

MANHATTAN JR. HIGH NEWSLETTER

RONALD PACHECO - PRINCIPAL

www.manhattan114.org

November , 2016

SCHOOL CLOSING INFORMATION:

Call your child's school phone number (Manhattan Jr. High – 815-478-6090), or the district phone number (815-478-6093). Then, press 5 to hear updated information about school closings.

Parents have other options to receive information on whether our school will follow PLAN A: School is closed or PLAN B: School will begin one hour later than usual. These options are as follows:

1. Listen to WJOL Radio (1340 AM), WGN Radio (720 AM), WBBM Radio (780 AM), CBS Channel 2, NBC Channel 5, ABC Channel 7, WGN Channel 9, Fox Channel 32 and CLTV Cable.
2. By touch-tone phone call 312-222-SNOW. You will be prompted to enter our main phone number 815-478-4527.
3. Access the website www.emergencyclosings.com. Once connected, search for Wilson Creek School for information. Parents can sign-up to receive an e-mail notification through this website.

EARLY DISMISSAL: If it becomes necessary to close school during the day, an announcement will be made on WJOL (1340 AM) radio. Our school will attempt to contact Wilson Creek, Anna McDonald, and requested Manhattan Junior High parents, only in the event of an early dismissal. Make sure your child has proper instructions as what to do!

NOTE FROM THE VILLAGE

Trick or Treat hours within the village limits are 3:00pm to 7:00pm on October 31, 2016.

PARENTS

If you **haven't** sent in your email address or it has changed please send me an email with your changes to: gjohnston@manhattan114.org so we can send you the newsletters, and other important information.

PARENT / TEACHER CONFERENCES

Parent/Teacher conferences are on November 21, 2 - 9 PM and November 22, 8 - 1 PM. There will be no school on these days. If you need to set-up an appointment, please call 478-6090.

HAPPY THANKSGIVING

There will be **NO SCHOOL** on Wednesday, November 23, Thursday, November 24 or Friday, November 25. On behalf of all faculty and staff, we wish you and your family a Happy Thanksgiving!

CHEERLEADERS 2016-17

Congratulations to the cheerleading squad of 2016-17. Audrey Wohleber, Hannah Williams, Grace Rinke, Grace Rauhut, Mia O'Malley, Brianna Nolte, Jocelyn Neumeyer, Savannah McCloud, Sarah Husa, Larissa Eick, Hannah Chapman, Elyse Black, Olivia Hollendoner, and Mandi Albrecht.

2016-17 BOYS BASKETBALL TEAMS

- 8th gr. – Cam Brady, Payton Branch, Luke Denny, Aidan Fitzpatrick, Ben Guzek, Griffin LaMarche, Zach Lomalie, Aaron Ronaldson, Cam Sparks, DJ Wrobel, Danny Zurawicz.
- 7th gr. – Theo Arnold, Jos Boswell, Will Brandau, Jackson Cogan, Joey Falejczyk, Jaden Fehrenbacher, Ryan Hochhalter, Payton King, Carter LaMarche, Evan Pruum, Isaac Shafer, Emmett Thompson, Isaac Whiting. Manager – Matt Lee.
- 6th gr. - Danny Bergin, Nick Becker, Michey Ceh, Owen Crafton, Bobby Elsinga, Josh Gray, Matt Gruca, Trent Guzek, Anthony Igel, Reagan King, Garrett Konopack, Chance Lorde, Seth McWilliams, Ethan Michel, Colin Moore, Joey O'Brien, Travis Thompson, Jack Towner, Joey Vega. Manager's – Rylan Cupp, Ricky Parks, AJ Rago.

VETERANS DAY ASSEMBLY

On November 11, 2016, 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. 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.

BOX TOPS FOR EDUCATION PROGRAM

Thanks to everyone for participating in our Box Top Competition. The winning class was Mrs. Smith's first period class who collected a total of 1592 Box Tops. 2nd place went to Mrs. Senka's first period class. Total box tops collected from everyone is 6,201 great job everyone. Mrs. Smith's will receive a donut breakfast and special prize for the 2nd place winners. Please keep sending in your Box Tops or save them for the Spring competition we will be having starting in January.

Thank you for your support.

From the Nurse's Office:



Dental examinations are required for all children entering Kindergarten, Second, and Sixth grade. Dental examinations must be completed by a licensed dentist in Illinois. The completed exams are due by May 15, 2017 for the 2016-2017 school year. The exam must have been completed within 18 months prior to the May 15th deadline. Any exam done on or after November 15, 2015 is acceptable.



Any student interested in trying out for any sports team must have a Sports Physical. Sports Physicals are good for one year. Any questions regarding this contact the schools nurse.

