

Underclassmen excluded from APs for rounded experience

Student well-being made priority in unique school policy

by Julia Nagel

AP classes at New Trier are subject to a unique policy that limits enrollment to junior and senior students, barring sophomores from registering, a decision with which some students and staff take issue.

Most neighboring schools, including Evanston Township High School and Stevenson High School, lack a similar policy. ETHS sophomores have the option to take some AP courses, one example being AP US Government and Politics. At Stevenson, AP Physics 1 is open to sophomores, along with a few other AP classes.

New Trier's administration, however, feels there is good reason to limit AP classes to only junior and senior students. Director of Curriculum and Instruction at the Winnetka Campus, Chimille Dillard, believes that moving from Northfield to the Winnetka campus is already a big transition.

"To add an AP class on top of that, that's just a lot. We want to think about the 'total student' and

everyone's complete well-being. And we want to set all of you up for success. Success not just with grades, but success for social-emotional health and mental health," said Dillard.

Dillard also said it's important to keep in mind that AP courses are designed for college students who typically have a shorter school day and fewer extracurriculars to balance than high school students.

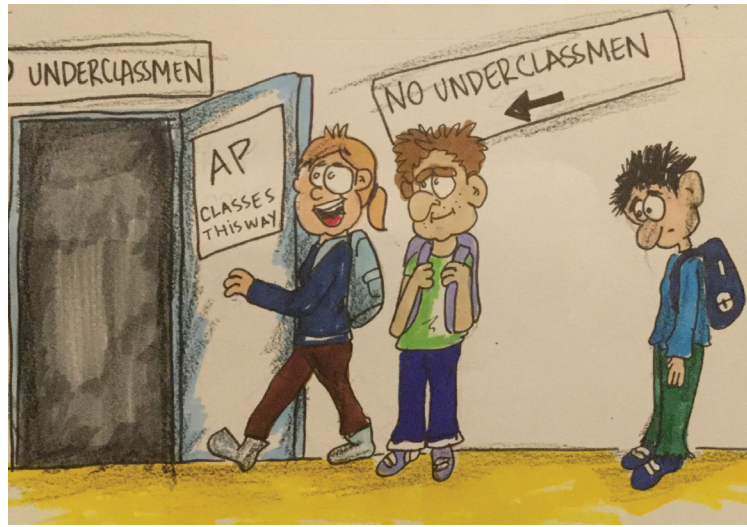
"I think high school students have a lot on them. So an AP class adds that much more," said Dillard.

Science teacher Elaine Kollar agreed that sophomores would find AP classes too challenging. Kollar explained that AP courses often require knowledge or skill sets that many sophomores haven't had the ability to attain yet.

Kollar said, "[The sophomores] might be able to handle the content in some ways, but it's the study strategies that probably are not really well-developed yet."

Some students also support the policy that bars sophomore students from taking AP classes. Junior Lindsey Feeley said that being limited to non-AP classes her sophomore year was a positive thing.

"I was kind of relieved, because I did not feel like I was obligated to take an AP class," said Feeley.



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She explained that, considering the rigor of AP classes that are currently offered, she doesn't think they should be opened to sophomores.

But she did say that if classes such as AP Human Geography—an AP class that sophomore students at other schools tend to take—were added to the course list, New Trier should consider opening those classes to sophomores.

But, unlike Feeley, some students are unhappy with the policy that limits AP classes to junior and senior students, as they feel they should have the freedom to take AP

classes if they want to.

Sophomore Sia Mittal said, "It can be advised that it's a little more rigorous and that it might be harder, but it should not be restricted. People should have the option to do what they want."

Although Mittal acknowledged that AP classes and level four classes are not identical in rigor and content, she said that if a student is able to handle a level four class, they most likely would be able to handle an AP class too.

History teacher David Heineman agreed. Heineman stated that while he does believe some sophomores are

not yet ready to take a college level class, he thinks some sophomores should be allowed to take AP classes nonetheless.

"I know that there are a lot of people who are opposed to it and I don't think they're wrong. I would be okay with opening some AP classes up to some sophomores," said Heineman.

Senior Ryan Hillyer said that opening AP classes to sophomores would almost definitely lead to an increase in stress levels across the grade. Despite these drawbacks, Hillyer agreed that AP classes should be open to underclassmen too.

"The school should not have the authority to make the same decision for every student, as some may be more ready for the classes than others, and a single blanket decision cannot cater to the needs of many individuals," said Hillyer.

Some students have voiced worries that not being able to take AP classes earlier in their academic career might put them at a disadvantage when applying to competitive schools.

However, Post-High School Counseling Department Chair James Conroy said, "The colleges know that we don't allow that, so it isn't like they're going to penalize our kids."

Movember movement for men's health

Sophomores raise awareness and close to \$200 during No Shave November

by Katy Pickens

Sophomores Matt Booden and Ben Yoder decided to ditch their razors this past November, letting their facial hair flow freely to promote men's health.

Booden decided to participate in No Shave November for the first time this year now that he can actually grow a little scruff on his upper lip and chin.

His older brother participated in past years and wanted to take part in spreading awareness about men's health.

