into a film. He was curious to know what they thought makes a movie or series successful. The discussions went well, the students were enthralled and the Laboratory Schools were fortunate to have (teacher, writer, playwright, editor) Randy Testa visit their schools.



## Metcalf Collaborative Art Project

Metcalf's theme this year is "We are Metcalf". The school has been working on building a sense of community. Camille Strode, Metcalf art teacher, began a project with 6th graders last year. Inspired by an artist named Mary March, 6th grade artists worked together to create a collaborative art piece "We are Metcalf: Identity Tapestry". The students created personal identifying statements. They also wrapped 500 individual stones with yarn. They then built a 4ft by 14ft wall covered with 80+ pegs. Attached to the pegs are the student created statements. Each student took a stone and wrapped their yarn around the statements they most identify with. The yarn pathways overlap and, not only do we see a visual representation

of each student, we begin to see an overall visual representation of what Metcalf looks like. Created by unique individuals all on different paths, but all connected by this school. The rocks stay attached to the wall by the yarn, that connection with Metcalf will never be severed; experiences at Metcalf will travel with students as they journey through life. Every student and teacher has participated in this collaborative art piece. We are still deciding on where it will find its home within the school.

## University High School's First Year in Central State 8

### Central State 8 Conference Winners:

Boys Cross Country  
Girls Cross Country  
Boys Golf  
Girls Golf  
Swimming & Diving  
Tennis

### U-High Volleyball Takes Third at State

After a loss to Althoff Catholic, the Pioneers came back and beat St. Viator 25-21, 19-25, and 25-19! The team earned third place in the Class 3A state tournament at Redbird Arena. This was the sixth state trophy in school history and the first since 2000. Jessica McDowell had 12 digs and Amber Juarez had 11 digs. Isabel Schaeftbauer had 11 kills, 14 assists and 8 digs. Addy Loeffler had 11 kills and Alexis Engst contributed 17 assists. Congratulations ladies!

### Girls Golf Takes 10th at State

The U-High girls golf team finished this year's Class 2A girls state golf tournament in 10th place. The tournament was held in Forsyth at the Hickory Point Golf Course. Maddison Murphy led the Pioneers and posted a 7-over-par 79. Overall scores were as follows: Lexi Onsrud (166); Jady Spinks (166); Jaiden Mapugay (172); Olivia Graham (180); and Abby Klein (199). Congrats on a successful season!



### Cross Country at State

U-High cross country represented U-High well at the state meet. The boys team finished in second place! The team was led by Jared Schuckman who finished in 8th place with 15:00 minutes - beating the school record. Lyndsey Wolters, the lone female runner for U-High, finished in an impressive 6th place with 17:18. Jared and Lyndsey were joined by fellow teammates Jackson McClure (27th), Matt Zacharias (36th), Dane Alexander (51st), Harris Porter (55th), Sean Supan (90th) and Tanner Gilham (124th). Congratulations cross country!

### Boys Golf Finishes in Third at State

Congratulations to the U-High boys golf team on finishing in third place at the Class 2A state golf tournament. The team was led by Dallas Koth who shot a 141 total and finished in second place individually. The other Pioneers on the course finished as follows: Ethan Huynh (156); Brevin Knight (159); Alex Kullman (159); Tony Palumbo (164); and Ben Bazan (171).

### Boys Varsity Football

The U-High Boys Varsity Football team ended their season with a 4-5 record as they made their debut into the Central State 8 Conference. In October they celebrated their 500th Pioneer football victory at home!