

Manhattan Jr. High

December Newsletter November 29, 2017

HAPPY HOLIDAYS

The faculty, staff, and I wish you a safe and joyful holiday season. We hope the New Year will be filled with joy for you and your loved ones.

INFORMATION CHANGES

It is very important that you notify the school of any changes in home, work, or emergency phone numbers. Valuable time can be saved in an emergency if our information is kept up-to-date. Please call 478-6090 with any changes as soon as possible.

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!

STUDENT DROP OFF

More parents drop off their students in the morning during adverse weather conditions. Please help keep traffic in the parking lot flowing by encouraging your child to be prepared to exit your vehicle in a timely manner. Your cooperation is greatly appreciated.

PARENTS

If you changed your email address, please send an email to: gjohnston@manhattan114.org

LUNCH ACCOUNT

Make sure that you are checking your student's lunch account a couple times a week. Remember you can pay on line or send in the money. If sending in the money make sure it is in an envelope with students name on it and their grade. Lunches are \$3.00, ala carte is \$1.50.

EARLY DISMISSAL

Friday, December 22, the Junior High will be dismissed at 1:30 p.m., Anna McDonald will dismiss at 2:15 p.m., and Wilson Creek at 2:30 p.m. School resumes after winter break on Monday, January 9.

SCHOOL MEDICINE POLICY

Just a reminder to parents/guardians: Manhattan School District 114 policy states that ALL medications – prescribed or over-the-counter, may not be distributed at school without written notice from a doctor. Short term medication such as anti-biotic or ibuprofen follows the same specifications and must have written notice from a doctor. Lastly, all medication at school must be in the original container.

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, 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. 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. If you are unable to obtain the required dental examination at this time, please contact the nurse's office.

GIRLS VOLLEYBALL TRYOUTS

Girl's volleyball tryouts are going to be December 12th 2:40-4:30pm & 13th 6 – 8 am. at MJHS. If trying out you must have a sport physical on file and up to date. If not sure check with the nurse.

BAND DECEMBER UPDATES

Dec. 7 Band-Orchestra-Choir Holiday Concert 7pm MJHS for Concert and Symphonic Bands. Students should arrive by 6:30pm wearing the following:
Band pants, jacket, royal blue MJHS band shirt, BLACK (not white) KNEE HIGH SOCKS, and black shoes. NO cape or sash.

Dec. 8 Concert and Symphonic Band will be performing at an assembly at the JH at 8:00a.m. Students should arrive at school wearing their welcome to attend this performance. Please bring garment bag with your child's name on it and a change of clothes and shoes for after the performance.

The Secret Santa fundraiser will take place at Wilson Creek on Thur., Nov. 30 & Fri., Dec. 1.
The Secret Santa fundraiser will take place at Anna McDonald on Mon., Dec. 4 & Tues., Dec. 5
Please contact Mrs. Pedziwater with any questions at cpedziwater@manhattan114.org

CHOIR AND ORCHESTRA NEWS

Thank you to all who supported our only fundraiser "Christmas Cash"! Checks will begin on December 1st, good luck!

December 4 - Our madrigals will be Christmas caroling for Santa at the Manhattan Library at 5:00 p.m. then it is off to the New Lenox "Cottages" to perform for the homes.

December 7 - Christmas Concert at 7:00 p.m.

December 8 - Christmas Concert for the student body at 8:15 a.m. Wear your formal to school

December 9 - Choir students singing Christmas carols at the Round Barn Farm. Arrive in warm clothes & Santa hats & reindeer antlers at 11:45. Singing begins at noon and we will be done at 12:15.

December 11-15 - Anyone looking for solo and ensemble music, there are no before school/after school rehearsals for junior students. The elementary students ARE rehearsing.

December 15 - LAST DAY to turn in solo and ensemble information, no exceptions. The district is paying for your entry fees.

Thank you for sharing the gift of music with everyone!

