

**MANHATTAN JR. HIGH NEWSLETTER
RON PACHECO - PRINCIPAL**

Aug./September, 2017

WHEN DROPPING OFF OR PICKING UP STUDENTS

Students being dropped off in the morning before school or walkers can enter the building after 7:45am.

When dropping off students in the morning, please enter the parking lot on the west end of the building. Drop students off at the doors on the north/west side of the building (by the band room). When picking students up after school, please pick them up in the west parking lot. This will help buses leave the school in a timely manner.

REPORTING STUDENT ABSENCE

Please call the Jr. High office at 478-6090 to report your child absent. Answering machine is on at all times. Please specify the reason for his/her absence. If you do not call, you must send a note with your child to the office upon his/her return to school. If we do not receive notification (by phone or note) your child's absence will be UNEXCUSED. The call must be made by a parent or supervising adult.

LUNCH

Student lunches are \$3.00 ea. Milk is .25

SUBSTITUTES

We are in need of substitute teachers, nurses and teacher aides. If you or someone you know would like to substitute please have them contact Mrs. Johnston at: gjohnston@manhattan114.org, 815-478-6090x0 or Diane Ponshe at 815-531-3309.

NO SCHOOL

Just a reminder that there is no school on Sept. 5 in observance of Labor Day.

GOOD LUCK

Our Manhattan Band is participating Monday, September 4 @ 11 a.m. in the Manhattan Parade.

PARENTS

We are using emails for communicating with parents. If yours changes please keep us up to date with the correct address. Send email to: gjohnston@manhattan114.org to be added or any changes to email addresses.

BACK TO SCHOOL NIGHT

Back to School Night has been changed to Aug 31, 6:45 pm.

BOYS BASEBALL TEAM

Laz Liriano, Aiden Healy, Caleb Wilkey, Colin McCarty, Bobby Stahulak, Theo Arnold, Will Brandau, Caleb King, Jack Srebro, Seth McWilliams, Cole Crafton, Colin Olson, Joseph Falejczyk, Owen Crafton, Nolan Larson, Landon Turner, Nicholas Becker, Mickey Ceh, Trent Guzek.

GIRLS SOFTBALL TEAM

Ella Adams, Bella Been, Marley Been, Emily Bronakowski, Alexa Busse, Olivia Calderone, Hailee Engelman, Alexa Flores, Leah Giordano, Maggie Gonzalez, Haidyn Haglund, Avery Imes, Ava Jezlorski, Molly Marquardt, Ava Murphy Aubrey Schultz.

CROSS COUNTRY TEAM

Rylee Bancsy, Joshua Bozwell, Abby Cabay, Anthony Carli, Jackson Cogan, Cate Cosgrove, Branden Erwin, Isella Estes, Vanessa Evans, Jaden Fehrenbacher, Molly Forsythe, Michael Korpitz, Aaron Kozlowicz, Gunnar Krause, Matthew Lee, Jackson Lewis, Keira Loranger, Luke Lunde, Nate Lunde, Joey Martin, Johnny Martin, Sara McCormack, Gianna Naselli, Clayton Noland, Hailey Novak, Taylor Novak, Adam Pearse, Brandon Pritchard, Sydney Robinson-Girard, Emma Ronaldson, Madyson Sallese, Morgan Sallese, Robert Stachyra, Emmett Thompson, Spencer Thompson, Caitlin Vanoss.

BOYS VOLLEYBALL TEAM

8th Grade: Conner Dargan, Ryan Hochhalter, Preston Paulas, Tyler Pritchard.

7th Grade: Rylan Decker, Ricky Hegiduis, Anthony Igel, Garrett Konopack, Caleb Ludwig, Colin Moore, Joey O'Brien, Will Pluskota, Tim Quigley, Josh Roemer, Connor Studer, Jack Towner.

6th Grade: Chris Aleo, Josh Boeringa, Noah Konopack, Tyler Mrozek.

MESSAGE FROM THE NURSE

6th Grade Physical and Dental Requirements

A Tdap Booster (whooping cough booster) is required for all students in grades 6 through 12. Proof must be presented in order to attend classes for the 2017-2018 school year. Current 5th grade students should receive this booster during their required 6th grade physical.

The completed **Hepatitis B series is required upon entrance into 6th grade.** This is a series of three shots, given over a time period of 6 months or more. Many children have already had the Hepatitis B series by the time they are entering 6th grade, so please contact your school nurse if you have any questions regarding your child's immunization record.

Children entering 6th Grade for the 2017-2018 school year must show proof of having 2 doses of the **Varicella vaccine.** 17

In addition, children entering 6th grade for the 2017-2018 school year must now show proof of having received **one dose of the meningococcal vaccine (MCV4).** This first dose received on or after the 11th birthday, second dose received after the 16th birthday.

