

MANHATTAN JR. HIGH NEWSLETTER
RON PACHECO - PRINCIPAL

September, 2016

WHEN DROPPING OFF OR PICKING UP STUDENTS

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 5 @ 11 a.m. in the Manhattan Parade.

JR. HIGH FLOWER BULB FUNDRAISER

Welcome Back!! We are all excited to start our school year. This year we are selling **fall flower bulbs** to help everyone get their yards ready for spring. We understand there is a lot going on in our lives, so we are going to make this fundraiser easy. We have two ways to order. Online order will open on **September 12, 2016 through September 23, 2016**. Brochures will go out September 9.

1) Order Online

- Online order will open on **September 12, 2016 and go through September 23, 2016**.
- Order online and the flowers will be sent directly to the house for a \$6 delivery charge

2. 2) Paper Order Forms

- Brochures will go out September 9 and **due back September 23, 2016**.
- Have checks written out to Manhattan Junior High School.
- ALL orders handed in this manner will be delivered to the school with NO DELIVERY CHARGE.
- We will do our best to send the orders home with your students to make it easier on our busy schedules.

As always, we appreciate the support we receive from our parents and community. Thank you for helping us to make this fundraiser successful. <http://www.flowerpowerfundraising.com>

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.

YEARBOOKS

Order your yearbook before September 30 and receive 15% off the price! Yearbooks are \$12.00 this year again, but you can get the discount through the end of September. Follow the following website to order a yearbook for your child(ren). Enter the passcode and update or enter your information to order your yearbook for this year. You can work on 2 custom pages throughout the year to personalize the book. **Remember to make the pages print ready or they will not print for you in the yearbook.**

www.treering.com/validate

School passcode: 1014117026912978

(this code Jr. High only)

BOYS VOLLEYBALL TEAM

8th Grade: Caden Carrasco, Tommy Corbett, Aidan Fitzpatrick, Ben Guzek, Owen Hopper, Zach Lamolie, Connor Moe, Drew Murphy, Joe Ott, Ryan Rodgers, Cam Sparks, Colin Sparks, Zac Steffes.

7th & 6th: Connor Dargan, Ryan Hochhalter, Preston Paulas, Tyler Pritchard, Rylan Decker, Garrett Konopack, Anthony Igel, Colin Moore, Joey O'Brien, Will Pluskota, Tim Quigley, Connor Studer, Jack Towner.

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 2016-2017 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 2016-2017 school year must show proof of having 2 doses of the **Varicella vaccine.**

In addition, children entering 6th grade for the 2016-2017 school year must now show proof of having received **one dose of the meningococcal vaccine (MCV4).**

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, 2017 for the 2016-2017 school year. The exam must be completed within 18 months prior to the May 15th deadline. Any exam done on or after November 15, 2015 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

IMPORTANT UPCOMING BAND DATES

Mon. Sept. 5: Marching band performs at Manhattan Parade. More info to follow.

Friday, September 9: Marching band performs at LWWHS Football game with LWW Marching Warriors. Report to JH by 3:50pm in band uniform: Band pants, band jacket, cape and sash, blue Manhattan JH band shirt, and black shoes. We are leaving JH at 4:00pm SHARP!

Saturday, September 10: Marching band performs at Elwood Parade.
Report to JH by 9:50am in band uniform: Band pants, band jacket, cape and sash, blue Manhattan JH band shirt, and black shoes. We are leaving JH at 10:00am SHARP.

ORCHESTRA AND CHOIR NEWS

GREAT summer concert, BRAVO!!!!!!

September 2 - Chamber Orchestra Auditions

September 8th - MANDATORY BOOSTER MEETING. Formal rental \$60.00 (MOCB) tux shirt \$25.00 (MOCB) Choir book \$9.00 Activity fee is \$40.00 per activity (max is 2 per child)

September 14th - IMEA Nomination (let me know if you are auditioning)

September 29th - No orchestra or Madrigals due to the 5th music performance

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 prior to the start of the year, working our 6th grade Orientation Night, and hosting a welcome party for 17 junior high students new 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 7th. The deadline for completed applications will be Monday, September 12th. Elections will be held on Thursday, September 15th and the winners announced on Friday, September 16th. 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 homeroom on most Fridays in the cafeteria. Permission slips will be available on September 19th. 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.

CRAFT CLUB

Students interested in making crafts will have the opportunity to meet once a month during homeroom at our school to make crafts for the seniors who participate in the Manhattan Park District's Over 55 Senior Luncheon Program. Permission slips will be available this month. There is no fee to join but it will be limited to 12 students. This club will be announced in mid-September. 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 who display, through their exemplary character, an asset that focuses on positive choices. Students will not only be featured on our school's Student of the Month wall, but they will also be recognized on our school's website and will receive a certificate and a T-shirt.

This month Manhattan Jr. High will begin our 2016-2017 school year with the supporting the asset of INITIATIVE. We will be acknowledging those students who demonstrate the ability to not only know their responsibilities but who also carry out these responsibilities in spite of challenges and obstacles in their way. These students are inner goal-directed and make daily decisions that help them achieve their goals.

How can parents instill this asset in their teens? As we are aware, junior high can be a challenging time. Junior high is a time when our teens are navigating new social dynamics, added responsibilities at home, and increased expectations at school, all the while they are in the midst of coping with raging hormones!