STUDENT COUNCIL NEWS

Student Council will be holding its biggest fundraiser for the year from December 5th through December 8th as we raise funds for the Angel Tree Network. With the money raised by this fundraiser we will be purchasing holiday presents for Manhattan families in need. Please consider having your child give to this important cause. The winning grade will win a Dodge ball tournament for their grade.

DECEMBER ASSET OF THE MONTH:

This month Manhattan Jr. High will be honoring students for Student of the month who exhibit the character asset of determination. We define determination as the power to persist, to go the distance, to maintain effort and interest despite failures, adversity, and plateaus in progress, and to get it done no matter what obstacles or challenges are thrown in one's path. Students who demonstrate determination are seen as not giving up after making mistakes; who seek out extra help to get through challenging concepts being taught in class; and who consistently try their best even though they may be faced with learning and/or emotional disabilities that make academic instruction challenging.

As parents we know that life is full of challenges. Helping our children realize that not all problems will be solved quickly and easily is one of the most important life skills they can learn. Determination is one of a set of "non-cognitive" skills, such as curiosity, resilience, self-control, that researchers now realize impact students' long term success just as much, or possibly more, than academic skills or IQ. Developing this life skill will set our children up to accomplish great things and keep dreaming and striving when others around them have already given up.

But can determination be taught? If determination is so important, what can parents do to instill it, without nagging their children endlessly or creating even more work and anxiety into their days?

- 1) Instead of praising your child for his grades or for being "smart," praise him for being tenacious and determined. Focusing on those qualities of "stick-to-it-ness" may help children succeed more than praise for particular achievements.
- 2) Allow your child to get frustrated. Parents hate to see their children struggle. But learning from challenges, and failures, is the key to making the connection for children that true achievement doesn't come easily.
- 3) Focus family discussions on effort rather than grades or innate skill. Be a role model of "determination" for your child. Try new things and talk about how difficult they are and how they don't come easily to you. Talk about your own goals such as running a half-marathon or cleaning out the basement and explain how you set smaller goals to achieve them. Share your own struggles and how you got past them.
- 4) Most of all, remind your children daily that failure is not something to be afraid. Remind your children every day to believe in themselves even when they want to give up. As Henry Ford once said, "When everything seems to be going against you, remember that the airplane takes off against the wind, not with it."

PARENT DIGITAL CORNER:

The following is a summary from the article: "The Scary Truth About What is Hurting our Kids" (ourmodernfamily.com)

CNN recently interviewed Dr. Jean Twenge, author of iGen. Dr. Twenge started doing research 25 years ago on generational differences, but when 2011 -2012 hit she saw something she quoted that "would scare her to the core". That was the year when those having iPhones went over the 50% mark. During that time a profound shift in how our children spent their time was noted with a decrease in our youth spending face time with friends, getting less sleep, and dating less. It was also the year when more teens started to say that they felt "sad, hopeless, lonely, useless... that they couldn't do anything right".

Prior to the advent of the smart-phone, teens didn't know every time there was a get-together that they weren't invited to and they didn't see pictures of each outing, game, or party. They didn't care what they looked like when they were hanging out with friends, because they were the only ones that were there; the worry of a phone able to take pictures and post them on sites such as Snapchat wasn't there. If bullying happened, children left it at school. It didn't happen at home. Everyone couldn't see it or know what they were teasing other children about since they weren't there. Now it's all public knowledge and anyone can join in or watch.

