

MANHATTAN JR. HIGH NEWSLETTER
RONALD PACHECO – PRINCIPAL
March 30, 2015

GRADUATION

8th grade graduation will be held on May 24 at 7:00 p.m. in the Lincoln-Way West Fine Arts Center. More information will be sent home in late April. Each family will receive **6 tickets** for the event.

8th GRADE NIGHT SAVE THE DATE

The graduating class of 2016 will celebrate **8th Grade Night** on Monday, May 16, 2016. The evening will begin at 6:00 at MJHS for eighth graders and their families. Students will remain at school after the awards ceremony for dinner and their dance. Permission slips and information will be sent home with your child soon. Please direct questions to Mrs. Schussler or Mrs. Watson.

SUBSTITUTE NURSE

If you or someone you know is a nurse and would like to sub for the District when needed, please give Diane Ponshe a call at the Business Office 815-478-4527.

VOLUNTEER RECOGNITION

The week of April 10 is National Volunteer Week. District 114 has many dedicated volunteers that have worked very hard this year. We can never thank them enough for all their help and service.

BOX TOPS FOR EDUCATION

Thank you to all of you that turned in box tops. Our last turn in was \$605.00 for a total for this year of \$1,409.30. Since we have been collecting box tops for the last 5 years we have earned \$6,959.78 in the 5 years we have been collecting.

REGISTRATION FOR THE 2016-17 SCHOOL YEAR

Manhattan School District 114 will be Online Registration for the 2016-2017 school year. Registration for current and new families will be done at home through your personal computer. We have learned that sometimes Internet Explorer does not always work for registration, as it is not as up to date as it should be. If you encounter this problem, please try registering through Firefox or Google Chrome. This process will result in substantial savings in paper and printing costs for our district and make the registration procedure much more convenient for our families. Online registration will open February 1, 2016. Please watch your email for further information.

LUNCH ACCOUNTS

Make sure to check your student's lunch account weekly when you are checking grades.

7TH GRADE SPRINGFIELD TRIP

The 7th Grade Springfield Trip is scheduled for Wednesday, April 27, 2016. Students will be traveling by coach bus to view the Abraham Lincoln Museum, Lincoln's home, Lincoln's tomb, the Old State Capitol Building, and the current State Capitol Building. Dinner is included in the cost of the trip. The buses will leave at 6:00 a.m. and return at approximately 8:30 p.m. Cost for the trip is \$91.00. Checks should be made out to Manhattan School District 114. Information and permission slips have been sent home with 7th grade students in their ELA class. Deadline to register is February 19, 2016. Questions can be emailed to Carol DeCaprio at cdecaprio@manhattan114.org.

SPORTS PHYSICALS

Is your child interested in participating in sports at MJHS? If so, he/she will be required to have a CURRENT sports physical on file for the 2016-2017 school year. (**This applies for try-outs as well.**)

Dr. Lowry (family practitioner) will be at Manhattan Junior High on Thursday, May 19, 2016 to complete sports physicals at a cost of only **\$20.00** per student. Taking advantage of a May physical ensures no mid-year/mid-sport season expiration. (If your child has a physical on file, please contact the school nurse to verify the date, as they expire one year from date of exam.)

PHYSICALS WILL BE CONDUCTED DURING SCHOOL HOURS:

MAY 19, 2016

8:30 a.m.

Cash or check (made payable to "Dr. Scott Lowry") will be accepted. **Permission slip, \$20.00 fee, and COMPLETED front page of exam form are due by Friday, May 13, 2016.** Fee must be paid when permission slip is turned in.

SPECIAL GAMES

On Thursday, March 10th, fourteen student-athletes and three staff members from Manhattan Junior High School volunteered at the Special Games at Lincoln-Way High School for the fifth consecutive year. The students were selected to help at the event based on the character they have demonstrated throughout the year, as well as teacher and coach recommendation. At the Special Games, the Demon volunteers were responsible for running the bean bags game for the athletes, where they encouraged and interacted with the special needs athletes that were competing that day. The fourteen student-helpers showed great enthusiasm and kindness towards the participants all day long.

With the help of the Manhattan Athletic Boosters and the Blue Crew, M.J.H.S., the only junior high that participates in this wonderful event, donated \$200 to the Special Games to help with the costs.

This opportunity allowed the students real life experience in giving back to the community. Many of the volunteers from Manhattan Junior High School go on to become Adaptive P.E. Leaders at Lincoln-Way High School and continue to help with the Special Games.

