



February 27, 2018

RON PACHECO- PRINCIPAL
www.manhattan114.org

ONLINE REGISTRATION IS NOW OPEN

Manhattan School District 114 registration is Online again for the 2018-2019 school year. We will be switching over to a new registration system in May. In order to be able to transfer students to our new system for the upcoming school year it is imperative that you register your student(s) by April 30, 2018.

Registration for current and new families will be done at home through your personal computer. 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. 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.

ALL PAST DUE FEES NEED TO BE PAID ASAP
2018-2019 FEES WILL BE ADDED AT THE END OF FEBRUARY

In order to place students in classes for the next school year you need to complete online registration. If you will not be returning to the district in the fall please contact us.

If you have any problems or questions regarding registration or fees, please contact Sarah Bancsy at [815-531-3326](tel:815-531-3326) or sbancsy@manhattan114.org

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.

MAKE YOUR LUNCH PAYMENTS ONLINE

Pay for your children's lunch and registration fees online with a credit card through Homelogic. You may continue to pay for lunches with cash or check by sending it to school in an envelope with your student information on it. Lunch payments made online with a credit card must be a minimum of \$10.00.

If you should have any questions about your balance, please feel free to call.

STUDENT ABSENCES

Please be sure to leave a message in the main office **before** 8:00 a.m. if your child will be absent. Our voicemail system is on continuously enabling parents to call the school at **anytime** to leave a message.

FANNIE MAY FUNDRAISER

We raised \$675.76, thank you to all that helped out. The winners were: Aubree Schultz, Emily Vlach and Kylee Shea.

BOWLING TEAM

The Bowling Team for 2017-18 school year.

8th gr: Allie Dague, Matt Lee, Mikayla Wetzel.

7th gr: Jake Bogda, Cole Craven, Ethan Ezell, Chloe Greep, Jack Howe, Kenny Jones, Josie Kennedy, Dylan Letherby, Abbey Manprisio, Matt Manprisio, Mike Martin, Brende Wetzel, Evan Ziolek.

6th gr: Chase Cypser, Cailey Evans, Miz Flentge, Jessica Gruca, Alison Jachymiak, Trevor Johnson, Lucas Lunde, Jack MacFarlane, Ella Nichols, Samantha Smith, Lukas Spetz.

MATHLETES

Please wish the 7th and 8th grade Mathletes good luck at their first competition. We have been working hard at practices the last couple of months! It takes place on Wednesday, March 14, (Pi Day) at Lincoln-Way West. We are hoping to have news of awards to share in the next newsletter!

7th grade Mathletes: Stella Coughlin, Danny Heise, Jack Howe, Nathan Trull, and Anna Zheng.

8th grade Mathletes: Hailey Novak, Taylor Novak, Lizbeth Gonzalez, Alexa Busse, Grace Denton, Karoline Chidester, Julie Arias, Aiden Healy, Nico Borrelli, Michael Korpitz, Erik Shauger, and Kristen Shepard.

STEM PRESENTATION

The 8th grade students had the opportunity to find out about occupations all relating to Science, Technology, Engineering, and Math on February 22. Eighth grade parents gave 25-minute presentations on their job using demonstrations, powerpoints, hands on, and question and answer sessions. Ryan Hollendonner talked about his career as a U.S. Army engineer. Tim Cogan explained his career as an Information Technologist for Flexco. Elice DeRoos introduced the students to a career in marketing. Colleen Sexton Ph.D. gave students insight into her role as Associate Vice President for Academic Affairs at Governors State University Andrew Chidester explained his career as a high school science teacher at Thornton Township High School. Paula Webb and Amy Goberville, 8th grade Science and Math teachers at Manhattan Junior High, hosted the 3rd Annual STEM Career Day and hope to continue it as an annual enhancement for the 8th grade class.

8th GRADE PLAY:

Manhattan Junior High is pleased to announce that the following actors will be featured in this year's play NO SIGNS OF INTELLIGENT LIFE: Mandi Albrecht; Kelli Barna; Madeline Cuttle; Grace DiNovo; Alyssa Drynan; Maddy Eckert; Karsyn Essenburg; Luke Hatje; Lizzy Gonzalez; Maggie Gonzalez; Lola Guzman; Haidyn Haglund; Abbie Kiernan; Gabe McDonough; Hailey Miller; Katie O'Neill; Jason Parks; Kristen Shepard; Jean Stachulak; and Paige Tuton. Our evening performance will be on Thursday, April 12th at 7 PM at Anna McDonald. Circle your calendars now!