BAND NEWS

Thurs. November 10: Fifth Grade Beginning Band Concert at 7:00pm in the JH gym. Students are to wear their white beginning band shirt, black pants/skirt, black socks/shoes, and dress shoes. No tennis shoes please.

Fri. November 11: Symphonic Band will perform at Veteran's Day Assembly. Parents are able to attend this performance. Students are to bring their band uniform, band shoes, garment bag and a change of clothes to school with them the morning of November 11. Students are to wear the following to the performance: royal blue Manhattan JH band shirt, band pants, band jacket, BLACK (NOT WHITE) KNEE HIGH socks, and black shoes. NO CAPE OR SASH.

Tuesday, November 15: Butterbraid delivery for band students who sold Butterbraids for the fall fundraiser. Pick up is between 2:30-4:00pm in the band room. PLEASE pick up your order on time for we cannot guarantee the quality of your items if they are not picked up on time.

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

ORCHESTRA/CHOIR NEWS

Congratulations to IMEA students that were accepted to this prestigious festival: Courtney DeVenuto-violin, Epiphay Shaw - violin, Makenzie Schussler-violin, Katie O'Flynn-violin, Lilah Hernandez-cello! Congratulations!

We will be having our only mandatory fundraiser for the year in November. "Christmas Cash" Lottery tickets for \$10.00 each. If your number is drawn you will win cash, mailed to your house. Please support our department, thank you.

STUDENT COUNCIL ACTIVITIES

Red Ribbon week was held October 24th – October 28th and was a great success. MJH held an assembly, had daily dress-up days, sponsored a poster contest (our winners will be announced in our next issue) and managed a fundraiser for Operation Care Package to offset the postage of mailing packages to our soldiers overseas. As of this writing we have raised over \$150! Thanks students for a great week!

ASSET FOR THE MONTH:

Manhattan Jr. High will be recognizing those students who reflect the asset of SPORTSMANSHIP. Although it can be defined in many different ways, we will be looking for students who reflect two specific behaviors: 1) respect for others and the setting in which our students find themselves in – be it the playing field or the classroom; and 2) graceful “winning” and “losing”. We are looking for students who take responsibility for their behavior and who treat others (classmates and teachers) kindly and fairly even when it is challenging to do so.

As parents we can help our children learn and demonstrate positive sportsmanship behaviors. Here is how. First, we must fix ourselves. If we do not reflect good sportsmanship behaviors, we will have a difficult time instilling values in our children that will translate into positive behavior. We need to take the lead with role-modeling those behaviors we wish our children to emulate.

Secondly, we need to teach our children what they can and cannot control. Good sportsmanship is a choice. Children should be taught that even though others may not always abide by the rules, they should still abide by the rules because it is the right thing to do. Emphasize to them that the one thing that they can control is their emotions. (Highly competitive children may need to work harder on this.) They need to know what triggers them, such as making a mistake like missing a shot or answering a question incorrectly, and how to calm down. Learning from one’s mistakes is an important lesson they will take with them well into adulthood. If your child acts inappropriately when something goes wrong then teach your child alternative ways to handle disappointment. Make consequences clear for behaving inappropriately. Whenever there is more pressure for results, chances are increased that children will do whatever they need to in order to come out as winners. Show them where the line is and what the consequences will be if it is crossed.

Lastly, help your child focus on the positive aspects of engaging in challenges such as tackling a difficult subject or learning a sport, including the importance of practice and hard work, of setting positive goals for how to improve, of not giving up after failure, of not always having to be the best (there is a huge difference between striving for perfection and perfectionism), and the social aspects of being on a “team”. Use peer pressure to your advantage by stressing the value of cooperating with others and reminding them that teammates and classmates can help them stay positive if they are feeling down. Keep the focus on having fun and growing as individuals - regardless of the outcome.

PARENT CORNER:

FRIENDSHIPS AND YOUR TEEN: Friendships in junior high can be a rollercoaster ride for your child and for yourself. Why our children choose the friends they do can instill in us a sense of panic. Here is how to address those red flags concerning your children’s friends. First of all be aware that if you criticize your children’s friends you are, in effect criticizing your children. When we jump to react negatively about our children’s friends we are basically insuring that what might be just a fleeting attachment will now become more like Velcro. Although your concerns might be valid, the best way to address your concerns to your child is to be honest and direct. Let your child know that their new friend makes them nervous and that you are concerned that now they won’t abide by your rules. Let your child know that no matter who their friends are, your expectations about their behavior (whether it is about smoking, swearing, cutting school, not being respectful to others or not doing homework) remains the same, as do the consequences.

If one of your child’s friends is acting out, then it is time to evaluate the friendship. Is the behavior harmful, hurtful, or both? How long has he been a friend with the child? Does this child have valuable qualities that are masked by aggression? Does the possibility exist to speak with the friend’s parents in the hopes of changing the behavior?