STEM PRESENTATION

The 8th grade students had the opportunity to find out about occupations all relating to Science, Technology, Engineering, and Math last Thursday. Eighth grade parents gave 30-minute presentations on their job using demonstrations, slide shows, hands on, and question and answer sessions. JoAnn Marshall showed students careers in the transportation of goods field. Jeff Tolbert from the Will County Sheriff's detective unit gave students the opportunity to look at fingerprinting and evidence gathering.

Jim Lebeau from Citgo showed students various forms of petroleum as he explained his job as an oil refinery operator. Mary Ellen Tolbert brought several of the devices that she uses in her job as an occupational therapist. Gene Evans explained his job as a pipefitter. Rob Harland discussed life-learned lessons as he described his job creating fire alarm systems for large Chicagoland buildings.

Angela Rafac used displays and hands on activities to explain her job as an interpreter for the Will County Forest Preserve. Students gained a view into what their real adult working world will be like.

Many students commented that they had seen a job that they had never even known existed. Paula Webb and Amy Goberville, 8th grade Science and Math teachers at Manhattan Junior High, coined the event STEM Career Day and hope to continue it as an annual enhancement for the 8th grade class.

STUDENT DRESS CODE

Parents and students are asked to review our school district dress code policy. With the onset of warmer weather, there has been an increase in dress code infractions. Your support is greatly appreciated.

REMINDER FROM THE NURSE'S OFFICE

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 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 and are completely confidential. Please contact the nurse's office if you are unable to obtain the required dental examination at this time so we can discuss the steps that will need to be taken to assure your child's compliance with the state's rules and regulations regarding dental exams.

IMPORTANT NEWS FROM THE NURSE'S OFFICE

Parents/Guardians: **There have been a few additions to the immunizations that were required for the 2015-16 school year.**

1. Rubella: Beginning with the 2014-2015 school year, children entering school at any grade level (Kindergarten through 12) shall be required to show proof of having received TWO doses of the live Rubella Virus Vaccine, the first dose on or after the first birthday and the second dose no less than four weeks (28 days) after the first dose. ***
2. Mumps: Beginning with the 2014-2015 school year, children entering school at any grade level (Kindergarten through 12) shall be required to show proof of having received TWO doses of the live Mumps Virus Vaccine, the first dose on or after the first birthday and the second dose no less than four weeks (28 days) after the first dose. ***
3. Varicella: Beginning with the 2014-2015 school year, children entering Kindergarten, Sixth grade or ninth grade for the first time, shall be required to show proof of having received TWO doses of the Varicella Vaccine, the first dose on or after the first birthday and the second dose no less than four weeks (28 days) after the first dose.
4. Hepatitis B: Children entering Sixth Grade shall be required to show proof of having received THREE doses of the Hepatitis B Vaccine. The first two doses shall have been received no less than four weeks (28 days) apart. The interval between the second and third doses shall be at least two months, and the interval between the first and third doses shall be at least four months. **
5. Pneumococcal: Any child entering an Early Childhood or Preschool program shall be required to show proof of having received the Pneumococcal Conjugate Vaccinations. This vaccination is usually given according to a specific schedule that all doctor's offices have in their possession. IF a child is between the ages of 24 months and 59 months of age and has not received the primary series of the Pneumococcal Vaccine, he/she shall be required to show proof of having received one dose of the Pneumococcal vaccine for entrance into the Early Childhood or Preschool program.

*** THE RUBELLA AND MUMPS VACCINES ARE MOST COMMONLY GIVEN IN CONJUNCTION WITH THE MEASLES VACCINE. THIS COMBINED VACCINATION IS REFERRED TO AS THE MMR VACCINE.

**THE HEPATITIS B SERIES REQUIRMENT HAS BEEN CHANGED FROM FIFTH GRADE TO SIXTH GRADE FOR THE 2014-2015 SCHOOL YEAR.

MANY CHILDREN HAVE ALREADY HAD THESE REQUIRED VACCINATIONS, SO PLEASE CONTACT YOUR DOCTOR OR THE SCHOOL NURSE IF YOU HAVE ANY QUESTIONS REGARDING YOUR CHILD'S IMMUNIZATION RECORD.

SUMMER CAMPS SCHEDULE

Boys Basketball @ MJHS, May 31-Jun 3. Students entering 2 - 4 grades from 8 – 9:30 a.m.
Students entering 5 – 8 grades from 9:30 – 11 a.m.

Volleyball @ MJHS, May 31 – Jun 3. Students entering 1-5 grades from 11:30 – 1:00 p.m.
(boys & girls) Students entering 6 – 8 grades from 1:00 – 2:30 p.m.

