



Tri-Township Tribunal

September Edition 2026



Welcome to the 2026-2027 School Year Tiger Nation! It has been quite an interesting start to the school year! Recovering after a major weather-related event is an important step in regaining normalcy and daily routine. Be sure to take some time for you and your family following any major storm-related event. Here are a few tips to help recover physically and mentally:

Physical Recovery

- **Secure basic needs:** Ensure you have clean water, healthy food, and a safe place to stay.
- **Prioritize rest:** Sleep and rest give your body and mind a break to process stress.
- **Avoid harmful coping:** Stay away from stimulants such as caffeine and energy drinks, which make stress harder to manage over time.

Mental Recovery

- **Limit media exposure:** Reduce how much you watch or read news about the event to lower anxiety.
- **Set small goals:** Break big problems into tiny steps and tackle them one at a time.
- **Stay connected:** Talk to trusted family and friends, and accept support from others.
- **Use grounding tools:** Practice slow, steady breathing or look slowly around your room to calm your nervous system.

Seniors:

All in-person seniors have had the opportunity to speak one-on-one with the School Counselor. Classes, credits, and graduation requirements were reviewed with each Senior, along with the opportunity to ask questions. Please feel free to reach out to Mrs. Urban if you have any questions or concerns regarding your Senior. All Seniors will be required to fill out the FAFSA (if going to college or trade school) or the FAFSA waiver (not attending college/trade school) as one of the graduation requirements. The FAFSA application opens October 1st, and the waiver form will be available at that time as well. All Seniors are required to complete their Senior Discovery Meeting. There will be several opportunities this school year that students will be able to sign up to complete this requirement.

College Applications/Transcripts:

Now is the time to start researching colleges and narrowing down choices of which colleges to apply to. During College Go Week coming up in September, most of the public college/universities in Indiana will waive their application fees for applying. This would be a great time to submit applications to schools that interest you without having to pay any fees. Students needing transcripts can email Mrs. Urban with their name, birthdate, and where they would like their transcripts sent, and I will get those out within 24-48 hours.

Juniors:

Juniors will be required to complete their Junior Discovery Meeting. There will be several opportunities this school year that students will be able to sign up to complete this requirement. Juniors planning on returning to the career center their Senior year will need to complete the online application, which shows their interest in returning for their second year of classes. Applications open October 1st. <https://cte.educatemc.net/enroll>

Sophomores:

Sophomores viewed a presentation on Monday, August 31st regarding their choices for career and technical education classes offered at the career center in Michigan City. The career center is open to Juniors and Seniors and entry requirements include good attendance, passing grades, and no serious discipline issues. Programs include Automotive, Construction, SMART Manufacturing, Health Academy, Energy Academy, Culinary, Criminal Justice, Fire Science, Precision Machining, Welding, and Cosmetology. Applications for next school year will open October 1st. Students will start the application process at: <https://cte.educatemc.net/enroll>. Parent signature forms will be given to students upon completion of the online application from Mrs. Urban.

21st Century Scholars

Throughout the year during SRT times, Mrs. Urban will be meeting with students grades 8-12 regarding the 21st Century Scholars Program. Eligible students must complete 3 activities a year over the course of 4 years. Upon completion of the program and graduation from high school, students will receive the 21st Century Scholarship. The 21st Century Scholarship pays for full tuition and mandatory student fees at any public college/institution in Indiana!

Dual Credit Parent Night at Ivy Tech

Ivy Tech will be hosting a dual credit parent night at the Valparaiso campus on September 28th at 6pm. There will be a short presentation and then time for parents and students to ask questions. Please see the attached flyer for more details!

[Ivey Tech Dual Credit Parent Night Flyer](#)

College Go Week!

College Go Week is coming up the week of September 21st. We have some great activities planned to raise awareness about student choices following graduation from high school. Activities are school-wide, and there will be winners from elementary and secondary students! Please keep your eye out for the planned spirit days and dress to impress!

Important Dates:

August 31st: LaPorte CTE Presentation to Sophomores

September 4th: Progress Reports (Secondary)



September 7th: Labor Day No School!!!!

September 17th: Valparaiso University HS Lunch Visit

September 21st: Knowledge Assessment & Dual Credit Class Registration for IvyTech Deadline

September 21st - 25th: COLLEGE GO WEEK!



September 24th: Purdue University HS Lunch Visit

September 28th : Ivy Tech Dual Credit Parent Night

October 1st: FAFSA Portal Opens!!!!

October 1st: Applications for the LaPorte County Career & Technical Education Center 27'-28' Open
Sophomores and returning Juniors will need to complete the application online!



Homework Assistance

Ask Rose: If you or your student needs help with math or science homework, he or she can use Ask Rose for free help from a Rose-Hulman tutor. Students can chat, call, or email. For more information, please visit <https://askrose.org/>.

Food Assistance Links:

- [Food Pantry Locator](#)



- Local Food Pantry Map



Offering FREE fruits, vegetables, protein, and other nutritious items to help meet your family's needs.

For alerts, text "MARKET" to 219-500-6464.