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, 2018. 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. (cont.)

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.

BAND

IMPORTANT UPCOMING BAND DATES:

Mar. 7: Symphonic Band performs concert with LWW and Liberty JH at LWWHS.
More info to follow.

Mar. 15: MANDATORY meeting for parents whose child will going on the Symphonic Band trip to Tennessee. Meeting will take place at 5:30pm in the band room. Please have one parent attend this important meeting.

Mar. 15: IGSM Pep Rally Concert for Concert and Symphonic Band, 7:00pm in the gym.
Students are to

arrive by 6:30pm wearing band pants, band jacket, royal blue Manhattan JH band shirt, BLACK

KNEE HIGH socks and black shoes. ALL STUDENTS ARE EXPECTED TO ATTEND!

Mar.16 & 17: Concert Band and Symphonic Band will be performing at the Illinois Grade School Music

Association Band Contest to be held at Manhattan JH. Concert band will perform on Friday, March

16 at 5:40pm. The Symphonic Band will perform on Saturday, March 17 at 1:00pm.

Dress for both

bands is as follows: band pants, band jacket, royal blue Manhattan JH band shirt, BLACK (NOT

WHITE) KNEE HIGH SOCKS, and black shoes.

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

ORCHESTRA/CHOIR

Congratulations to the orchestra and choir students that competed in the Illinois Grade School Music Association contest on February 10th, at Troy School in Shorewood. Manhattan scored 14 first place ratings and 5-second place ratings! Perfect scores to Kailey White 7th grade voice, Nora Kelly 7th on violin and voice, Makenzie Ceh 5th on violin and Abigail Kiernan for voice.

On March 10th the Demon Orchestra, Demon Choir, Madrigals and Lady Demon Choir will be competing in the IGSMO organizational contest!!! Good luck singers and stringers!

STUDENT COUNCIL NEWS:

Student Council will be sponsoring our last fundraiser for the year during the week of March 12th through March 16th. Students will be able to purchase plastic eggs for 50 cents each. Eggs will contain candy and/or prizes. All money raised will go to the Manhattan Food Pantry.

MARCH ASSET: This month students will be recognized for possessing the asset of *courage*. Courage can be seen any time we get out of our comfort zone and take healthy risks. Some examples of courage that teachers will be looking for this month are those students who may be challenged by anxiety and are afraid of being judged by others but who push through and attempt to do something difficult like sharing their opinion or presenting in front of their class; students who feel insecure about their physical abilities but try out for a sport's team anyway; students who are uncomfortable around their peers but who face this discomfort and come to school each day; students who stand up for themselves and show respect for both themselves and for others; and students who desperately want to "fit in" with the popular crowd but who befriend a student who has been marginalized by others.

As parents, what is that certain quality we want to instill in our children that will make them courageous when others cower? Here are 7 ways to teach our children how to show courage.

1) Show them what courage looks like. If we want our children to show courage, then we have to show courage. We need them to witness us stepping out of our own comfort zones. If we are terrified of rollercoasters, then we must face our fear with them and ride that monster at the park. Maybe we are afraid that dancing will make us look silly. Then we need to take dance classes and prove that notion wrong. When those moments happen when our character is tested in front of our children, we must show them that we have the strength to do the right thing. We are tested in a vast variety of ways daily. We need to be their heroes first and foremost.

2. Challenge and Praise. We naturally want to protect our children at all times. However, we also must challenge them constantly to try new things and to do things they might fear. Trying new food, speaking in front of the class, or playing a sport are some examples. When they step up and do these types of things, we need to be sure to give ample praise and love. Build on their courageous attempts.

3. Invoke Culture and Heritage. It is nearly impossible to complete a courageous act without a reason for doing so. Our various cultures and rich heritage provide the foundation for what we believe. "Son, you are a Jones and we have a long history of standing on the side of justice." When we invoke family pride in that manner, we are invoking the heritage of our people and our nation. Teaching children their history and where they come from gives them the base they require to display courage.

