

# **MANHATTAN JR. HIGH NEWSLETTER**

Thursday, April 28, 2016

Ron Pacheco - Principal

## **EARLY DISMISSAL & LAST DAY**

Wednesday, May 25 will be an early dismissal day. The junior high will dismissal at 12:00 p.m. The last day will be May 26, dismissal is at 1:30pm.

## **8<sup>TH</sup> GRADE CLASS TRIP**

The 8th grade class will be going to Great America on May 18. Information has been sent home to all eligible students.

## **8<sup>th</sup> GRADE NIGHT**

The graduating class of 2016 will celebrate *8th Grade Night* on Monday, May 16, 2015. The evening will begin at 6:00 at MJHS for eighth graders and their families. Students will remain at school after the awards ceremony for dinner and their dance. Permission slips and information have been sent home with your child. Please direct questions to Mrs. Schussler or Mrs. Watson.

## **GRADUATION**

8th grade graduation will be Tuesday, May 24, at Lincoln-Way West Fine Arts Center. The ceremony will begin at 7:00 p.m. 6 tickets will be issued on May 24 to the students. There will be more information given to 8<sup>th</sup> grade students, as we get closer to the date of graduation.

## **SUBSTITUTE**

If you or someone you know would like to sub for the District as a teacher, aide, or nurse you need to contact Diane Ponshe in the Business Office 815-478-4527.

## **SPORTS PHYSICALS**

Sports physicals for the 2016/17 school year will be conducted for MJHS students on May 19 at 8:30 am. Cost of the physical is very reasonable at \$20. Everyone is encouraged to take advantage of this opportunity as it provides eligibility for students to try out and participate in all sports for the entire school year. This eliminates physicals expiring mid sports season, last minute doctor appointments, pulling students out of school, and time lost from mom or dad's busy schedule. Forms will be sent home closer to the date. Please call the MJHS nurse with any questions. 815-478-6090.

## **REMINDER FROM THE NURSE'S OFFICE**

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, 2016**. The examination must have been completed within 18 months prior to the May 15<sup>th</sup> 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. These forms are available in the nurse's office and are completely confidential.

Please contact the nurse's office if you are unable to obtain the required dental examination at this time, so we can discuss the steps that will need to be taken to assure your child's compliance with the state's regulations regarding dental exams.

## **SUMMER CAMPS**

Boys Basketball @ MJHS, May 31-Jun 3. Students entering 2 - 4 grades from 8 – 9:30 a.m.  
Students entering 5 – 8 grades from 9:30 – 11 a.m.

Volleyball @ MJHS, May 31 – Jun 3. Students entering 1-5 grades from 11:30 – 1:00 p.m.  
(boys & girls) Students entering 6 – 8 grades from 1:00 – 2:30 p.m.

Girls Basketball @ WC, May 31 – Jun 3. Students entering 2 – 5 grades from 8 – 9:30 a.m.  
Students entering 6 – 8 grades from 9:30 – 11 a.m.

Track @ MJHS, July 25 - 28. Students entering 4 – 6 grades 9 – 12 p.m.  
(boys & girls)

Cheerleading Camp @ MJHS, May 31 – Jun 3. Students entering 2-5 grades from 10-11:30 am.  
Students entering 6-8 grades from 8 – 9:30 am.

## **ORCHESTRA & CHOIR CAMP**

August 1st through August 18th Mondays, Tuesdays, Wednesdays and Thursdays

9:00 Beginner Orchestra  
9:45 Beginner Orchestra  
10:30 Beginner Orchestra  
11:15 Beginner Orchestra  
12:30 5th Grade "Switch to Bass"  
1:00 Students entering 5th grade orchestra  
1:45 Combined 5-6-7-8 Choirs  
2:30 Students entering 6-7-8 orchestra

## **BAND CAMP**

Summer band will start the week of July 25 at MJHS. The 5<sup>th</sup> gr. Band practice schedule will be as follows:

Mondays & Wednesday starting July 25:  
7:30 – 8:15 a.m. – Trumpets & French Horns  
8:15 – 9:00 a.m. – Trombones & Baritones  
9:00 – 9:45 a.m. – Percussion

Tuesdays & Thursdays starting July 25:  
7:30 – 8:15 a.m. – Flutes & Oboes  
8:15 – 9:00 a.m. – Clarinets  
9:00 – 9:45 a.m. Saxophones

6-8gr. Marching Band will start practices the week of July 25 at MJHS. Practices will take place Monday through Thursday from 10 – 12 p.m. An exact practice schedule for the 6-8 grade Marching Band will be send home at the Spring Concert on May 11. It will also be posted on the band website:  
<http://www.manhattanbandboosters.com>

## **BAND NEWS**

**May 3:** 5:00pm: Mandatory meeting for Canada trip. All chaperones and one parent for each child MUST attend. Meeting will take place in the JH band room.