Dental examinations are required for all children entering Kindergarten, Second, and Sixth grade. A licensed dentist in Illinois must complete dental examinations. The completed exams are due by May 15, 2018 for the 2017-2018 school year. The exam must be completed within 18 months prior to the May 15th deadline. Any exam done on or after November 15, 2016 is acceptable.

LUNCH PROGRAM

Preferred Meals, is our lunch provider. Our schools utilize a computer generated accounting system, just as we have in the past. Students are provided with photo I.D. lunch card. Students **must** use the I.D. when purchasing lunch. Payments can be made anytime during the month. Lunches cost \$3.00. A La Carte lunches are available. Replacement I.D.s are available for \$5.00. Students will not be allowed to incur a negative balance. Students with negative lunch balances will not be able to purchase lunch until the balance has been paid. Milk will be provided to students who do not have money in their account only twice.

STUDENT INSURANCE

Parents can enroll online by the use of a dedicated secure enrollment website or by calling 877-444-5014 (available July 1st). The website address is markel.info@sevencorners.com
On this website, parents will be able to:

- View all of the coverage and premium options
- Review a Frequently Asked Questions section
- Purchase the insurance using a credit/debit card and receive an instant and printable confirmation of what they purchased

This electronic enrollment is a win-win-win situation. It allows the parents to purchase the coverage on a real time basis, it allows the school district to reduce its involvement in the enrollment process, and it enables Markel Insurance Company to more efficiently administer the program.

The key to the success of this electronic enrollment is that the parents of your school district be made aware of the website. Student Accident insurance is becoming more and more important to families due to lack of other insurance for their children or having major medical plans with ever increasing deductibles & co-insurance requirements. Our Student Accident insurance program helps families cope with these issues in a very cost effective manner. **Therefore, it is of the utmost importance that school district officials widely publish the <http://markel.sevencorners.com/> address to allow all parents to review the information and determine its value to their individual family's situation. We ask that your district Webmaster create a Student Accident section on your district website in a place where the parents will see it. The above URL should be placed as a direct link in this section. Doing so will enable parents to go directly to the website.**

BAND DEPARTMENT

- Aug. 26: Elwood Parade. Report to JH by 9:50am wearing band pants, band jacket, blue band shirt, cape and sash, and black KNEE high socks and black shoes. We should return to the JH by 12:30pm.
- Sept. 1: 6-8 grade band members attend football game with LWWHS. More info to follow.
- Sent. 4: Manhattan Parade. Report to designated area (TBD) by 10:15am. Wear band pants, band jacket, blue band shirt, cape, sash, KNEE HIGH black socks and black shoes. More info to follow.
- Sept.5: First Symphonic Band practice at 7:00am. First 6th grade Concert Band after school from 2:30-3:00pm.
- Sept. 6: Band pictures in gym starting at 6:45am. Students are to wear their band pants, band jacket, blue band shirt, KNEE high black socks, and shoes. Please bring your instrument, a change of clothes and your garment bag for your uniform.

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

ORCHESTRA AND CHOIR NEWS

Congratulations on another great summer concert! Please check the website monthly for important updates and forms: *Manhattanorchestrachoir*. Also, please join the "Remind" system of instant communication, directions are on the website;

September 7th is a **mandatory parent meeting** for all students in grades 4-8, 7:00 p.m. at MJHS. Formal rental, choir books, and Activity Fees will be collected.

STUDENT COUNCIL NEWS

Student Council has already been on the move this year even before classes started! They have been out and about helping with locker move-in days, assisting with Parent Orientation Night, and hosting a welcome party for 20 new students to our district. Student Council is a great school based organization that is very involved in fundraising activities for our community as well as being sponsors of Red Ribbon Week and ambassadors to new students in our school. Our students are seen as leaders at Manhattan Jr. High and possess great character both in and out of the classroom. Our Student Council co-sponsors, Mrs. Kozlowicz and Mrs. Nass will be holding elections this month for our upcoming school year. If any MJH student is interested in running for Student Council, applications will be available outside the main office on September 6th. The deadline for completed applications will be Wednesday, September 13th. If you have any questions about Student Council, please contact either Mrs. Kozlowicz or Mrs. Nass.

CHESS CLUB

Students interested in playing chess for fun will have the opportunity to join our school's chess club. This is a non-tournament based club that will meet the first week in October and will continue throughout the school year. We will meet during advisory period on Fridays in the cafeteria. Permission slips will be available on September 20th. There is no fee to join but there will be a limit to the number of students who can participate. This club will be announced to students in mid-September. If you have any questions, please contact Mrs. Nass.

MANHATTAN JR. HIGH STUDENT ASSET OF THE MONTH

Each month Manhattan Junior High will be recognizing students in each grade for Student of the Month who display, through their actions both in and out of the classroom, a different character asset.