4. Point Out Real Life Role Models. When we think of heroes, we think of soldiers, firefighters or policemen and women. They all can certainly provide many examples of courage and valor. Go even further by giving them brave quotes from people. Such as this quote from John Wayne that states, "Courage is being scared to death and saddling up anyway". A weekly quote such as this for all to read (put it on your fridge) is a great way to get developing your mind thinking in the right direction.

5. Encourage Them to Reach Out. Young children are very accepting of almost anyone. Eventually, however, as is human nature, as children get older cliques will form and social groups will stick in the same patterns. Those that are "different" often wind up left out. Courageous kids, the type of people that become adults that we desperately need in society, will step outside of the boundaries of peer pressures. They will reach out to that child who is sitting alone in the cafeteria. Encourage them to befriend the child on the outside looking in.

6. Build Confidence and Conviction. Build and nourish confidence within your children. Help them know their core identity is not in their performance, what others say about them, or the sum of their possessions. They are special because they exist. Let them know that because of this to always walk in confidence. Confidence is what is needed to feed courage and to take healthy relational risks.

7. Role Play. Get creative. Come up with different scenarios involving potential acts of bravery and courage. Role-playing will help your child learn the nuances of how to react and give them great experience to draw upon when needed in real life.

PARENT CORNER:

Healthy Risk Taking: Although encouraging your child that healthy risk-taking is vital to instilling confidence, courage, and the ability to plan and resist impulses, teens have the tendency to take risks that end in making choices such as binge drinking, vaping, and using hard drugs. In the brains of teens, the "GO" light tends to shine bright, but "CAUTION" and "STOP" aren't completely wired yet. Many times teens give in to temptation by believing that nothing bad can ever happen to them, which is why teens may be more likely to take unhealthy risks. Here are some ways that parents can help their teens avoid negative risk-taking:

- 1) Brainstorm with your teen ways to find meaningful and challenging activities that can help them focus their interests. Is it a physical thing, like sports, that makes him happy? A creative one, like drawing or playing guitar? An emotional one, like volunteering at an animal shelter? Once you know, you can look for healthy risks that produce the same feeling. If you need

inspiration, you and your teen can take a look at what others are doing. Begin your conversation with questions such as: 1) What makes you the happiest?; 2) To you, what's the most valuable thing in the world?; 3) What's the most exciting thing you've ever done or can imagine doing?; 4) If you had eight hours to do whatever you wanted, what would you do?

Once your teen settles on an activity, asking simple questions is a great way to help him get going and to run with the idea: 1) How much time do you want to dedicate to this activity?; 2) How will you get there?; 3) What equipment or tools will you need?; 4) Who should you contact?

If he gets off track, don't just jump in and take over - giving him too much help negates the whole learning experience. Let him navigate through the process of getting started, and then following up on the activity itself. If he's hesitant to try something new, talk about your own healthy risk-taking - and your failures - with him. Be sure to model the behavior you want to see in your teen, too, so he has an example set for him (whether he realizes it or not, he's emulating you).

Lots of parents are afraid to set limits. They think it will build a wall between them and their teen. In truth, limits actually show your teen that you care. The tricky part is finding a balance between your need for control and your teen's need for independence. Every teen is different. Figure out where yours needs limits.

Depending on your teen's personality and routine, you might consider setting boundaries that spell out: 1) What he can and can't do after school. This is prime time for experimenting with drugs and alcohol. Having an adult around during these hours is one of the most effective ways to prevent drug use. 2) When he has to do homework. 3) When he can use the computer and what he can use it for. 4) When and how long he can use the phone. 5) When he needs be home at night on weekends. 6) What kinds of parties he can go to and who he can go with.

Be open to letting your teen help create the rules and the consequences for breaking them. Teens are much more likely to obey rules and limits that they help to create. Work with your teen to figure out what you both can live with. Be open-minded about his goals and needs — and crystal clear about yours. Remember, each rule or limit has to work for both of you.

When it comes to defining consequences here are a few questions to keep in mind as you go. 1) Does the punishment fit the crime? Grounding him for a week may be too harsh when he's 20 minutes late for dinner, but reasonable when he misses curfew by two hours. 2) Can you enforce the consequence? If your teen stays home alone while you work a night shift, saying he has to be in bed by 8 p.m. isn't very enforceable. and 3) Is the consequence clear? Saying, "If you miss curfew, you can't use the phone." is vague. Saying, "For every 30 minutes you're late, you lose your right to use your phone for one day." makes the cost clear.