Talk to your child to about his friend and the behavior. Together you may be able to determine if there has been a change in circumstances that may be causing his friend’s behavior. You may learn his friend is struggling in school, feeling inadequate over a family crisis, or looking for additional attention. Sometimes understanding what is fueling the behavior will help you and your child handle it.

Explain to your child that despite his friend’s actions, it is not kind to be hurtful, disrespectful or seek negative attention. If he’s comfortable with acknowledging his friend’s actions, guide him to tell his friend that he doesn’t agree with the behavior and he’s not going to participate.

Teach him to recognize triggers that spark inappropriate behavior. Perhaps his friend becomes overwhelmed in large groups and retaliates with bullying behavior. If your child is aware of his friend’s pressure points, he can avoid inappropriate situations while possible helping his friend overcome the behavior.

Secondly, be mindful that appearances aren't always accurate. How would you have reacted to your parents banning your best friend? Most children will rebel because they take offense to feeling out of control in the process of choosing friends. If his best friend unexpectedly dyes his hair blue or begins wearing unusual clothes the friendship doesn't necessarily have to be halted. Purple hair doesn't change what his friend's morals, beliefs or personal qualities are. Given safe freedom to express themselves children tend to outgrow the color of their hair and style in clothing while growing in lifelong friendships.

By the time he reaches adulthood, many people will have shared moments of your child's life. Giving him age appropriate space to choose his friends while promoting the ability to identify who compliments his personality, contributes to a healthy friendship and who shares his ideals will continue to yield him lifelong friends and cherished memories.

Good resource on this topic: GETTING TO CALM: COOL-HEADED STRATEGIES FOR PARENTING TWEENS AND TEENS (Laura Kastner, Ph.D.)

RESOURCES FOR FAMILIES:

www.commonsemmedia.org has age specific guidelines, videos, and articles for parents to provide them with help in addressing the issue of cyberbullying with their children. Whether your child is the target or the bully this resource is a must-go place for parents.

Aunt Martha's Joliet Health Center: This low cost clinic provides medical, dental, substance abuse treatment, and behavioral health care for adults and children. Diagnostic evaluations, assessments, counseling, and preventative medicine are just some of the services provided. Located at 1301 Copperfield Ave, Ste. 201 (in the old Silver Cross Hospital), you may go their website or call 877-0692-8686 for more information.

IMPORTANT DATES

Nov.

- 1 GBB (7&8) @ Summit Hill 4pm
- 1 GBB (6) @ Hilda Walker 4pm
- 2 GBB (7&8) vs. Peotone 4:15pm
- 3 BBB (7&8) @ Wilmington 4:30pm
- 3 GBB (7&8) vs. Homer 4pm
- 4 GBB (6) @ A. Mc. vs. Hadley 4:15pm
- 4 BBB (7&8) @ LWW Tourney
- 5 I.M.E.A. Festival @ Riverside H.S.
- 7 GBB (7&8) vs. Troy 4pm
- 7 GBB (6) @WC vs. Orenic 4:15pm
- 7 BBB (7&8) @ Troy 4pm
- 7 BBB (6) @ Orenic 4pm
- 9 GBB (7&8) @ Mokena 4pm
- 9 GBB (6) @ Mokena 4pm
- 9 BBB (7&8) vs. Mokena 4pm
- 9 BBB (6) @ WC vs Mokena 4:15pm
- 10 Orch/Band (4 & 5 gr.) Concert @ MJHS 7pm
- 14 GBB (7&8) vs. Hickory Creek 4pm
- 14 GBB (6) @ WC vs. Hickory Creek 4:15pm
- 14 BBB (7&8) @ Hickory Creek 4pm
- 14 BBB (6) @ Hickory Creek 4pm
- 15 BBB (7&8) vs. Bourbonnais 4pm
- 16 GBB (7&8) @ Liberty 4pm
- 16 GBB (6) @ Oakview 4pm
- 16 BBB (7&8) vs. Liberty 4pm
- 16 BBB (6) @ WC vs. Nelson Ridge 4:15pm
- 18 End Trimester
- 18 GBB (6) @ Mokena Tourney
- 19 GBB (7) Regional's
- 21 P/T Conference 2 – 9pm
- 22 P/T Conference 8am – 1pm
- 23-25 No School – Thanksgiving Break
- 28 GBB (8) Regional
- 29 BBB (7&8) @ Martino 4pm
- 29 BBB (6) @ Bentley 4pm
- 30 GBB (7) Sectional
- 30 GBB (8) Regionals

Dec.

22 Early Release 1:30pm

23-Jan 6 Winter Break

Jan.

9 Class Resumes