

**MANHATTAN JR. HIGH NEWSLETTER
RON PACHECO – PRINCIPAL
October, 2018**

WEBSITE

Please use our website: www.manhattan114.org to obtain important information about school operation. You can find lunch menus, activity calendars, and directions to sporting events.

PARENTS

If you have changed your email address, or not supplied us with one, please email Glenna Johnston: gjohnston@manhattan114.org

SUBSTITUTE TEACHERS, NURSE & TEACHER AIDES

We are in need of substitute teachers, nurses (licensed RN or LPN) and substitute teacher aides with paraprofessional certificate. If you or someone you know would like to substitute please have them contact Mrs. Johnston at: gjohnston@manhattan114.org, 815-478-6090x0 or Diane Ponshe at 815-531-3309.

STUDENT ABSENCES AND OFFICE HOURS

All parents/guardians are required to contact the school in order to report a child absent. You may call anytime (24 hour availability) at (815) 478-6090. Absent reports will ONLY be accepted by parent/legal guardian. Please supply your name, child's name, and the reason for absence. Failure to report a child's absence will result in an unexcused absence. Office hours are 7:30 a.m. to 3:30 p.m. Monday - Thursday, 7:30 a.m. to 3:00 p.m. Friday. If your student is absent more than two (2) consecutive days, you may request homework.

CLUB SCHEDULES

Homework Club: Mon & Wed: 2:30 – 3:10pm. Tue & Thur. 7:15-7:45am. (Need permission slip)

Blue Crew: Will start up soon.

Newsletter/Yearbook Club: Wednesday & Thursday in room 101 til 3:00pm.

Speech Club: Sept.- Oct. on Mon, Tues, Fri 2:30-3:30.

Chess Club: Starts in October during Advisory on Fridays.

NO CLASSES

There are no classes scheduled Monday, October 8 in observance of Columbus Day.

YEARBOOKS

It is that time of year to order your students yearbook. We do not get extra, so if your student wants one you have to order on line. This info is just for the Jr. High, if you have a student at another building you have to use a different code. The website is: www.treering.com/validate school code is: 1014117026912978

PARENT / TEACHER CONFERENCES

Parent/Guardians will be receiving notification for conferences before October 29, if a teacher requests a conference. Please contact us immediately to set-up a conference. If you do not receive a letter by Oct 28, staff members have not requested a conference. If you do not receive notification, but would still like a conference, please call 478-6090 before November 8, and we will make the necessary arrangements.

BOX TOPS FOR EDUCATION Contest

This year we will be having our annual Fall Box Tops For Education Competition between our school houses. Please send your Box Tops in with your student, and have them place the Box Tops boxes in the commons. By the color of their house.

This year our winning house will receive a pizza party!!!!!!

This contest will run until October 26. Please make sure to check the expiration date on the Box Tops. Our goal this year is \$1500.00. Since 2011, we have raised \$8,989.78 from collecting Box Tops.

Thank you for your support.

MESSAGE FROM THE NURSE

All 6th graders are **required** to have a current school physical on file with the Nurse. If you have not done this, please do so immediately. **Any 6th grader without a completed physical signed by a licensed practitioner, by October 15, 2017, will be excluded from school.** Please call the Nurse at 815-531-3207 with any questions.

Required immunizations for sixth grade- Tdap, Meningococcal, and two doses of Varicella, and Hepatitis B series (series of three shots, given over a time period of 6 months or more).

SCHOOL MEDICATION POLICY

Just a reminder to parents/guardians: Manhattan School District 114 policy states that any medication prescribed by a licensed physician requires the physician's written order, signed by the physician as well as the parent/guardian. Any over-the-counter (OTC) medication such as Tylenol, Advil, cough drops/syrups also require an authorization. All required forms are available in the nurse's office. All meds must be brought in by a parent/guardian and must come in original container labeled with student's name.

DENTAL EXAMS

All Illinois children in kindergarten, second, and **sixth** grades are required to have an oral health examination. A licensed dentist must complete these dental exams and he/she must sign the examination form. Each child shall present proof of the dental examination by May 15, 2019. The examination must have been completed within 18 months prior to the May 15th deadline.

The dental examination forms are available in the nurse's office. The state has also provided "Waiver" forms for families who may have difficulty obtaining a dental examination at this time.