Manhattan Jr. High will begin our 2017-2018 school year with our focus turned to the asset of RESPECT. We will be recognizing students who show tolerance of differences in others, use good manners and appropriate language, deal peacefully with anger, insults and disagreements, and are considerate of the needs of others, treating everyone with an open mind and with thoughtfulness. We believe that hurtful and demeaning words and actions, disobedience, poor self-control and lack of personal responsibility do not exist where respect is found.

How can parents best teach this important character trait to their children? By example. The first step families should take is to set up basic rules and expectations about how family members, including the parents and any other adult living in the household, should treat each other. Rules should include: 1) no name calling; 2) never putting any other family member down - child or adult; 3) no negative talking about other family members; and 4) sincerely apologizing and forgiving others if rules are broken.

Showing children respect, even when discipline is needed is important. Parents must never use name-calling, laugh at their child when they make a mistake, or say things like, "you will never amount to anything." These comments are hurtful, decrease self-esteem and will not teach children to respect parents. When arguing or discussing issues that affect discipline or boundaries for your

children, it is important to have clear expectations as to what is acceptable. It is okay for parents and children to have different opinions. It is okay to state your case, but even if the discussions get heated, neither party should ever cross the boundary of respect. If a “time-out” is needed for everyone to maintain control, take one. There should also be clear consequences for disrespect, even if it involves a parent. Everyone has to be on the same page in this regard for the child to understand where the boundaries exist. Respect is always mutual. If the child is not respected, neither will be the parent.

If a child does not have self-respect and self-esteem then their ability to respect others might be impaired. In order to build self-respect in your children know that they need a sense of security, acceptance, and trust; a sense of belonging to the family and feeling wanted by the family, that they have something to contribute; a sense of responsibility towards the family; a sense of purpose that the family has a need for them; and a sense of personal competence and pride, that they are capable of being successful.

PARENT CORNER

Each month there will be a dedicated article of interest to parents of adolescents. The first article focuses on how parental support can keep a teen on track during the junior high school years, years when parents see their teens grow more independent and back away from parental involvement.

Here are 10 ways to keep your teen primed for academic success during junior high.

- 1) Attend Back to School Night and Parent Teacher Conferences: These are great ways to stay informed of your teen’s progress in school. If your child has special learning or behavioral needs, meetings can be scheduled with teachers and other school staff to consider setting up or revising 504 plans or individualized education plans (IEP’s). Keep in mind that parents or guardians can request meetings with teachers, and administrative and support staff at any time during the school year.
- 2) Visit the School and Its Website: Knowing the physical layout of the school building can help you connect with your teen when you talk about his or her school day. On the school website, you can find information about the school calendar, contacting school staff, special events, sign-up information/schedules for sports, clubs, and other extracurricular activities. Most of this information can be found in our monthly newsletter.
- 3) Support Homework Expectations: During the junior high school years, homework assignments can become more challenging and the time spent will probably be longer than during the elementary years. An important way to help is to make sure your teen has a quiet, well-lit, distraction-free place to study that’s stocked with supplies. Distraction-free means no phone, TV, or websites other than homework-related resources. And be sure to check in from time to time to make sure that your child hasn’t gotten distracted. It’s also a good idea to set a specific start time for homework each night. Helping preteens and teens establish a homework schedule sends a message that academics are a priority.

Encourage your child to ask for help when it’s needed. Most teachers are available for extra help before or after school, and also might be able to recommend other resources such as our Homework Club.

- 4) Send Your Teen to School Ready to Learn: Teens who eat a nutritious breakfast have more energy and do better in school than those who skip that meal. Teens also need adequate sleep every night to be alert and ready to learn all day. In general, preteens need about 10 to 12 hours of sleep each night and teens need about 8½ to 9½ hours. Bedtime difficulties can arise at this age for a variety of reasons. Homework, sports, after-school activities, texting, TVs, computers, and video games, can contribute to students not getting enough sleep. Lack of sleep can make it difficult for preteens and teens to pay attention in school. It’s important to have a consistent bedtime routine, especially on school nights.

5) **Instill Organizational Skills:** Organizational skills have to be learned and practiced. Being organized is a key to success in junior high, where most students first encounter multiple teachers and classrooms on a daily basis, and where some students are participating in extracurricular or after school activities for the first time. Class information and assignments should be organized by subject in binders, notebooks, or folders. Teach your teen how to use a calendar or personal planner to stay organized and schedule study times. Calendars or planners should include your teen's non-academic commitments to help with time management.

6. **Teach Study Skills:** Planning is a big part of helping your teen study for tests now that he or she is juggling work from multiple teachers. Be sure you both know when tests are scheduled, and plan enough study time before each. When there's a lot to study, help determine roughly how much time it will take to study for each test, then make a study calendar so your child doesn't have to study for multiple tests all in one night. Remind your child to take notes in class, organize them by subject, and review them at home each day.

