

**MANHATTAN JR. HIGH NEWSLETTER  
DR. RONALD PACHECO – PRINCIPAL  
March 22, 2017**

**SUBSTITUTE**

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

**GRADUATION**

8th grade graduation will be held on June 1 at 7:00 p.m. in the Lincoln-Way West Fine Arts Center. Detailed information will be sent home in late April. Each family will receive tickets based on seating capacity and class size.

**SAVE THE DATE**

Save the date for the performance of "THE HIGH SCHOOLER'S GUIDE TO THE GALAXY" on Wednesday, May 3<sup>rd</sup> at 7 PM at Anna McDonald.

**8<sup>th</sup> GRADE NIGHT SAVE THE DATE**

The graduating class of 2017 will celebrate *8th Grade Night* on Thursday, May 25, 2017. 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 will be sent home with your child soon. Please direct questions to Mrs. Schussler or Mrs. Watson.

**VOLUNTEER RECOGNITION**

The week of April 10 is National Volunteer Week. District 114 has many dedicated volunteers that have worked very hard this year. We can never thank them enough for all their help and service.

**BOX TOPS FOR EDUCATION**

Thank you to all of you that turned in box tops. Our last turn in was \$296.00 for a total for this year of \$916.70. Since we have been collecting box tops for the last 5 years we have earned \$8,080.98 in the 5 years we have been collecting.

**REGISTRATION FOR THE 2017-18 SCHOOL YEAR**

Manhattan School District 114 will be Online Registration for the 2017-2018 school year. Registration for current and new families will be done at home through your personal computer. We have learned that sometimes Internet Explorer does not always work for registration, as it is not as up to date as it should be. If you encounter this problem, please try registering through Firefox or Google Chrome. This process will result in substantial savings in paper and printing costs for our district and make the registration procedure much more convenient for our families.

**Please login to your Home Logic account and register your students for next year. Fees for the 2017-18 School Year are now on your account. Please login to your account to pay fees for 2017-18 and any outstanding fees.**

If you have any problems or questions regarding registration or fees or if you child/children will not be returning next year please contact Michele Zmigrodski at 815-531-3302 or [mzmigrodski@manhattan114.org](mailto:mzmigrodski@manhattan114.org).

### LUNCH ACCOUNTS

Make sure to check your student's lunch account weekly when you are checking grades.

### SPECIAL GAMES

On Thursday, March 9<sup>th</sup>, fourteen student-athletes and three staff members from Manhattan Junior High School volunteered at the Special Games at Lincoln-Way High School for the sixth consecutive year. The students were selected to help at the event based on the character they have demonstrated throughout the year, as well as teacher and coach recommendation. At the Special Games, the Demon volunteers were responsible for running the bean bags game for the athletes, where they encouraged and interacted with the special needs athletes that were competing that day. The fourteen student-helpers showed great enthusiasm and kindness towards the participants all day long.

With the help of the Manhattan Athletic Boosters and the Blue Crew, M.J.H.S., the only junior high that participates in this wonderful event, donated \$200 to the Special Games to help with the costs.

This opportunity allowed the students real life experience in giving back to the community. Many of the volunteers from Manhattan Junior High School go on to become Adaptive P.E. Leaders at Lincoln-Way High School and continue to help with the Special Games.

### STEM PRESENTATION

The 8th grade students had the opportunity to find out about occupations all relating to Science, Technology, Engineering, and Math on February 23. Eighth grade parents gave 30-minute presentations on their job using demonstrations, slide shows, hands on, and question and answer sessions. Jeff Ronaldson showed students a career in the Civil Engineering field. Kim Sanders showed career in the field of Radiology. Joe Vega explained the career field of IT Developer. Mary Ellen Tolbert brought several of the devices that she uses in her job as an occupational therapist. Allen Loichinger explained his career as a Biopharmaceutical. Ron Mikos from the Plainfield Police Department explained his career as an Accident Reconstructionist. Students gained a view into what their real adult working world will be like. Many students commented that they had seen a job that they had never even known existed. Paula Webb and Amy Goberville, 8th grade Science and Math teachers at Manhattan Junior High, hosted the 2nd Annual STEM Career Day and hope to continue it as an annual enhancement for the 8th grade class.

