

# Manhattan Jr. High December Newsletter November 30, 2015

## 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](http://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](mailto: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.

### EARLY DISMISSAL

Friday, December 18, 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 4.

### 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, 2016. The examination must have been completed within 18 months prior to the May 15<sup>th</sup> 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.

### JJC ENGINEER CONTEST

A group of 8th Grade math and science students participated in the 2nd Annual NFPA Fluid Power Challenge sponsored by Joliet Junior College and Caterpillar Inc. on November 13, 2015. Competing under the direction of Mrs. Webb and Mrs. Goberville were Brody Ceh, Jessie Marshall, Ethan Whiting, Brady Forsythe, Madilyn Bernhard, Noelle Miller, Ryan Towner, and Griffin Vaughn. Over the course of eight weeks the students built a fluid powered machine that was able to rotate and lift cylinders to earn points. There were a total of 27 teams that competed. *The competition is part of an initiative to expose students to Science, Math Engineering, and Technology, building skills needed in our future workforce.*

### BAND DECEMBER UPDATES

- December 3 & 4: Band Booster Secret Santa Shop at Wilson Creek. Band families are reminded to sign up to work one 4 hour shift per student in band.
- December 8 & 9: Band Booster Secret Santa Shop at Anna McDonald. Band families are reminded to sign up to work one 4-hour shift per student in band.
- December 10: B-O-C Holiday Concert, 7:00pm in MJHS gym. 6-8 grade band students are to report to the JH by 6:15pm wearing the following: band pants, band jacket, royal blue band t-shirt, black KNEE HIGH socks and black shoes. (NO cape or sash)
- December 11: B-O-C performs Holiday Assembly at JH at 8:00am for MJHS students.
- December 18: Band donut party and Holiday movie for grades 6-8. 7:00am in band room.
- December 18: Band donut party and Holiday movie for 5th grade band students. 8:00am in band room. Please contact Mrs. Pedziwater with any questions at [cpedziwater@manhattan114.org](mailto:cpedziwater@manhattan114.org).

## CHOIR AND ORCHESTRA NEWS

The music department invites everyone to our annual Christmas concert to showcase the entire JH music department. The performance is Thursday, December 10th at 7:00 p.m. with a morning performance for the student body on Friday, December 11th at 8:15 a.m. The students wish you a very happy holiday season!

JH Orchestra, Lady Demons, and Madrigals will not be meeting the week of December 14th - 18th. This time is set-aside for anyone wishing to select solo & ensemble music for the upcoming IGSM February contest.

## STUDENT COUNCIL NEWS

Student Council would like to give a big shout out of thanks to all the students who helped with our school's Operation Care Package fundraiser. MJH raised \$100 for postage (which translates into 400 raffle tickets being purchased) and over 4 overflowing boxes of food and personal care items to send to our troops overseas. In addition our students decorated 250 Operation Care Package boxes during Red Ribbon week in honor of our troops.

From December 1<sup>st</sup> through December 4th, we will be hosting a fundraiser for the Angel Tree Network. Students will have the opportunity to purchase stars, supernovas, and Black holes to decorate trees. Grades will compete to see who has purchased the most "decorations" for their trees. The winning grade will win a Dodge ball game for their grade. All proceeds from this fundraiser will go to purchasing holiday presents for Manhattan families in need.

**DECEMBER ASSET:** The asset for December is "Caring School Climate". Research has shown that students have better attendance, perform better academically, and take pride in their school when they see their school as a warm and welcoming place. When teachers, coaches, and other school personnel relate to students in a positive, caring, and supportive way, school is a great place to be. But if safety at school is a problem or relationships between students and teachers are tense, it's more difficult for everyone to focus on learning. Students who demonstrate this asset develop and maintain positive, supportive, and enriching relationships between themselves and their teachers as well as between themselves and other students.

Parents can help build a positive school climate by: 1) letting teachers know you value and support them. Their care and concern for students will increase as a result of feeling valued; 2) keeping communication going between home and school, not only with teachers but with administrators as well. If concerns arise, talk it out with them; and 3) check in with your teen about how they feel about school. Good relationships take time to grow. Invest in your teen's school; it is worth it.