According to Victoria Prooday, Occupational Therapist & writer at YourOT.com, "There is a silent tragedy developing right now, in our homes, and it concerns our most precious jewels – our children. Researchers have been releasing alarming statistics on a sharp and steady increase in kids' mental illness, which is now reaching epidemic proportions. She quotes the following statistics:

- 1 in 5 children have mental health problems
- 43 % increase in ADHD and a 37% increase in teen depression
- 200% increase in suicide rate in children 10-14 years old

With the advent of at-your-fingertips computer technology there has also been, according to Dr. Prooday "a decrease in emotionally available parents; clearly defined limits, guidance, and responsibilities; balanced nutrition and adequate sleep; movement and outdoor activities; creative play, social interaction, and opportunities for unstructured times and boredom. Instead, children are being served with: digitally distracted parents; indulgent parents who let kids "Rule the world"; sense of entitlement rather than responsibility; inadequate sleep and unbalanced nutrition; sedentary indoor lifestyle; and endless stimulation, technological babysitters, instant gratification, and absence of dull moments".

Whether or not you agree with these viewpoints, as parents we all can become better in changing how we approach parenting in this digital age. Here are some pointers: 1) Get back to what we did before phones (back to what our parents did when we were young)... spend time playing games with our children; 2) Drop everything that you are doing when your children get home from school to TALK to them; 3) Make dinner a family affair without having the TV on, the phone close by, or the tablet tuned into something. Spend time talking to one another, face-to-face; 4) Use any 'car time' to talk to our children (maybe even by not allowing electronics in the car; 5) Give your children chores: Responsibilities increase their self-worth. Let them know that if they don't set the table, we can't eat. If they don't wash their clothes, they will have nothing to wear tomorrow; 6) Be sure that your children are getting enough sleep. They need to go to bed "unplugged"; 7) Don't keep a lot of junk food in the house. Limit junk food & replace it with fruits and vegetables; 8) Take away electronics and tell your children to play! Don't feel the need to always play with them. They need to learn how to keep themselves entertained. It is OK if they say they are bored. They will be able to dream up something to do. With this direction for them, make a rule for yourself to set aside time for you to put your electronics away when your children are home; 9) Talk to your children about why they need to come to you if something is wrong. Let them know that you would do anything to help them. Say to them daily, "If you are ever feeling sad or left out about something and it becomes too big for you to handle easily, come to me"; and lastly, 10) Don't rescue your children. Let them know that we are all human beings; we aren't perfect; and sometimes we make mistakes. Teach your children to embrace imperfection and drop the notion that being perfect is the goal. With the digital age comes more and more opportunities for our children to compare themselves to unrealistic standards they see online. The more "likes" they get, the more they feel better about themselves. As parents, we need to address these unrealistic expectations with our children and let them know that they are absolutely fine just the way they are.

HAPPY HOLIDAYS AND A BOUNTIFUL NEW YEAR!

IMPORTANT DATES

Dec. 2017

- 2 GBB(7) State
- 4 BBB(7&8) vs. Bourbonnais 4:30pm
Madrigals Caroling Night
- 5 BBB(7&8) vs. Homer 4pm
BBB(6) @ WC vs. Hadley 4:15pm
- 6 GBB(8) Sectional
- 7 GBB(7) State
BBB(7&8) @ Mokena 4pm
BBB(6) @ Mokena 4pm
Winter Concert 7pm @ MJHS
- 9 GBB(8) State
- 12 BBB(7&8) @ Hickory Creek 4pm
BBB(6) @ Hickory Creek 4pm
GVB Tryouts 2:30 - 4:30
- 13 BBB(7&8) vs. Liberty 4pm
BBB(6) @ WC vs. Oakview 4:15pm
GVB Tryouts 6-8am
Board Education Mtg. @ WC 7PM
- 14 GBB(8) State
- 15 PTO Winter Dance @ MJHS 5-9pm
- 18 BBB(7&8) @ Elwood 4:30pm
BBB(6) @ WC vs. Elwood 4:30pm
- 19 BBB(7&8) vs. Martino 4pm
BBB(6) @ WC vs. Bentley 4:15pm
- 20 BBB (7&8) vs. Morris 4:30 pm
BBB(6) @ WC vs. Morris 4:30 pm
- 22 Early Release 1:30pm
- 25-29 Winter Break

Jan. 2017

- 2-6 No School
- 9 School Resumes