Help your child review material and study with easy techniques like simple questioning, asking to provide the missing word, and creating practice tests (especially for math). The more processes the brain uses to handle information such as writing, reading, speaking, and listening, the more likely the information will be retained. Repeating words, re-reading passages aloud, re-writing notes, or visualizing information all help the brain retain data. Remind your teen that it usually takes a number of tries to remember something correctly.

7. **Know the Disciplinary Policies:** Know the school's Student Code of Conduct located in the Student Assignment book. These rules usually cover expectations, as well as consequences for not meeting the expectations, for things like student behavior, dress code, use of electronic devices, and acceptable language. It's important for your teen to know what's expected at school and that you'll support the school's consequences when expectations aren't met. It's easiest for students when school expectations match the ones at home, so they see both environments as safe and caring places that work together as a team.

8) **Get Involved:** Getting involved is a great way to show you're interested in your teen's education. Look at attending school board meetings and joining the school's PTO.

9) **Take Attendance Seriously:** Teens should take a sick day if they have a fever, are nauseated, vomiting, or have diarrhea. Otherwise, it's important that they arrive at school on time every day, because having to catch up with class work, projects, tests, and homework can be stressful and interfere with learning.

Teens may have many reasons for not wanting to go to school- bullies, difficult assignments, low grades, social problems, or issues with classmates or teachers. Talk with your teen, and then perhaps with a principal or school social worker, to find out more about what's causing any anxiety.

Students also may be late for school due to changes in their body clocks. Keeping your teen on a consistent daily sleep schedule can help avoid tiredness and tardiness.

For students who have a chronic health issues, parents may want to work with school staff to educators will work with the families and may limit workloads or assignments so students can stay on track.

10) **Make Time to Talk About School:** Staying connected with teens as they grow more independent can be a challenge for parents, but it's more important than ever. While activities at school, new interests, and expanding social circles can become more central to the lives of many junior high school students, parents and guardians are still their anchors for providing love, guidance, and support.

Make efforts to talk with your teen every day, so he or she knows that what goes on at school is important to you. When teens know their parents are interested in their academic lives, they'll take school seriously as well.

Because communication is a two-way street, the way you talk and listen to your teen can influence how well he or she listens and responds. It's important to listen carefully, make eye contact, and avoid multitasking while you chat. Be sure to ask open-ended questions that go beyond "yes" or "no" answers.

When teens know they can talk openly with their parents, the challenges of junior high can be a little easier to face.

AUG./SEPTEMBER CALENDAR

- Aug.
- 29 7th & 8th gr. GBB Tryouts 4-6pm @ MJHS
Baseball @ Elwood 4:30pm
- 30 7th & 8th gr. GBB Tryouts 4-6pm @ MJHS
6th gr. GBB Tryouts @ Anna McDonald 3:15pm
Softball vs. Manteno 4:15pm
CC @ Martino 4pm
- 31 Back to School Night
6th gr. GBB Tryouts @ Wilson Creek 4pm
Baseball @ Troy 4pm
Softball @ Troy 4pm
- Sept.
- 2 CC @ Crescent City Invite 9am
- 4 NO SCHOOL
Band @ Manhattan Days Parade 10:15am
- 5 CC @ Martino 4pm
Baseball @LWW vs. Wilmington 4:30pm
- 6 Baseball @ LWW vs. Kelvin Grove 4pm
- 7 CC @ MJHS vs. S.H./Liberty/Martino 4pm
Baseball @ LWW vs. Bourbonnais 4:30pm
BVB vs. Homer 4pm
MANDATORY Orch/Choir Meeting 7pm
- 12 PTO meeting @ Wilson Creek 6pm
CC @ MJHS vs. Homer/Troy/H.C./Mokena 4pm
BVB @ Hickory Creek 4pm
- 13 Board of Education meeting @ Wilson Creek 7pm
- 14 BVB @ Mokena 4pm
7th & 8th GBB @ Liberty 4pm
6th GBB @ Nelson Ridge 4pm
- 16 CC @ Troy Invite Crowin School 9am
- 18 7/8 GBB vs. Wilmington 4:30pm
- 19 CC @ Crowin Troy 4pm
BVB vs. Troy 4pm
- 20 7/8 GBB @ Bourbonnais 4:30pm
- 21 CC @ MJHS vs. Calumet Park/St. Paul/Morris
BVB @ Liberty 4pm
7/8 GBB vs. Coal City 4:30pm
- 25 Fall Picture retakes
7/8 GBB @ Morris 4:30pm
6th GBB @ Morris 4:30pm
- 26 CC Conference Meet 4:16pm
BVB vs. Martino 4pm
- 27 EARLY RELEASE Noon
7/8 GBB @ Kelvin Grove 4pm
- 28 BVB vs. Summit Hill 4pm