## PARENT RESOURCES: A HOLIDAY SURVIVAL GUIDE

With the holidays in our midst, it is useful to remember that they can be a highly stressful time for many families. Whether dealing with substantial changes in our homes (such as divorce or the death of a close family member) or just trying to balance our everyday routine with additional commitments, it's helpful to take time to prioritize and to slow down to combat stress overload. Here are some tips and tricks that will help us get through this coming month:

- **Make a list and check it twice.** Write down what causes the most stress during the holidays and how that stress affects us. We need to ask ourselves whether we need to do these activities at all (sometimes we put expectations on ourselves that no one else expects of us) or at the very least how we can make these activities more tolerable.
- **Take control.** Much of life is out of our control (traffic jams come to mind). Decide which things on our holiday list we can do something about and what we can't. Even though we can't control many events in lives, we can always control how we react to them. For example, instead of getting worked up during holiday traffic, we can use the time to listen to a book on tape. Or perhaps baking cookies with our children during the holiday isn't the fun activity we remember. Purchase cookies rather than perpetuate a past activity that can add to stress.
- **Unload and learn to say "no."** If there are holiday tasks that we just can't or don't want to do, let them go and don't commit to new things out of guilt. Let someone else run the school holiday party or coordinate the church pageant. Learning to say "no" may take some practice and it might feel uncomfortable at first. But taking on too much can be more stressful than "passing" on a request in the first place. Remember, "No" is a complete sentence.
- **Work on shedding the holiday "perfection impulse."** Don't expect perfection. For some things, doing an okay job is just fine.
- **Choose holiday activities that you can do together as a family and are fun.** Sometimes we do activities just because "it is tradition". If it doesn't fit in our plans or isn't fun anymore, try something different. Doing the same thing over and over and expecting different results is the definition of insanity.
- **Create a budget and stick to it.** Managing money during the holidays can be difficult and adds extra stress to an already difficult time of year. Budget how much to spend on gifts, food, and the household during the holidays and stick to that amount. Dealing with the bills in January for stuff we couldn't afford in the first place in December isn't being kind or compassionate to ourselves.
- **Set aside time for yourself.** One of the best things we can do for our family is to take care of ourselves. Whether it is exercising, meditating, reading a book, enjoying coffee with a friend, or simply going to bed at a reasonable time, it's important to de-stress during the holidays. If we aren't able to be good to ourselves, how can we be good to others?

**HAPPY HOLIDAYS AND A BOUNTIFUL NEW YEAR!**

## IMPORTANT DATES

December 2015

- 1 7<sup>th</sup> & 8<sup>th</sup> BBB vs. Martino 4pm  
6<sup>th</sup> BBB @WC vs. Bentley 4pm
- 3 7<sup>th</sup> & 8<sup>th</sup> BBB @ Liberty 4pm  
6<sup>th</sup> BBB @ Spencer 4pm
- 4 PTO Winter Dance 6:30-9pm
- 8 7<sup>th</sup> & 8<sup>th</sup> BBB vs. Hickory Creek 4pm  
6<sup>th</sup> BBB @ WC vs. Hickory Creek 4pm
- 9 GVB Tryouts 4:30 - 6:30pm
- 10 GVB Tryouts 6:00 - 7:45am  
7<sup>th</sup> & 8<sup>th</sup> BBB @ Homer 4pm  
6<sup>th</sup> BBB @ Hadley 4pm  
B-O-C Winter Music Concert @ MJHS 7pm
- 11 B-O-C Winter Music Concert @ MJHS 8:30am
- 14 6<sup>th</sup> BBB @ Wilmington 4:30pm
- 15 7<sup>th</sup> & 8<sup>th</sup> BBB @ LWW vs. Troy 4pm  
6<sup>th</sup> BBB @ Anna Mc. vs. Orenic 4pm
- 16 7<sup>th</sup> & 8<sup>th</sup> BBB @ Elwood 4:30pm  
6<sup>th</sup> BBB @ WC vs. Elwood 4:30pm
- 17 7<sup>th</sup> & 8<sup>th</sup> BBB @ Peotone 4:30pm
- 18 Early Release 1:30pm
- 21-1/1/ Winter Break No School
- 1/4/16 School Resume