GIRLS BASKETBALL TEAM

6th gr. Team: Payton Baikie, Clara Bernhard, Leah Burgess, Olivia Giaretta, Lilly Kulhan, Makayla Kurzawa, Olivia Liberator, Kylie Ludwig, Madi Lukasik, Peyton McWilliams, Laci Michel, Riley Naples, Erin Quigley, Sydney Rutkowski, Lindsey Swendsen, Candence Trull, Jillian Wilmoth, Olivia Wise.

7th gr. Team: Leah Black, Rorie Boerema, Olivia Calderone, Mia Flentge, Brook Hesser, Olivia Ledvina, Kaylee Schultz, Mia Zamora, Maddilynee Cichon, Ellah Wereski, Amber Tuton, Annaliese McCormick, Sabrina Pantoja, Maggie Gorman.

8th gr. Team: Jessica Allott, Marley Been, Caitlyn Burgess, Abby Cabay, Ruby Garcia, Sophia LaRue, Kylie Murphy, Morgan O'Neill, Mariah Pantoja.

VETERANS' DAY ASSEMBLY

On November 12, 2018, Manhattan Junior High School will be hosting its annual Veterans Day program. All veterans are invited to attend the program that morning. Beginning at 7:30 A.M. coffee and doughnuts will be served followed by an assembly in the gym. The assembly will begin at 8:15. MJHS's outstanding choir and band will be performing for the veterans. We look forward to seeing local veterans as well as all students' family members who served our country. This year we are asking all Veterans to fill out the form below and send in with your student.

VETERANS' RESERVATION

Students name: _____ Grade: _____

Veterans' name: _____

War served & year: _____

BAND NEWS

The Concert Band season is underway and we are preparing for our first performance in November. All Symphonic Band members should arrive at the JH by 6:50am so they will have time to get their instrument ready and in their seats so we can start rehearsal right at 7:00am.

The Band Boosters will be having their MANDATORY fundraiser from October 8-22, 2018.

We will be selling Butterbraids.

All 5th grade band students will be required to sell 5 Butterbraids or do a buyout of \$25.00.

All 6-8 grade band students will be required to sell 10 Butterbraids or do a buyout of \$50.00.

More information will be available, as the date gets closer.

Please contact Mrs. Pedziwater with any question at cpedziwater@manhattan114.org.

ORCHESTRA & CHOIR NEWS

The fall "Sing and String" concert is Thursday, October 18th, at 7pm. Everyone is invited to come out and hear the music of our amazing musicians!

STUDENT COUNCIL

Mrs. Kozlowicz and Mrs. Nass are proud to present our new Student Council representatives for the 2018-2019 school year:

6th grade: Chase Hetfleisch, Jackson Ethridge, Haley Olson, and Avary Shinovich.

7th grade: Payton Hodel, Josh Lehman, Ava Murphy, Chloe Morris.

8th grade: Mikayla Adrieansen; Cole Craven (President); Dylan Letherby; and Anna Zheng.

Congratulations! We had an impressive (and large) list of candidates this year that made the election process very exciting.

Student Council is already underway with planning for our fundraising efforts this year which will include raising money for Operation Care Package, the Angel Tree Network, and the Manhattan Food Pantry.

CHESS CLUB: Permission Slips are due Monday, October 1st. Our first Chess Club meeting will be held on Friday, October 5th during Advisory in the Commons.

ASSET OF THE MONTH: Each month, Manhattan Junior High will be recognizing 2 students per grade for Student of the Month. Students will be selected based upon their actions both in and out of the classroom for that month's character asset.

For the month of October, Manhattan Jr. High will turn its focus to the asset of RESPECT. We will be recognize those students who show tolerance of differences in others, use good manners and appropriate language, deal peacefully with anger, insults and disagreements, and are considerate of the needs of others, treating everyone with an open mind and with thoughtfulness. At Manhattan Junior High, we believe that hurtful and demeaning words and actions, disobedience, poor self-control and lack of personal responsibility do not exist where respect is found.

How can parents best teach this important character trait to their children? By example. The first step families should take is to set up basic rules and expectations about how family members, including the parents and any other adult living in the household should treat each other. Rules should include: 1) no name calling; 2) never putting any other family member down -child or adult; 3) no negative talking about other family members; and 4) sincerely apologizing and forgiving others if rules are broken.