"I started growing facial hair a little bit in the past few months, so I decided that I was going to give it a shot," said Booden. "I asked Ben about it and he seemed interested. He can grow a bigger 'stache than I can, so we partnered up."

"Since it's on your face, you definitely get asked questions," said Booden. "It's unique compared to any other kind of campaign because it is something that a lot of guys can do and it's super easy. You just don't shave."

According to the Movember Foundation website, the main goals of No Shave November are to raise money to improve the treatment and quality of life for men with cancer, reduce male rates of suicide, and help men take control of their own health through education.

Movember began in 2003 and now has over 5 million participants each year.

In 2017 alone, No Shave November raised \$17.1 million dollars in the United States in order to fight the health issues that men face today.

According to the Movember Foundation, 1 in 9 men will be diagnosed with prostate cancer at



Yoder and Booden before a month of growing out their facial hair | **Movember**

some point in their lives and 75% of suicides are committed by men.

Yoder and Booden said that the reception to their new-found facial hair has been positive, and that they feel proud of their success in spreading awareness about this campaign.

"Usually people think it looks good. Other than my parents, it's all good," joked Yoder. "My friends compliment me all the time. They'll say, 'hey, nice 'stache,' or 'looking good, the lettuce is coming in nice.' My parents are the only ones that call me a bum for having facial hair."

Going into December, Yoder and Booden were thrilled with the response from their peers and by the donations that they raised for the event.

"A lot of people, after they saw it on social media, they kind of came up to us to say that they were doing it too. It was awesome to see that," Booden said. "A lot of people donated. We've raised 180 dollars of our 200 dollar goal, so we are nearly there."

Though Booden will shave his scruff in the winter months, Yoder is willing to keep his beard as long as

people continue to donate.

"I grow it out whenever I feel like it, but if people donate, I would be more than happy to keep growing it out," said Yoder.

It can be a struggle for most teenage boys to grow any facial hair, but anyone can participate in future Movember events by donating or posting on social media.

"There's also a group called the 'Mo-sisters,' which is another campaign for girls or anyone else who can't grow a mustache so they can still raise money and raise awareness for the event," explained Booden.

Yoder and Booden plan on participating in No Shave November annually and hope that the scale of the event increases locally and nationally.

The two want to encourage more male students to take part in Movember in the future, no matter how patchy or scraggly their beards may be.

"It has been cool to see how people have complimented us, and we hope that more people from New Trier participate in the coming years. For next year hopefully more people will be aware," said Booden.

Expanded schedule popular with both students and staff

Breaks provide stress-free time to catch up on work

by Matthew Murray

The conclusion of construction on New Trier's east campus has brought back the widely appreciated, expanded schedule for the 2018-19 school year.

Although the expanded schedule caused the school year to start in late August, students and teachers were not faced with a full five-day school week until mid-October.

"It was nice to have certain breaks from time to time," said sophomore Henry Armstrong. "I would say that it helped me settle [into the school year]."

The expanded schedule provided benefit for both students and teachers, said English teacher Paul Easton.

"I feel that teachers, like students, also need time to be thoughtful, to plan, and to be reflective of the work that we are doing," said Easton.

"I think that having those extra days off really helps that process."

Students in particular took advantage of this year's schedule by using the time away from school to study.

Senior Brendan Platt felt that the days off gave him time to catch up on homework. "[I would be] working [on homework], taking care of business, rather than being handed more business."

The transition into the new school year also meant that students had to transition into a new routine of schoolwork, and students entering their demanding junior year of high school jumped at the opportunity to capitalize on the days off.

"[The days off] offered me some time to do homework and to catch up [on doing work]," said junior Evan Vladhendas. "It was very helpful to not have school every day so that [I] could study."

The extra time off was also

helpful for seniors applying to college. The dispersed workload gave seniors the opportunity to work on applications without being bogged down by lots of homework.

"[Doing the common application for college] definitely takes up a lot of time, so the days off definitely [gives me] time to work on my college stuff," said Platt.

Teachers were also given the opportunity to lighten up their hefty workloads during their time away from the classroom.

"[Much like how] students need those [days off from school] to do work and to get caught up on work, teachers need that time catch up on grading," said Easton.

Despite the benefits of not having a full week of school for the first six weeks of the year, the lack of consistency in the schedule did lead to a disruption in the typical routine of students and teachers.

"I don't really feel like [the days off at the beginning of the year] had that much of an effect on me, but I feel like it affected [other people] because they couldn't get into a routine at the start of the year," said sophomore Peter Smith.

The schedule that was used for the 2017-18 school year began in early September. However, the late start forced the school to add attendance days usually reserved for holidays, such as Rosh Hashanah and Martin Luther King Day, which made for a challenging transition into the school year.

"I thought that it was really difficult to go from the summer when we were not doing anything to no [weekdays] off," said Vladhendas.

Even though the condensed schedule was not desirable for those who endured it, the reward of the new wing at the east campus made the experience worthwhile for some.

"[The building] is really nice, and someone was going to have to suffer [through the condensed schedule] so it might as well have been us," said junior Francesca Mattozzi.