

Wednesday, September 16, 2026

Lunch Today: Goulash, Breadstick, Salad, Fruit, Vegetable, Milk

- Congratulations to Steamer Volleyball on their wins over Polo last night. Good luck to Steamer Golf as they compete against Pecatonica today at home, meet time 4 p.m.
- There are extra yearbooks from last year if you forgot to order yours! Please let Mrs. Hackett know if you would like to purchase one!
- The Freshmen are still looking for someone to drive their float! Please help if you are able!!
- Tomorrow is the freshmen BLIND retreat. Freshmen, be sure to wear tennis shoes and Steamer gear. Try to be in the west gym by 8am so we can start taking attendance and leave by 8:10. All phones should be locked in your locker before coming to the gym.
- Cassandra from the Illinois Student Assistance Commission will have a table set up in the cafeteria today during lunch to answer your college application questions. Please come prepared with any questions you have regarding college! Cassandra will be hosting several other college, FAFSA, and scholarship workshops throughout the year, so stop by her table to welcome her and say hello!
- It's Homecoming Week! Thursday's dress up day is Class Color. Freshman - White, Sophomores - Gray, Juniors - Red, Seniors - Black, Staff - Blue. The last day to purchase Homecoming Tickets is today! Powder Puff will start tonight at 7:00 on the football field (weather pending) with Powder Buff to follow in the East Gym.
- Connecting our CKH focus of Empathy with Suicide Awareness Month means learning how to respond when a friend opens up. Showing empathy doesn't mean you have to fix their problems or give expert advice. It means saying, *'I hear you, I care about you, and we're going to get help together'*. If a friend mentions feeling hopeless or overwhelmed, don't keep it a secret. Connect them with a trusted adult or counselor here at school, or reach out to the 988 Lifeline. Empathy acts before it's too late.