

Manhattan Jr. High December Newsletter November 28, 2016

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, 2017. 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 6 & 7, 2:40-4:30pm at MJHS. If trying out you must have a sports physical on file and up to date. If not sure check with the nurse.

BAND DECEMBER UPDATES

The Concert Band and Symphonic Band will be performing their Holiday Concert on Thursday, December 8 at 7:00pm in the JH gym along with the JH orchestras and choirs. Students are to report to the JH band room by 6:30pm wearing their band uniform. The band uniform consists of the following: band pants, band jacket, royal blue Manhattan JH band shirt, BLACK KNEE HIGH SOCKS (NO white socks please) and black shoes. No cape or sash.

The Concert Band and Symphonic Band will perform an assembly at the JH at 8:00am on Friday, December 9 for the students. The band students should arrive at school wearing their band uniform. Please bring the garment bag (with your name on it) along with a change of shoes and clothes for after the performance. Parents are able to attend this performance.

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

CHOIR AND ORCHESTRA NEWS

Thank you to everyone who purchased tickets in our only fundraiser: Chri\$tma\$ Ca\$h! Winning checks will be mailed to your home and names will be posted on our website on the weekends: Manhattanorchestrachoir.

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| December 5 | Madrigals go Christmas caroling at the Manhattan Library (5:00 p.m.)and local nursing homes. |
| December 8 | BOC Christmas holiday concert, 7:00 p.m. formals are worn |
| December 9 | BOC School performance, 8:15 a.m. wear your formal to school and bring a change of clothes. |
| December 10-11 | Choirs are Christmas caroling at the Round Barn Farm, Meet before noon, car-pool help, please. |
| December 12-16 | No Demon Orchestra, Lady Demons, or Madrigals. Solo/Ensemble help during rehearsal time. |
| December 16 | Solo and Ensemble information is due to Mrs. Pacheco, no exceptions, forms are on website. |

STUDENT COUNCIL NEWS

A shout out is needed for our 3 Red Ribbon Week poster contest winners: Alyssa Drynan, Sadie Santerelli, and Anna Zheng. In addition, we had two honorable mentions: Cole Craven and Molly Pilon. Congratulations!

Student Council would also like to extend our thanks to students and their families for raising \$150 through the sale of our "Hero" lollipops (300 were sold. Amazing!). This money has been given to Operation Care Package to help defray their cost of mailing holiday remembrance boxes overseas.

During the week of November 28th Student Council will be hosting the biggest fundraiser for the year to support Manhattan's Angel Tree Network. More to come in next month's newsletter!

ASSET OF THE MONTH: PATIENCE

This month students will be recognized at MJH for exhibiting the character trait of patience. In the classroom teachers will be looking for students who are able to remain engaged in a difficult or challenging task even when they may feel it is easier to give up; to take their time on tests and to think through their responses before quickly answering (this includes classroom discussions as well); to show tolerance towards others that they may find frustrating; and to wait their turn before speaking.

Learning to be patient is an important life skill. Patience gives us time to reflect, to slow down and think about the world and the things we're doing. It's a way of enjoying what we're experiencing rather than always rushing toward an end just to make room for the next rush. Patience also improves our relationships with others as our understanding and empathy levels increase. Here's how parents can become more patient themselves which, in turn, will help their children learn the important trait of patience.

1. **Ask your child what he or she wants to have, do, or be.** Resist the impulse to have things the way you'd like them to be. If your child is asking for something unreasonable then balance their wants with reality. Talk it through rather than simply saying no or choosing for them without discussion.
2. **Pick your battles carefully.** Most choices are not a life and death situation. Give children a rope long enough for them to safely learn on their own. Mistakes are a learning experience. If you feel that a situation is getting out of hand with a child, take a step back and create space between you and the child. This breathing space is important for both of you, after which you can express your thoughts and also to establish boundaries when you are calm, rather than channeling your concerns through frustration.
3. **Increase your child's understanding of wants vs. needs.** Help your child learn the difference between making a request and making a demand and what the consequences are. It is also important to help them understand the importance of delayed gratification, teaching them that when you do say no, sometimes this is about waiting, rather than never having or doing what they've asked for. Helping them to understand this time perspective is far kinder than simply saying no and not explaining.
4. **Be kind to yourself.** It can be very hard to be patient sometimes in a world where teaching Mozart in the womb and expectations of exemplary behavior from preschool are considered the norm. No matter what the competitive approach insists upon, patience gives you a means for calmness within yourself, to give you the perspective to recognize the readiness of a child at his/her own developmental pace, independent of external standards. Rushing can cause you to lose sight of the big picture - a healthy relationship with your child.