### STUDENT DRESS CODE

Parents and students are asked to review our school district dress code policy. With the onset of warmer weather, there has been an increase in dress code infractions. Your support is greatly appreciated.

## **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, 2017. The examination must have been completed within 18 months prior to the May 15 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 rules and regulations regarding dental exams.

## **IMPORTANT NEWS FROM THE NURSE'S OFFICE**

**Parents/Guardians: There have been a few additions to the immunizations that were required for the 2017-18 school year.**

1. **Rubella:** Beginning with the 2017-2018 school year, children entering school at any grade level (Kindergarten through 12) shall be required to show proof of having received TWO doses of the live Rubella Virus Vaccine, the first dose on or after the first birthday and the second dose no less than four weeks (28 days) after the first dose. \*\*\*
2. **Mumps:** Beginning with the 2017-2018 school year, children entering school at any grade level (Kindergarten through 12) shall be required to show proof of having received TWO doses of the live Mumps Virus Vaccine, the first dose on or after the first birthday and the second dose no less than four weeks (28 days) after the first dose. \*\*\*
3. **Varicella:** Beginning with the 2017-2018 school year, children entering Kindergarten, Sixth grade or ninth grade for the first time, shall be required to show proof of having received TWO doses of the Varicella Vaccine, the first dose on or after the first birthday and the second dose no less than four weeks (28 days) after the first dose.
4. **Hepatitis B:** Children entering Sixth Grade shall be required to show proof of having received THREE doses of the Hepatitis B Vaccine. The first two doses shall have been received no less than four weeks (28 days) apart. The interval between the second and third doses shall be at least two months, and the interval between the first and third doses shall be at least four months. \*\*
5. **Pneumococcal:** Any child entering an Early Childhood or Preschool program shall be required to show proof of having received the Pneumococcal Conjugate Vaccinations. This vaccination is usually given according to a specific schedule that all doctor's offices have in their possession. IF a child is between the ages of 24 months and 59 months of age and has not received the primary series of the Pneumococcal Vaccine, he/she shall be required to show proof of having received one dose of the Pneumococcal vaccine for entrance into the Early Childhood or Preschool program.

\*\*\* THE RUBELLA AND MUMPS VACCINES ARE MOST COMMONLY GIVEN IN CONJUNCTION WITH THE MEASLES VACCINE. THIS COMBINED VACCINATION IS REFERRED TO AS THE MMR VACCINE.

\*\*THE HEPATITIS B SERIES REQUIRMENT HAS BEEN CHANGED FROM FIFTH GRADE TO SIXTH GRADE FOR THE 2017-2018 SCHOOL YEAR.

**MANY CHILDREN HAVE ALREADY HAD THESE REQUIRED VACCINATIONS, SO PLEASE CONTACT YOUR DOCTOR OR THE SCHOOL NURSE IF YOU HAVE ANY QUESTIONS REGARDING YOUR CHILD'S IMMUNIZATION RECORD.**

### SUMMER CAMPS SCHEDULE

Boys Basketball @ MJHS, June 12-15. Students entering 2 - 4 grades from 8 - 9:30 a.m.  
Students entering 5 - 8 grades from 9:30 - 11 a.m.

Girls Basketball @ WC, June 12-15. Students entering 2 - 5 grades from 8 - 9:30 a.m.  
Students entering 6 - 8 grades from 9:30 - 11 a.m.

Volleyball - NO VB Camp this year.

Track @ MJHS, July 24 - 27. Boys & Girls entering 4, 5, or 6 grade next year. 9 - 12:00 p.m.

Cheerleading Camp @ MJHS, June 12-15. Students entering 2-4 grades from 8 - 9:30 a.m.  
Students entering 5-8 grades from 9:30 - 11 a.m.

Watch for forms coming home.

### TRACK AND FIELD 2016-17

**8<sup>th</sup> gr. Girls:** Shelby Bergeron, Lizzee Bettenhausen, Erin Durkin, Larissa Eick, Sarah Husa, Zoe May, Faith Mikos, Anna Neighbors, Grace Rinke, Sophia Sestak, Corrin, Vega, Chloe Yost.