But what happens when your teen crosses the line, which very well might happen? First, keep your emotions in check. All teens make mistakes. That's how they learn. And when your teen does, you're bound to be mad. Avoid making empty threats or you'll lose credibility. Take time to cool off then calmly tell him about your disappointment, anger, or frustration. (Your feelings can be a very powerful motivator.) And in the end, remember your agreement — only enforce the consequences you talked about, no surprises.

Don't be afraid to monitor your teen. The idea of "monitoring" may sound sinister, but it's actually a very simple idea that leads to great things: knowing where your teen is at all times (especially after school), knowing his friends, and knowing his plans. By staying in-the-know about your teen's daily schedule, you're taking an important step in keeping him free from unhealthy risk-taking, such as substance abuse. Teens who are not regularly monitored are four times more likely to use drugs than teens who are.

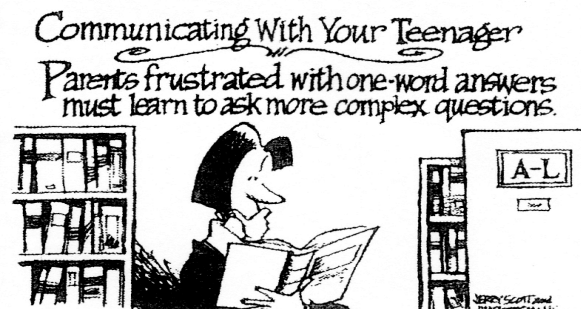
Because monitoring conflicts with your child's desire to be independent, he is likely to resist attempts to find out the details of his daily whereabouts. Don't let this deter you. He may accept the idea more easily if you present it as a means of ensuring safety or interest in who he is and what he likes to do, rather than as a means of control.

There are 5 core rules of monitoring: 1. Know where your teen is at all times - physically and virtually. Keep tabs on your teen's Internet use by using web browser tools and software designed to block certain sites. Make sure he or she knows you're asking out of love, not because of a lack of trust. 2. Get to know your teen's friends - both online and off. While you're at it, get to know your teen's friend's parents, too. Get together with the parents to discuss your children and any recent incidents related to alcohol or drugs in your community. 3. Find out how your teen plans to spend his or her day. Looking for something to discuss during dinner? This is a great one. "So... what're you up to tomorrow?" 4) Limit the time your teen spends without adult supervision. After-school hours are the most dangerous time for tweens or teens to be on their own. Work something out with other parents to ensure that your teen has an adult around at all times. 5) Learn the technology your teen is using - and use it. Text message, email, instant message and social networking sites are all great ways to check in with your teens to find out where they are, who they're with and what they're up to.

For more information on this subject check out the following books:

GET OUT OF MY LIFE, BUT FIRST COULD YOU DRIVE ME AND CHERYL TO THE MALL: A PARENTS' GUIDE TO THE NEW TEENAGER (Anthony Wolf, Ph.D.)

QUEEN BEES AND WANNABES: HELPING YOUR DAUGHTER SURVIVE CLIQUES, GOSSIP, BOYFRIENDS, AND OTHER REALITIES OF ADOLESCENCE (Rosalind Wiseman)



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IMPORTANT DATES

March

- 1 DC Trip
Bowling @ Laraway Lanes 3:45pm
Scholastic Bowl @ MJHS vs. Mokena
- 2 DC Trip
Report Cards available
- 5 **NO SCHOOL** - Casimir Pulaski Day
7th GVB Sectional
- 6 Scholastic Bowl @ MJHS vs. Homer Jr High B Team
- 8 Bowling @ Laraway Lanes 3:45pm
- 10 Orchestra IGSMA Contest
Choir IGSMA Contest
7th GVB State
- 12 8th GVB Sectional
- 13 PTO Meeting @ WC 6:15pm
7th GVB State
- 14 LW Math Competition @ LWW 6pm
Science Club 2:30 - 3:30
Board Ed. Meeting @ WC 7pm
- 15 Bowling @ Laraway Lanes 3:45pm
IGSMA Pep Rally 7pm
- 17 IGSMA Band Contest @ MJHS
8th GVB State
- 20 8th GVB State
- 22 Bowling @ Laraway Lanes 3:45pm
- 23 **EARLY RELEASE - NOON**
- 26-4/2

SPRING BREAK

APRIL

- 3 School Resume