Always remember that things are always difficult before they become easy. Have patience.

PARENT CORNER:

How do we build confidence and resilience in our children in a world where children are often rewarded for just showing up and not for something they legitimately achieved? Parents can do this by actively encouraging their children to take risks, to apply themselves and to make a real effort to get things done. The focus needs to shift away from results and towards performance. For example, when it comes to children's grades focus not on the grade itself but what the child is doing to obtain that grade. Ask the child what study strategies worked and what didn't, as well as what they could do the next time to improve even more. This approach allows the child to develop a sense of self (an internal barometer if you may) to measure their performance. This needs to happen in order for children to begin to look internally vs. externally for validation and recognition. One crucial aspect of this approach is that failure will occur and that is okay. Failure is the basis for learning. It is the ongoing application of different strategies and the evaluation of those strategies that lead to both accomplished and courageous adults. Life happens on a learning curve. When we deprive our children of that learning curve so they don't experience failure and the accompanying emotions that go along with it, we are robbing them of the opportunity to grow, learn, and evolve.

Excellent resources on this topic include the books:

THE GIFT OF FAILURE: HOW THE BEST PARENTS LEARN TO LET GO SO THEIR CHILDREN CAN SUCCEED (Jessica Lahey)

THE ART OF EMPOWERED PARENTING (Erik Fisher)

COMMUNITY RESOURCES:

The Will - Grundy Medical Clinic is now accepting patients for free healthcare for the uninsured and those who qualify. Appointments are available onsite or over the phone, Monday - Friday from 8:30 a.m. - 4:00 p.m. To schedule a free screening appointment, please call (815) 726 - 3377, ext. 228. For patient eligibility information:

http://willgrundymedicalclinic.org/wp_content/uploads/2013/02/Eligibility.pdf

An electronic community resource guide is available at www.parkviewchurch.com/attachments/CompositeCommunityResourceGuide.pdf. This 127 page guide is geared to non-sectarian community agencies in the greater Southwest Chicago area for everything from adolescent and youth services, counseling agencies, domestic violence services and shelters, substance abuse and addiction services, and legal and financial assistance. It is a wealth of helpful resources for individuals and families in need.

HAPPY HOLIDAYS AND A BOUNTIFUL NEW YEAR!

IMPORTANT DATES

December 2016

- 1 BBB(7&8) vs. Summit Hill 4pm
BBB(6) @ WC vs. Hilda Walker
- 3 GBB(7) State
- 5 BBB(7&8) vs. Troy 4pm
BBB(6) @ WC vs. Orenic 4:15pm
- 6 GVB tryouts 2:30-4:30
- 7 GVB tryouts 2:30-4:30
BBB(7&8) @ Homer 4pm
BBB(6) @ Hadley 4pm
GBB(8) Sectional
- 8 Winter Concert @ MJHS 7pm
GBB(7) State
- 9 PTO Winter Dance 6:30-9pm
- 10 GBB(8) State
- 12 BBB(7&8) @ Mokena 4pm
BBB(6) @ Mokena 4pm
- 14 BBB(7&8) vs. Peotone 4:15pm
BBB(6) @ WC vs. Wilmington 4:15pm
- 15 BBB(7&8) s. Hickory Creek 4pm
BBB(6) @ Anna Mc. vs. Hickory Creek 4:15pm
- 19 BBB(7&8) vs. Elwood 4pm
BBB(6) @ Elwood 4:30pm
- 20 BBB(7&8) @ LWW vs. Liberty 4pm
BBB(6) @ Oakview 4pm
- 22 Early Dismissal 1:30pm
- 23-30 No School

Jan. 2017

- 2-6 No School
- 9 **School Resumes**