Showing children respect, even when discipline is needed is important. Parents must never use name-calling, laugh at their child when they make a mistake, or say things like, "you will never amount to anything." These comments are hurtful, decrease self-esteem and will not teach children to respect parents. When arguing or discussing issues that affect discipline or boundaries for your children, it is important to have clear expectations as to what is acceptable. It is okay for parents and children to have different opinions. It is okay to state your case, but even if the discussions get heated, neither party should ever cross the boundary of respect. If a "time-out" is needed for everyone to maintain control, take one. There should also be clear consequences for disrespect, even if it involves a parent. Everyone has to be on the same page in this regard for the child to understand where the boundaries exist. Respect is always mutual. If the child is not respected, neither will be the parent.

If a child does not have self-respect and self-esteem then their ability to respect others might be impaired. In order to build self-respect in your children know that they need a sense of security, acceptance, and trust; a sense of belonging to the family and feeling wanted by the family, that they have something to contribute; a sense of responsibility towards the family; a sense of purpose that the family has a need for them; and a sense of personal competence and pride, that they are capable of being successful.

SOCIAL-EMOTIONAL CORNER: This month we will turn our focus on the subject of happiness. Not our own individual happiness, and not even the happiness of our individual children, but rather we will turn our attention to the happiness of our families. We all have the image of a happy family in our minds and many of us feel that we have the best family we could ask for. However, according to Rabbi Shmuley Boteach, former host of TLC's "Shalom in the Home," we should all take a moment to examine whether or not our families are as cohesive, good and happy as we think. Boteach has written more than 50 books dealing with relationships between men and women, parenting, education as well as the secrets to a happy family. Although considered controversial by some, he has provided some excellent insights into what makes a happy family, insights shared by other leaders in the field of parenting and family values. Although we don't choose our families, it is possible to obtain a cohesive, loving, and above all happy family unit by following these suggestions.

1. Share experiences and stories: As parents, when you come home, place your children in front of you, not distractions like the TV or your cell phone. True, it's hard after a day's work to give your children your full attention, but only through the conversations, questions, and partnerships you make with your children can you achieve a happy family life. When you or your children come home, be sure to ask them if they have a story to share with you, and if not, share something from your day with them, and give them something to look forward to at the end of the day. Make time to eat meals together – they are an excellent time to connect and foster family togetherness.

2. Enjoy each other: The essence of a happy family is that each member of the household takes the time and the care to encourage and uplift other family members when they're feeling down. In a happy family unit, there should be a joy that characterizes interactions with each other, such as the joy of the children when they see their parents coming home from work and vice versa. This joy can be derived from the creation of shared experiences, from deep conversations, cooking together, leisure activities, etc. Invest most of your free time in your family, so that you get along with each other, have more mutual interactions with each other and have a happier family overall.

3. Remember to maintain your relationship with your significant other: The people who are at the center of any family is you and your significant other so remember that that relationship should come first. Boteach explains that there are many families where the children come first, so they become providers of a substitute of love and this is an unfair burden to put on them. In addition, this negatively affects the family unit in general and the parents' relationship in particular, because children eventually leave home. So, keep in mind the value of your relationship and make sure to nurture and protect it.

4. Family comes before friends and after school activities: In happy families, the importance of family is greater than the importance of friends. When children are bombarded with rules and become bored and restless at home, they start looking for excitement outside the home, which is where friends come in. While this is not really a problem, it becomes one when their friendships become more important than family. This is also true with extra-curricular activities.

If your children are never home due to running from one activity to another, this is a recipe for an unhappy family, says Boteach. He believes that the two must be balanced and that children should be allowed to spend time outside of the house, while at the same time limiting them to a certain number of activities so that their time at home with family

isn't affected. Boteach suggests that we should strive to carry out activities outside the home as a family, for example taking the children on a bike ride, spending time together at the beach or at the pool, and so on.

5. Build and honor rituals: To make your family unit happy, you should create rituals that can be religious, national or even private to your family. Dr. Barbara Fiese, Ph.D, head of the psychology department at Syracuse University in New York, says that happy families should have unique and meaningful rituals that bring them together. According to her, these rituals can be as simple as ordering from a specific restaurant one night a week, singing a specific song together, and even going on walks on weekends. Adopting inside jokes and even pranks are also another simple way to unify the family unit as they symbolize a group to which a person feels belonging to and can be used as a platform for creating much larger and more meaningful experiences.