**8<sup>th</sup> gr. Boys:** Ricardo Anaya, Cam Brady, Payton Branch, Alex Ciabattari, Carson Cox, Luke Denny, Levi Gentry, Owen Hopper, Robert Macie, Louie Martinez, Connor Moe, Taylor Pearson, Aaron Ronaldson, Max Shepherd, Jack Urbanciz.

**7<sup>th</sup> gr. Girls:** Ella Adams, Mandi Albrecht, Rylee Bancsy, Lexi Busse, Vanessa Evans, Olivia Gonda, Lola Guzman, Kaleigh Holl, Olivia Hollendoner, Gianna Naselli, Hailey Novak, Taylor Novak, Elyssa Rico, Sydney Robinson-Girard, Yanelle Saldana, Kylee Shea, Kristen Shepard, Jackie Smith, Marlee Wallisch.

**7<sup>th</sup> gr. Boys:** Josh Boswell, Conner Dargan, Jaden Fehrenbacher, Adam Flanagan, Ryan Hochhalter, Patrick Kennedy, Michael Korpitz, Nathan Lunde, Joey Martin, Max McCarthy, Clay Noland, Adam Pearse, Hank Rhodes, Quinn Rust, Isaac Shafer, Emmett Thompson.

**6<sup>th</sup> gr. Girls:** Mikayla Adreansen, Abbey Cabay, Hannah Carli, Stella Coughlin, Alexa Flores, Jamie Hein, Jessica Hein, Halle Kramerich, Jenna Marshall, Kylie Murphy, Madelyn Noland, Morgan O'Neill, Mariah Pantoja, Emma Ronaldson, Ali Saldivar, Madison Salese, Miyon Stallworth, Caitlin Vanoss, Emily Vlach, Kailey White.

**6<sup>th</sup> gr. Boys:** Jack Baran, Nicholas Becker, Adolfo Chavez, Owen Crafton, Gavin Evans, Sean Gearman, Josh Gray, Gunnar Krause, Matthew Lehman, Jackson Lewis, Chance Lorde, Matt Mikos, Landen Pearson, AJ Rago, Jacob Stachtha, Bobby Stahulak, Conner Studer, Travis Thompson, Jack Towner, Joey Vega, Brandon Wetzell, Kaleb Wilkey.

## BAND

Congratulations to the 6th grade Concert Band and the Symphonic Band for both receiving superior ratings at the IGSMMA Band Contest on Sat. March 18. Both groups will move on to the State IGSMMA Band Contest that will take place on Friday, April 28 or Saturday, April 29. More information will follow.

The Band Boosters will be having a fundraiser night at Portillos in New Lenox on Thursday, April 13 from 5:00-8:00pm. Bring the flyer to Portillos with you and the Band will receive 20% of your total bill. Go out for a family dinner and help support the band!

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

## ORCHESTRA & CHOIR NEWS

Congratulations to the Demon Orchestra, Demon Choir and Madrigals! They received a 1st place at the I.G.S.M.A. contest and have advanced to the state level on April 28th and 29th! Good luck singers and stringers!

## STUDENT COUNCIL NEWS

The second fundraiser this spring to raise money for the Manhattan Food Pantry will be held in April. (The first fundraiser was held in March. During that fundraiser, students were able to purchase shamrock lollipops for others with the message "I'm lucky to have you as my friend.") During our April fundraiser students will be able to purchase plastic eggs containing various prizes, including Subway, Dunkin Donuts, Creamery gift cards. Along with our December fundraiser for the Angel Tree Network, the Food Pantry raffle comes in a close second for the most money raised by Student Council. Our goal is to raise \$500 for the pantry this year.