**May 9:** 3:30-7:30pm: Symphonic Band auditions for 2016-17 school year. All 6-7th grade band students MUST audition for placement in Symphonic Band. Sign ups for times will take place as the date gets closer.

**May 11:** 7:00pm: Spring 5-8 grade Band Concert. 6-8 grade students must report to the band room by 6:30pm. Students are to wear their royal blue Manhattan band shirt, band pants, band jacket, KNEE HIGH black socks (NO white socks PLEASE!), and black shoes. 5th grade band members are to report to the JH art room by 6:15pm wearing their white beginning band t-shirt, black pants or skirt, black socks or tights, and dress shoes. (no tennis shoes please!)

**May 13:** 5:00-9:00pm: Band Banquet for 5-8 grade band members at Wilson Creek Elementary School. More info to follow.

**May 17:** Spring Tour during the school day for Symphonic Band members.

**May 18:** 8th graders last day of band practice.

**May 19-22:** Symphonic Band trip to Canada!

**May 24:** 6-7th grade band members perform at LWC at 8th grade graduation. More info will follow as the date gets closer.

Please contact Mrs. Pedziwater with any questions at [cpedziwater@manhattan114.org](mailto:cpedziwater@manhattan114.org).

## **ORCHESTRA & CHOIR**

April 22 - Orchestra competes in the IGSMA state competition in Crystal Lake, 5:10

April 23 All choirs compete in the IGSMA state competition at Joliet West HS.

May 5 Spring Choral concert for grades 5-6-7-8, 7:00 p.m.

May 7 Orchestra and Choir compete in the Festivals of Music in Gurnee, all day

May 9 Madrigal auditions after school

May 10 Demon Choir auditions after school

May 12 Orchestra spring concert for grades 4-5-6-7-8, 7:00 p.m.

May 17 BOC tour to Anna McDonald and Wilson Creek, formals worn to school

May 19 Orchestra and Choir banquet. Turn in your formals starting at 5:00 p.m. Parent help is needed

Dinner is served promptly at 6:00 in the cafeteria.

## **FOUNDATION NEWS**

Please watch for the 2016-17 school calendar to come home with current students the last week of school! We provide one calendar per family and it will come home with the youngest student in the district.

## **STUDENT COUNCIL**

Student Council would like to thank all the MJH students who gave generously in our April fundraiser for the Manhattan Food Pantry. We raised over \$300 to support this very worthy cause

## **TEAM ASSET**

This month Manhattan Jr. High's asset is "Most Improvement". Inherent in this value is the ability to persevere. Students who will be recognized for this asset have been able to cope with challenging situations throughout this year even when they have wanted to give up. They have shown the ability to move forward even when the odds were stacked against them and mistakes were made. They have taken mistakes and used them as learning tools instead of obstacles they could not overcome.

As parents we still have a lot of influence on whether our teens "roll with the punches" or "throw in the towel". Here is what we can do to help: 1) Encourage a "Can Do Spirit". Instill a sense of positivity in your teen so that they can tune out their doubts. It is not easy and it takes a great deal of strength – don't we know! Remind your teen that when you really want something you know you can do, then let those thoughts drive you – not what others think. It is also important to be aware that when it comes to fostering confidence and the ability to persevere, the wrong kind of kudos can hinder your cause. Praising your teen for her natural abilities -- "You're the best athlete!" -- rather than her effort - - "I see that you tried really hard and helped the other kids" -- can make your teen avoid taking risks because she may feel that the only way to impress you is with perfect results. So cheer for your teen's work ethic, how hard she's trying, and the fact that she's not giving up the task; 2) Stop swooping in. When you avoid jumping in, you're teaching self-reliance and encouraging problem solving. Act as a guide instead of a fixer. Our teens watch how we handle life's bumps and detours. Model optimism. Let them hear you say that perseverance helps you avoid regret because it relieves us from the weight of all the things we didn't do or try.