6. Don't fight in front of your kids: One of the most important things to never do in front of your kids is fight and shout at each other. As parents, try to solve the problems between you in private and not in front of your children. However, Boteach says, "If your kids see you fight and argue, apologize and say, 'We are sorry you had to see it. Daddy and I just had a disagreement, but everything is OK now.'" If you do this, you will be able to create a comfortable environment in which feelings can be expressed to one another, and children will learn to say sorry and admit their mistakes if necessary. Children develop and shape according to the stable things in their life, especially when they are young. Therefore, Boteach explains that children should be in a relaxed environment at home, one that will allow them to thrive as individuals. So, the next time you are about to scream at either your partner or your children, stop yourself and try to convey your message in calm and relaxed tones, thus keeping a calm environment in the home.

7. Be flexible: It's easy to say and hard to do, but it's one of the things that's important to stick to because families are constantly changing over time. Teach your children to be open to changes in your family unit. Fiese says that despite the changes that take place - someone getting married, someone dying, teens growing up and adults growing old, everyone's still part of the same family. Therefore, be flexible about the changes that happen and know how to accept them and deal with them together as one unified family. For additional reading on this subject, check out these books!

THE BIG BOOK OF PARENTING SOLUTIONS (Michele Borba, Ed.D)

THE SECRETS OF HAPPY FAMILIES (Scott Haltzman, M.D.)

THE 100 SIMPLE SECRETS OF HAPPY FAMILIES (David Niven, Ph.D.)

IMPORTANT DATES

October:

- 1 Fall picture retakes
Cheerleading Tryouts 2:40 – 4pm
- 2 Cheerleading Tryouts 2:40 – 4pm
CC @ Paxson Invite 4pm
BVB Conf @ Homer
7th & 8th GBB @ Martino 4pm
6th GBB @ Spencer Crossing 4pm
- 3 Cheerleading Tryouts 2:40 – 4:30pm
BVB @ Homer Semifinals
- 4 BVB @ Homer Finals
7th & 8th GBB vs. Summit Hill
6th GBB @ Anna Mc. vs. Hilda Walker 4pm
- 5 Palesh Walk @ MJHS 1:45pm
- 6 CC Sectionals 9am
- 8 **NO SCHOOL – Columbus Day**
- 9 7th & 8th GBB vs. Homer 4pm
6th GBB @ Anna Mc. vs. Hadley 4pm
- 10 Cheerleading Parent Meeting 4:30pm
- 11 7th & 8th GBB @ Troy 4pm
6th GBB @ Orenic 4pm
- 13 CC State @ Normal II, 9am
- 15 7th & 8th GBB @ Manteno 4:30pm
7th & 8th BBB Tryouts 2:30 – 4:30pm
6th BBB Tryouts @ WC 3:45-5:15pm
- 16 7th & 8th GBB vs. Mokena 4pm
7th & 8th BBB Tryouts 6:-8am
6th BBB Tryouts @ WC 3:45-5:15pm
- 18 7th & 8th GBB @ Hickory Creek 4pm
6th GBB @ Hickory Creek 4pm
Sing & String Concert @ MJHS 6:30pm
- 22 GBB vs. Elwood 4:30pm
- 23 7th & 8th GBB @ LWW vs. Liberty 4pm
- 25 7th & 8th GBB vs. Martino 4pm
6th GBB @ Anna Mc. vs. Bentley 4pm
- 26 PTO Dance 6:30pm
- 29 7th & 8th GBB @ Homer 4pm
6th GBB @ Hadley 4pm
7th & 8th BBB @ Bradley 4:30pm
- 30 7th & 8th GBB @ Summit Hill 4pm
6th GBB @ Hilda Walker 4pm
6th BBB @ Coal City 4:30pm
- 31 **EARLY RELEASE – Noon**

November

- 1 **NO SCHOOL – Teacher Institute**
- 3 7th & 8th BBB @ Bradley 9 & 11:30am
- 16 **EARLY RELEASE – Noon**
- 19/20 P/T Conference
- 21-23 **NO SCHOOL**