## ASSET FOR APRIL: SERVICE TO OTHERS

During the month of April, Manhattan Jr. High will be sponsoring our annual Giraffe Award Program to support our asset of the month: SERVICE TO OTHERS. The aim of the Giraffe Award program is to recognize students at Manhattan Jr. High who "stick their necks out" by volunteering their personal time to help others in our community. A copy of the nomination form is included in this newsletter. Hard copies of this form will also be available at Manhattan Jr. High, the Manhattan Park District, and the Manhattan Public Library. All nomination forms will be due to MJH by Friday, April 21st. Winners will be recognized at the Manhattan Village Board meeting in May and will receive a \$25 Target gift card. If you have any questions, please do not hesitate to contact Jan Nass at MJH at (815) 478-6090.

Students will also be recognized for their service to others at school through our Student of the Month program. In April, teachers will focus on recognizing those students for their efforts in being good role models to others. Students who take the initiative to be helpful to others with their classwork, to stand up for others when they are being treated unfairly, to ensure that their classmates do not eat alone at lunch or are not left out of group activities, and who show kindness to their classmates who are having a rough day, will be honored.

How can we as parents help our children become positive role models? As parents we may feel that although we continually work on instilling positive values in our children and hope that they internalize these values we are losing the battle. Other influences in their lives, such as peers, social media, and even world events can sear values and priorities into young people's consciousness. These influence often work to conspire against our efforts and result in our children adopting values and perspectives that we may not share. Don't despair. Here are some tips to help you be a positive role model in your child's life.

- **Nurture a warm relationship.** Children tend to be more willing to accept and internalize parental values when they feel close to their parents. And close families usually have many shared interests and values that reinforce each other.
- **Show and tell what matters.** A key to your influence on your child's values is that they understand what really matters to you. The best way to do that is both to show and tell—help them see the values in action in your own life, then talk about why you do what you do.
- **Cultivate open communication.** Teens are more likely to internalize their parents' values when they have open, frequent, and honest communication with each other—when teens feel comfortable talking with their parents about tough issues and about things that matter to them. Show interest in the things that matter to your child and show them that you care about their choices and activities. That attentiveness, in turn, motivates your child to pay attention to and accept your values.
- **Give your child choices and appropriate independence.** Helping children see that they have power in their own lives and can influence others helps them be aware of and internalize their own values. If parents don't give choices or don't see their children as unique individuals, the children may end up pushing away in order to develop their own sense of who they are.
- **Provide appropriate information, guidelines, and structures.** In addition to giving children opportunities to make their own choices, it is just as important to set clear and fair expectations and consequences, then follow through with the consequences when needed. There is, however, a careful balance. If the rules and consequences lead to feelings of being pressured or controlled, they can become counterproductive, with teens rebelling against them.
- **Align values with the other parent (when applicable).** Shared values between parents or parenting adults increase the likelihood that their children will accept their value priorities. If values are not shared, the child may feel conflicting loyalties in picking which values to adopt as her or his own.
- **Cultivate skills to put values into practice.** In order to internalize values, help your teen practice skills that will help them be confident in standing up for what they believe and to take actions based on their values. Building assertiveness and resistance skills, as well as skills of empathy, caring, and compassion, all help to reinforce positive values.
- **Provide experiences that reinforce positive values and commitments.** If caring for others is important, give young people opportunities to care for others. If being honest is important, give them opportunities to be honest. If being generous is important, give them opportunities to share. If being responsible is important, give responsibilities to the child where others are depending on her or him. When you do, also be sure to talk about or reflect on the experience, so they become more articulate about why they do what they do.
- **View mistakes as teachable moments.** Your child is going to make mistakes and not live up to your values or his or her own. Sometimes those mistakes are fairly trivial; sometimes they have momentous consequences. In each case, remember to keep your relationship with your child as a priority, and seek to find ways to learn from the mistakes. Think together through appropriate

consequences as well as alternate strategies for dealing with the issue in the future. That may take time, but it can pay off in the long run.

• **Recognize the limits.** Even though you can (and do) influence your child's values, you don't control them. There's nothing parents can or should do that simply "copies" their own values onto their kids. Indeed, they may choose to reject some values that are really important to you. That doesn't mean you have failed; it means they are becoming their own person.