[/mobilemarketnwi](#)
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**FIRST COME FIRST SERVED
WHILE SUPPLIES LAST**

SEPTEMBER 2026

TUE, SEP 1 12 pm	East Chicago Lighthouse Charter School 3916 Pulaski St, East Chicago *	WED, SEP 16 3 pm	Living Hope Church 9000 W Taft St, Merrillville
WED, SEP 2 3 pm	UChicago Medicine 10855 Virginia St, Crown Point	THU, SEP 17 4 pm	Portage High School Door G 6270 US Hwy 6 Portage
THU, SEP 3 10 am	Faith Bible Church 15327 Cline Ave, Lowell	FRI, SEP 18 10 am	Kouts Christian Church 208 South Poland Ave, Kouts
FRI, SEP 4 4 pm	Foodbank of Northwest Indiana 6490 Broadway, Merrillville	FRI, SEP 18 4 pm	Food Bank of Northwest Indiana 6490 Broadway, Merrillville
TUE, SEP 8 1 pm	Valparaiso Family YMCA 1201 Cumberland Dr, Valparaiso	TUE, SEP 22 2 pm	Community Stroke and Rehabilitation Hospital 10215 Broadway, Crown Point
WED, SEP 9 12 pm	Carter Memorial CME Church 635 W 49th Avenue, Gary	WED, SEP 23 1 pm	Pilgrim Missionary Baptist Church 1301 West 21st Ave, Gary
THU, SEP 10 11 am	St. Helen Church 302 N Madison St, Hebron	THU, SEP 24 12 pm	St. Teresa of Avila 1604 E Lincolnway, Valparaiso
FRI, SEP 11 10 am	Our Lady of Grace Church 3025 Highway Ave, Highland	FRI, SEP 25 12 pm	Lowell Church of Christ 299 N Burr Street, Lowell
SAT, SEP 12 9 am	Food Bank of Northwest Indiana 6490 Broadway, Merrillville	SAT, SEP 26 4 pm	Food Bank of Northwest Indiana 6490 Broadway, Merrillville
TUE, SEP 15 10 am	Whiting Lakefront Park 1500 Park Road, Whiting	TUE, SEP 29 11 am	First Baptist Church 4911 McCook Ave, East Chicago *
		WED, SEP 30 12 pm	Garfield Masonic Lodge #569 2234 Martha Street, Highland

The following percentages and dollar amounts of the total costs which will be financed with federal money:
TEFAP (28%, \$5,154,774) and CSFP (7%, \$1,313,104). The percentage and dollar amount of the total costs of the project or program that will be financed by nongovernmental sources is 65% (\$12,144,804).

(*) Denotes Sponsorship by Foundations of East Chicago

Free community meals

- Hilltop (608 Union Street, Valparaiso, Indiana) every Monday from 4 PM - 6 PM
- St. Teresa Avila Catholic Student Center- Cafe Manna (1511 LaPorte Ave, Valparaiso, Indiana) every Thursday except the first Thursday of the month from 4 PM - 6 PM.
- Feed the Region - Nana Clare's Kitchen (3907 N Calumet Ave # 106, Valparaiso, Indiana) to-go meals every Thursday starting at 7 PM.



FEMA

Disaster Assistance

Please have the following available:

- Your address with **zip code**
- Condition of your damaged home
- Insurance information**, if available
- Social Security number**
- Annual household income**
- Phone number** where you can be contacted
- Address** where you can get mail
- Email** address to receive electronic notifications

Direct Deposit: Disaster assistance funds can be sent directly to your bank account. Please provide your bank account type, account number and bank routing number.

Stay in touch with FEMA: When you apply, you will receive a FEMA registration number. Save it. You will need the number whenever you contact FEMA.

Disaster assistance is available without regard to race, color, religion, national origin, sex, age, disability, English proficiency, or economic status.



DisasterAssistance.gov

2 Ways To Apply

Online: DisasterAssistance.gov

Call: (800) 621-3362 | 711 or Video

Relay Service (VRS)

Scholarship Information

Louie's Tux Shop

Louie's Tux Shop will be awarding (2) college scholarships in conjunction with our 14th annual statewide Model Search. We will be bringing together a 100% local cast to participate in our annual photo shoot in October and two students will be named "Top Model" and will receive a \$1,000.00 college scholarship. Please follow the following link for more details:

https://www.louiestuxshop.com/model-search?omnisendContactID=6a903e7dcc5afbd675b643bd&utm_campaign=campaign%3A+Model+Search+2027+-+Faculty+%281%29+%286a8f5734277797be66ec65a8%29&utm_medium=email&utm_source=omnisend

Scholarship Search Engines:

- <https://www.purdue.edu/dfa/apply/scholarshipuniverse/>
- <https://scholarsapp.com/>
- <https://www.fastweb.com/>
- <https://www.scholarships.com/>
- <https://bigfuture.collegeboard.org/scholarship-search#>
- <https://www.cappex.com/>
- <https://www.niche.com/colleges/scholarships/>
- <https://www.salliemae.com/college-planning/college-scholarships/>
- <https://www.unigo.com/scholarships/our-scholarships>
- <https://www.petersons.com/scholarship-search.aspx>
- <https://jlvcollegecounseling.com/scholarships/>
- <https://www.tuitionfundingsources.com/registration/>
- <https://studentscholarships.org>
- <https://learnmoreindiana.org/paying-for-college/scholarships/>

Kristina & Taylor

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WELCOME BACK EVERYONE!

BACK TO SCHOOL

