

November is here! This school year is flying by! It seems only yesterday we were enjoying the warm weather, splashing in sprinklers, and eating popsicles. Now it's time for cooler weather, hot cocoa, and playing in the leaves! November is packed with many different recognitions for health initiatives such as: COPD awareness, pancreatic cancers awareness, diabetes awareness, and so many more. So this month, take some time to focus on your health. Make sure you are staying hydrated by adding an extra glass of H20 to your day! Take one night a week and go to bed 15 minutes early for a little extra rest. Also make sure to take care of any medical appointments you have been putting off. Make your health a priority!

IU Molecular Medicine in Action

We are pleased to announce that the annual Molecular Medicine In Action (MMIA) Symposium will occur on Sunday, March 1st through Monday, March 2nd, 2026, in Indianapolis, IN. The MMIA Symposium is a FREE two-day hands-on program held at the IU School of Medicine campus for 10th - 12th grade high school students. This symposium is sponsored by Riley Children's Foundation and the Lilly Endowment, and conducted by Herman B Wells Center for Pediatric Research and IU School of Medicine faculty. Our overarching goal is to increase students' excitement for science, inspire more students to pursue science as a career choice, and provide hands-on learning in a state-of-the-art medical research environment. You can read more about MMIA here https://mmia.medicine.iu.edu. Students must apply online. Please use the following link to access the MMIA application: https://redcap.uits.iu.edu/surveys/?s=EKM39KPXCF3W97XR. Application and Teacher Recommendation DEADLINE: November 7th, 2025, by 11:59 PM. Selected students and their parents will receive program acceptance notification by January 9, 2026.

Seniors

FAFSA is open!!! Make sure to log in to <u>studentaid.gov</u> and start your FAFSA application. Remember you and 1 parent each need a separate account. If you are not going to college/university, or trade school, you will need to see Mrs. Urban for the opt-out form or print your own here:

https://www.in.gov/che/files/FINAL-2025-26-FAFSA-Opt-Out-Waiver.pdf . This is a requirement for graduation to either complete the FAFSA or opt out form. The deadline for submitting the FAFSA or opt-out form is April 15th!

Juniors

Mrs. Urban will start meeting with Juniors this month to review credits, diploma requirements, and scheduling for next year. Please start thinking about what classes you are interested in taking.

Sophomores

The LaPorte County Career & Technical Education Center application is open!!!! Students who are interested in any of the programs are encouraged to sign up as soon as possible, as programs fill up fast!!! See Mrs. Urban for a confirmation form that needs to be filled out and signed by parents. Programs include: Automotive, Construction, Welding, Health Careers, Culinary, Criminal Justice, and more. Visit https://cte.educatemc.net/welcome-to-lpcte/about-us to learn more about the center! Please note that acceptances have not been posted yet from the Career Center for those who have applied. As acceptances come out Mrs. Urban will meet with those students to let them know.

CTE Career Center Students

The LaPorte County Career & Technical Education Center will be closed on November 24th & 25th. Students will not attend classes at the center on those 2 days.

PSAT Testing

Just wanted to say thank you to everyone, parents, students, and staff for making the PSAT testing go as smoothly as possible!

Important Dates:

November 6th: Josten's Freshmen Class Ring Meeting

November 6th: US Marines Lunch Visit HS

November 11th: Veterans Day

November 13th: Jostens Senior Cap & Gown Meeting; World Kindness Day

November 20th: Valparaiso University Lunch Visit **November 24th & 25th:** No Career Center Classes

November 26 - 28th: Thanksgiving Break

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.

FIRST COME FIRST SERVED

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

/mobilemarketnwi @mobilemarketnwi

WHILE SUPPLIES LAST

NOVEMBER 202*5*

Food Bank of Northwest Indiana 6490 Broadway, Merrillville
United Pentecostal Church 2865 Willowdale Rd, Portage
East Chicago Lighthouse Charter 3916 Pulaski St, East Chicago
Faith Bible Church 15327 Cline Ave, Lowell
Our Lady of Grace 3025 Highway Ave, Highland
Food Bank of Northwest Indiana 6490 Broadway, Merrillville
Valparaiso Family YMCA 1201 Cumberland Dr, Valparaise
Midwest Training & Ice Center 10600 White Oak Ave, Dyer
Tri City Plaza 4450 W 5th Ave, Gary
Lowell Church of Christ 299 N Burr St, Lowell
Food Bank of Northwest Indiana 6490 Broadway, Merrillville

ood Bank of Northwest Indiana 6490 Broadway, Merrillville United Pentecostal Church 2865 Willowdale Rd, Portage East Chicago Lighthouse Charter School * 3916 Pulaski St. East Chicago Faith Bible Church 15327 Cline Ave, Lowell Our Lady of Grace 3025 Highway Ave, Highland Food Bank of Northwest Indiana 6490 Broadway, Merrillville Valparaiso Family YMCA 1201 Cumberland Dr, Valparaiso Midwest Training & Ice Center 10600 White Oak Ave, Dyer Tri City Plaza 4450 W 5th Ave, Gary owell Church of Christ 299 N Burr St, Lowell

MON, NOV 17 3 pm TUE, NOV 18 3 pm WED, NOV 19 3 pm THU, NOV 20 FRI, NOV 21 3 pm SAT, NOV 22 9 am MON, NOV 24 3 pm TUE, NOV 25 2 pm

Franciscan Health 5517 Hohman Ave, Hammond Lake County Fairgrounds - Gate 2 889 S Court St, Crown Point Living Hope Church 9000 W Taft St. Merrillville Portage High School Door G 6270 US Hwy 6, Portage Allen Law Group 501 Allen Ct, Chesterton Food Bank of Northwest Indiana 6490 Broadway, Merrillville St. Timothy Church 1600 W 25th Ave, Gary The Cross Church * 3616 Elm St, East Chicago



Holiday turkeys will be available at select distributions. First-come, first-served, while supplies last.

The following percentages and dollar amounts of the total costs which will be financed with federal money: TEFAP (28%, \$5,154,776) 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 undations of East Chicag

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/

Have a great month!

Kristina & Taylor

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