## **DIGITAL CORNER FOR PARENTS**

**DECODING TEEN'S DIGITAL LINGO:** Does your teen "dox" or "swat"? Maybe they "vamp" or "vlogg". The digital lingo of teens can look like Egyptian hieroglyphics. Download Common Sense Media's ([www.common Sense Media.org](http://www.common Sense Media.org)) **Digital Glossary** for a description of what these and other "words" mean in the world of social media. By the way, "dox" is short for "dropping documents". This term is used when someone maliciously reveals someone else's personal information such as address, phone number, or private social media user name on a public site or forum. Among teens, "doxing" might be done in revenge when a romantic relationship ends. The vigilante hacker group Anonymous has been known to "dox" people to draw attention to an issue. "Swatting" refers to a particular type of prank that involves calling in fake police tips in an attempt to send a SWAT team to an individual's home. As parents we often don't think our teens would be involved in such activities – but they can and they do. Become as knowledgeable as you can about your teen's digital world.

**TEEN SOCIAL MEDIA ANXIETY:** There is a new form of anxiety out there that many of our teens are experiencing. It even has a formal name – FOMO, also known as “fear of missing out”. With teens checking their Instagram or Snapchat messages sometimes hundreds of times every day, connecting with friends online is not the positive experience it was meant to be.

FOMO can take many forms. Sometimes it is the worry that a friend might be upset if you don’t respond to a message or post right away. It can also be feeling sad or left out if everyone’s posting pictures of a party or event you didn’t attend (or even worse, weren’t invited). More often it is the sense of missing out on all the exciting stuff happening online if you aren’t connected every minute.

Although FOMO may sound like a silly acronym it has serious consequences. The need to always feel connected to others online can lead to poor sleep quality, anxiety, even depression.

Parents need to step in if they see their teens struggling, especially if their teens are stressed after being on the phone or if they are staying up too late texting. Here is how you can help:

- 1) Listen. It can be easy to dismiss FOMO as superficial but we need to acknowledge that for many teens social media is their social life. The more you show you care the more open they will be.
- 2) Don’t judge. Social media apps are the new landline phone where we spent hours. Connecting with peers (in any form) is part of normal child development.
- 3) Encourage your teen to have full “offline” lives. Help your teen participate in sports, clubs, drama, or volunteer work to help them weather the ups and downs of social media anxiety. It will help build your teen’s self-esteem that is often chipped away by social media posts.
- 4) Set limits. Phones need to be turned off before bed and stored outside of your teen’s room. Have your teens’ sign off during family mealtimes, family gatherings, etc. so that they can experience life not connected on a social media app.
- 5) Shift the focus. If teens are feeling overwhelmed by the pressure to always keep up on social media, encourage them to focus on the creative side of apps and websites. Entering photo contests or building a portfolio can shift the focus to the positive.
- 6) Ask open-ended questions: Although we can’t and shouldn’t solve their problems for them, you can ask questions to encourage communication such as “What would happen if you turned your phone off for an hour? A day?” “What are the pros and cons of using Instagram and other social-networking apps?” “What would happen if you unfollowed or unfriended someone who was making you feel bad on social media?” “Do you notice that you have better or worse reactions to posts or messages depending on how you feel that day?”

**BOOK RESOURCE:** In honor of Mother’s Day a great resource of advice for bridging the mother-daughter divide during a daughter’s teen years is Dr. Roni Cohen-Sandler’s book ***I’m Not Mad, I Just Hate You! A New Understanding of Mother-Daughter Conflict***. It gives specific strategies on how to improve communication during those rollercoaster moments of teenagerhood.

## **IMPORTANT DATES**

- May 2 Track @ Hickory Creek 6<sup>th</sup> only 4pm  
3 Track @Home vs. Martino/Manteno 4pm  
6 PTO Dance 6:30pm  
7 Band/Orchestra/Choir Music In The Park  
10 Track Conference @ TBA 10am  
11 Spring Band Concert 7pm  
13 Band Banquet @ WC 5:30pm  
16 8<sup>th</sup> gr. Night 6pm  
17 Track Awards 5pm  
18 8<sup>th</sup> gr. Great America Trip  
19/20 Band Trip  
20 Track @ State – East Peoria  
24 8<sup>th</sup> gr. Graduation @ LWW 7pm  
25 Early Release – Noon  
26 Last Day – Dismissal 1:30pm