## PARENT CORNER:

### TECHNOLOGY NEWS YOU CAN USE:

#### **Video Chatting: What your Child is Using**

Once popular platforms such as Kik and Snapchat are now trailing the latest craze of teens - Video chatting. Video chatting has come to replace the chat rooms that were so popular in the 90's. Different services offer different types of video chats.

- **Skype:** Allows users to add friends by searching their real or skype name. Allows for individual video chats and messaging.
- **YouNow:** This livestreaming site allows users to post live videos of themselves singing, playing an instrument, answering questions, etc. Users can search the tags in the videos to find a stream that may interest them. For example search #Singing and see all the livestreams of people who are singing. Leave comments on the side of the stream, earn followers, likes and find your stream trending.
- **Periscope:** In combination with Twitter, Periscope is another live streaming app that users can use to share what they are doing in real time to their Twitter feed. These videos are stored so that you or your followers may view them again even when you are not live broadcasting.
- **Live on Facebook:** With the popularity of live streaming video growing, Facebook has added "Live" features to its service. Using the same account that users would access to post comments or photos, they can now use their mobile device to live stream video to their friends or followers.

If you don't understand what your teen's messages mean when they are using digital devices, you may want to check out [www.netlingo.com](http://www.netlingo.com) or [www.noslang.com](http://www.noslang.com) for an insider's guide.

## MENTAL WELL BEING CORNER:

**Anger and Your Child:** It is natural to get angry. We all get angry from time to time. What a person does with anger however, is a major part of what defines someone's character. If your child's anger escalates into rage, is ruining his/her relationships with others, or turns into physical violence it can no longer be ignored. Here are 4 simple steps to help your child manage his/her anger: 1) Help your child identify what they physically feel when they start feeling angry. Help them recognize what their triggers are and how their body reacts such as clenched teeth, breathing heavily, racing heart; 2) Teach your child to counteract their angry feelings by doing the opposite of what their body feels. For example if they are getting tense, have them do muscle

relaxation and deep breathing. ; 3) Help them to calm their nerves by asking themselves the following questions: Is it really worth getting upset over? Will the issue that I am upset about even matter in a week? How will the other person feel if I lash out at them?; 4) Give your child the opportunity to take a few moments to cool down (this may mean taking a break away from what has triggered them to get angry in the first place) and stop any statements that are running through their head. Have your child remind himself that he can't take back statements that he said. Encouraging your child to slow down in order to calm down is key to successfully managing anger.

A great book full of helpful ideas about how to manage anger is:  
HEALTHY ANGER by Bernard Golden, Ph.D.

Additional online Support and Resources for Parents:

For information on Attention Deficit Disorder: [www.chadd.org](http://www.chadd.org)

For information on Anxiety: [www.worrywisekids.org](http://www.worrywisekids.org)

For information on mental health issues: [www.nami.org](http://www.nami.org)

For information on Obsessive-Compulsive Disorder: [www.iocdf.org](http://www.iocdf.org)

For information on Learning Disabilities: [www.Idaamerica.org](http://www.Idaamerica.org)

### IMPORTANT DATES

#### April

- 4 Bowling Tournament @ Town & Country, Joliet 4pm
- 6 Track @ Martino 4pm
- 7 Bowling Tournament @ Town & Country, Joliet 7:45am  
Lularoe Fundraiser @ MJHS 3 - 7pm
- 8 Bowling Tournament @ Town & Country, Joliet 9am  
Track - Shabbona Invite 9am
- 11 ELA-PARCC Testing  
Track vs. Troy 4pm
- 12 ELA-PARCC Testing  
Blue Crew Meeting til 3pm
- 13 ELA-PARCC Testing  
Softball & Baseball Parent Meeting @ MJHS 7pm  
14-17 NO SCHOOL
- 18 Track @ Morris 4pm
- 19 MATH-PARCC Testing
- 20 MATH-PARCC Testing  
Track vs. Liberty 4pm
- 21 MATH-PARCC Testing
- 25 Track vs. Homer 4pm
- 26 Blue Crew Meeting til 3pm
- 27 Track @ Summit Hill 4pm
- 28 Progress Reports available
- 29 B/O/C State Contest  
Track - Hickory Creek Invite 9am