



The CDS Times



QUARTER 4 NEWSLETTER



Quarter 4 Highlights

- ACT Testing
 - CDS is an official ACT Testing site! The ACT and the PreACT were taken by our students in April. Juniors are required to take the ACT, as are seniors who did not take it previously. Many of our students prefer to take the ACT at CDS rather than at their home school due to the smaller and more familiar environment on top of the test stress!



- Parent Night - May
 - Our May Parent Night was Family Art Therapy Night hosted by our art therapist, Ms. Samantha Daab, MAAT, ATR, LCPC. Families enjoyed the opportunity to have dinner together and to work together to create birdhouses depicting their familial strengths.



- Graduation
 - Our graduation ceremony takes place May 29th at the College of Lake County University Center! We will be acknowledging the hard work and dedication of our 8th graders and high school seniors as they take part in our annual commencement ceremony. The new location for our ceremony will make for an unforgettable and wonderful celebration!



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Academic Spotlight: Taste of Paris

Ms. Volbrecht's Sociology and World Geography students enjoyed an immersive cultural experience during their visit to Taste of Paris, where the cozy café atmosphere and authentic French cuisine brought classroom learning to life. From fresh pastries and bread to dishes like ratatouille, crêpes, and chicken dijonnaise, students explored new flavors and stepped outside their comfort zones. Guided by a welcoming waitress, the experience encouraged curiosity, conversation, and a deeper appreciation for how culture can be shared through food and atmosphere.



CDS Community Garden



This spring, the CDS community came together to begin an exciting new project, the CDS Community Garden! Students in the 80/90% club took part in the planning process by visiting Country Bumpkin to help choose plants for the garden. Staff and students have been working side by side to plant a variety of flowers and vegetables that will continue to grow throughout the summer and into the fall. The garden is more than a place to grow plants, it is a space for teamwork, responsibility, mindfulness, and community connection! Students and staff will continue maintaining the garden together by watering, weeding, and caring for the plants as they grow. We are excited to watch both the garden and our school community continue to bloom together!

CDS Rock Band

This year, CDS began its very first Rock Band! Our principal, Mr. Kreamer, along with other invested staff, have opened up this opportunity for students to get together on a weekly basis to play music and build belonging in our community. Mr. Kreamer shared that the purpose of the band is to “allow for student led expression, and to ROCK!” He further elaborated that the process of seeing the band come together has been “very rewarding, as you get to observe the students engage and share a common interest. It is motivating for them to see others care and support them in this endeavor.” Dr. Wood’s Guitar Emporium, located in Fox River Grove, generously donated various instruments and supplies. Our students even had the opportunity last quarter to visit the music store. Students who are interested in becoming a member of the band should follow up with Mr. Kreamer.

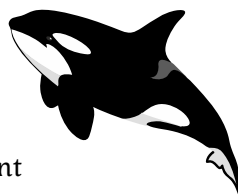
“Music is my life. The band gives us an opportunity to do what we love and express how we feel in an enjoyable way. in the school environment.” -

Band Member

End of Year Reflections

Something I learned this year was...

- “I am stronger than I realize.” - Senior
- “I can do it!” - Senior
- “Orcas are dolphins.” - 5th grade student
- “How to follow instructions.” - 1st grade student



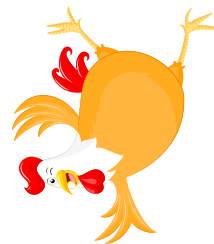
Something I won't forget is...

- “My friends.” - 2nd grade student
- “Gardening club.” - 2nd grade student
- “The people that I met and got close with.” - Senior
- “The bonds that I made with people.” - Senior



The funniest moment was when...

- “We did the chicken dance!” - 2nd grade student
- “I was sleeping upside down!” - 2nd grade student
- “My friend said 6-7!” - 5th grade student



In the future I hope to...

- “Become an attorney.” - Senior
- “Work and make bank.” - Senior
- “Continue my education.” - Senior
- “Graduate from trade school.” - Senior



Coping Column

Summer Tech Reset:

Summer break is a time to relax and recharge, but sometimes, constant screen time can make us feel more drained than rested.

Research has shown that excessive screen time can increase stress, impact sleep, shorten attention span, and contribute to anxiety and irritability. When our brains are constantly taking in information, notifications, and content, it becomes harder to truly rest.

Replace some screen time with activities that recharge you:

1. Swimming
2. Art or music
3. Reading
4. Sports or movement
5. Spending time outside
6. Journaling or creative hobbies



What's Ahead in ESY?

Upcoming Days off

July 4th - No school (Independence Day)



Summer Term/Extended School Year (ESY) Information

School during ESY will be Monday - Thursday, with Fridays off

The ESY term is 20 days total from June 8th - July 9th (9am - 3pm)

Field Day

- This year's field day will be June 24th - We are heading to the Action Territory
- Permission slips go out the first week of ESY
- Students will be provided field day shirts to wear at the field trip
- Off-campus criteria will be upheld
- Students not participating in field day off campus will be able to participate in some on-campus activities
- More information will be provided at that time

Last Day of Summer Term - July 9th (2 pm dismissal)

July 13th - August 12th - Summer Vacation!

2026 - 2027 School Year Begins Thursday August 13th

Important Dates for Q1

August 13th - 1st day of school! Welcome back!

August 27th - Open House for all families - 2:30 - 6:30pm

Sep. 7th - Labor Day, No School

Sep. 21st - Yom Kippur, No School

October 15th - Parent Night Event - 5:30 - 7:00pm

October 12th - Indigenous People's Day, No School

Heritage Calendar and Events

June

LGBTQ+ Pride Month

PTSD Awareness Month

June 5 - World Environment Day

June 8 - World Oceans Day

June 19 - Juneteenth

June 27 - Post-Traumatic Stress Disorder Awareness Day

Day



July

Disability Pride Month

Minority Mental Health Awareness Month

July 4 - Independence Day

July 14 - Bastille Day

July 18 - Nelson Mandela International Day

July 24 - International Self-Care Day

July 28 - World Hepatitis Day

July 30 - World Day Against Trafficking in Persons