One of the most helpful things parents can do to help their teen is to explain the value of following through on their commitments and responsibilities. Although teens may feel that it isn't a big deal if they forget to do a chore or a homework assignment, it is up to us parents to explain that although they many not want to do certain tasks (especially when more interesting activities are out there – like checking their Instagram account), taking the initiative to get things done is part of their responsibility as a family member and as a student. Let them know that starting a task and then following through on that task is an investment (synonym for initiative) in their future and that it is a family expectation that they are expected to follow.

Parents do need to set ground rules for their teens so that they know what to expect. Teens will more likely start and complete homework for example if they know that the rules in your home include homework time from 7pm - 8pm every night when all digital devices (that includes their phone) are off-limits unless needed for the homework itself.

Parents need also to follow through with consequences if the ground rules are not followed. Consequences can range from less severe punishments (not going out that evening) to more severe consequences (no digital devices for a week). As the adult, parents must enforce their rules and dole out the consequences for disobeying the rules.

Parents also need to let their teen face whatever challenges and obstacles are in front of them and let them manage them on their own. Although your teen may fail that is the only way they will ever learn. Listen and encourage them while being a good role model (that means showing them how you would get things done but not doing things for them that they can do themselves). Let your teen identify their challenges, reflect on their choices, arrive at their own decisions, adjust their strategies as needed and then plan their next steps. This will build the resiliency and self-confidence that are necessary as your teen learns to take initiative both at home and at school.

PARENT CORNER

Each month there will be an article (with accompanying resources) of interest to parents of teens. This month we will focus on **CONNECTING WITH YOUR TEEN**.

Even the most happy-go-lucky pre-teen can suddenly transform into an angst-filled, moping and moody teen in their junior high years. Things that wouldn't have fazed your child a few years ago are now elevated to "end of the world" proportions. Why?

In addition to the monumental physiological changes occurring in your child's brain, they are now beginning to discover their identity and independence. Now with their own interest and concerns, they are less interested in yours. They may show frustration if they are expected to engage in your activities because it keeps them from enjoying theirs. Their frustration can lead to anger, especially when they know that they still need to depend on you for money, rides, and signatures! This can feel weakening to a newly empowered teen. Although as parents we can't stop this from happening, understanding what your teen is going through is the first step to better communication between you.

Here are some steps parents can take to help with what feels like a giant disconnect. 1) Start first with understanding. For example, if your daughter is not doing her homework because she is consumed over a fight with her friend (all she may be thinking about is who she will be sitting with at lunch tomorrow) let her know that you understand how difficult it must be to be on the "outs" with a friend but that she also needs to do what is expected of her in her classes in order to pass. Let her know that schoolwork is her responsibility. Ask her to sit down with you so that she can come up with ways to better manage her time tonight. It is ultimately up to her to come up with solutions; you are there only to encourage and motivate. 2) Don't take things personally. Emotion can be your enemy when trying to get through to your teen. This is the "business of parenting, nothing more". (Try saying this to yourself to keep your emotions in check).

By remaining calm, you can keep the problem in your teen's court where it belongs. If you feel like you can't be calm at the moment, leave the situation and revisit it later. It will still be there. 3) Ask curious, not loaded questions. Don't put your teen on the defensive. Ask what he thinks about an issue. You may be surprised at what solutions your teen comes up with. This approach will allow your teen to feel more in control, which is their end game anyway.

For more insight on this topic, you may want to read: DO I GET MY ALLOWANCE BEFORE OR AFTER I'M GROUNDED (Vanessa van Petten) and GET OUT OF MY LIFE, BUT FIRST COULD YOU DRIVE ME AND CHERYL TO THE MALL: A PARENTS GUIDE TO THE NEW TEENAGER (Anthony Wolf).

SEPTEMBER CALENDAR

Sept.

- 1 Back To School Night 7pm
- 3 CC @ Crescent City 10am
- 5 NO SCHOOL – Labor Day
Band performing in Manhattan Parade 11am
- 6 CC @ Summit Hill 4pm
7 & 8 GBB Tryouts 4-6pm
- 7 7 & 8 GBB Tryouts 4-6pm
Athletic Booster Mtg. @ MJHS 6pm
- 8 CC @ Oak Prairie 4:15pm
BVB @ Summit Hill 4pm
MANDATORY Orchestra/Choir Meeting 7pm
- 10 Band in Elwood Parade 9:30am
- 12 JR. High Fundraiser starts
6GBB Tryouts @ WC 4-5:30pm
- 13 CC @ Martino 4pm
BVB @ Home vs. Homer
6GBB Tryouts @ WC 4-5:30pm
- 15 BVB @ Home vs. Hickory Creek 4pm
- 16 Progress Reports Ready
Early Release Noon
- 17 CC @ Troy Invite 9am
- 20 CC @ Troy 4pm
BVB @ Home vs. Mokena 4pm
- 21 7 & 8 GBB @ Home vs. Bourbonnais 4pm
- 22 CC @ Home 4pm
7 & 8 GBB @ Home vs. Wilmington 4:15pm
BVB @ Troy 4pm
- 23 JR. High Fundraiser Ends
- 27 CC @ Home 4pm
BVB @ Home vs. Liberty 4pm
- 28 6GBB @ Peotone 4:30pm
- 29 BVB @ Martino 4pm
7 & 8 GBB @ Home vs. Martino 4pm
6GBB @ WC vs. Bentley 4:15pm
- 30 7th Springfield Trip 6:30am