Girls Basketball @ WC, May 31 – Jun 3. Students entering 2 – 5 grades from 8 – 9:30 a.m.
Students entering 6 – 8 grades from 9:30 – 11 a.m.

Track @ MJHS, July 25 - 28. Students entering 4 – 6 grades 9 – 12 p.m.
(boys & girls)

Cheerleading Camp @ MJHS, May 31 – Jun 3. Students entering 2-5 grades from 10-11:30 am.
Students entering 6-8 grades from 8 – 9:30 am.

Watch for forms coming home.

TRACK AND FIELD 2015-16

8th gr. Girls: Kaitlyn Adams, Karleigh Baran, Saedy Branch, Elise Champlin, Emma Doyle, Alex Dorenca, Hailey Kara, Lia Krohe, Sydney Lenz.

8th gr. Boys: Damian Bahena, Collin Black, Colin Chrisensen, Ryan Dryja, Rayan Feyen, Lukas Gonda, Jeremy Koerner, Logan Oliver, Sean Palmer, Jake Paymaster, Marc Thrash, Garrett Torkelson, Tomy Vanderhei, Griffin Vaughn, Ethan Whiting.

7th gr. Girls: Shelby Bergeron, Lezzee Bettenhausen, Kayla Brunner, Hannah Chapman, Larissa Eick, Emma Elliott, Chloe Erwin, Bella Gira, Emma Grahovac, Sarah Husa, Maenna Kamrowski, Zoe May, Faith Mikos, Ally Mitchell, Anna Neighbors, Joc Neumayer, Danyelle Pantoja, Lydia Sears, Sophia Sestak, Piph Shaw, Maddy Stahulak, Chloe Yost.

7th gr. Boys: Grant Balis, Raymond Becker, Cam Brady, Payton Branch, Alex Ciabattari, Carson Cox, Kaleb Delaney, Nick Dudeck, Levi Gentry, Ben Guzek, Owen Hopper, Zach Lomalie, Rober Macie, Josh McLean, Connor Moe, Ryan Rodgers, Aaron Ronaldson, Max Shepherd, Cam Sparks, Zac Steffek, Jack Urbanciz, Justin Wexelberg.

6th gr. Girls: Ella Adams, Mandi Albrecht, Rylee Bancxy, Bella Bean, Lexi Busse, Grace Denton, Karsyn Essenburg, Oliva Gonda, Lola Guzman, Haidyn Haglund, Kaleigh Holl, Olivia Hollendoner, Abbey Kiernan, Gianna Naselli, Elyssa Rico, Yanelle Saldana, Aubree, Schultz, Jacie Smith, Marlee Wallisch.

6th gr. Boys: Josh Boswell, Conner Dargan, Sean Doyle, Jaden Fehrenbacher, Ryan Hochhalter, Doinic Izzarelli, Patrick Kennedy, Michael Korpitz, Matt Lee, Laz Liriano, Nathan Lunde, Joey Martin, Max McCarthy, Adam Pearse, Brandon Pritchard, Quinn rust, Kaiden Ryan, Emmett Thompson, Brian Vanderhei, Isaac Whiting.

BAND

April 22 or 23: IGSMMA State Band Contest, site TBD.
May 3: 5:00pm, MANDATORY Canada trip meeting in band room
May 5: Band Auditions for 2016-17 school year. 3:00-7:00pm at MJHS.
May 11: 5-8 grade Spring Band Concert, 7:00pm in MJHS gym.
May 13: Band Banquet, 5-8:30pm at WC.
May 17: Symphonic Band goes on Spring Tour during school day at AM and WC.
May 19-22: Symphonic Band goes to Canada!
May 24: 6th and 7th grade band students perform at 8th Grade Graduation at LWCHS

ORCHESTRA & CHOIR NEWS

Congratulations to the orchestra and choir. All 4 groups have advanced to the state level competition on the weekend of April 22 and 23. . times/locations will be on the website as soon as possible. Orchestra received 2 perfect 7 scores, Madrigals and Demon Choir also had one perfect score. GREAT JOB musicians!!!!

STUDENT COUNCIL NEWS

Student Council will be holding a springtime raffle during all lunch periods in April to raise funds for the Manhattan Food Pantry. Students will be able to purchase plastic eggs containing lots of prizes including Subway and Creamery gift cards. Along with our December fundraiser for the Angel Tree Network, the Food Pantry raffle comes in a close second to the most money raised. Our goal is to raise \$500 for the pantry this year.

TEAM ASSET FOR APRIL:

During the month of April, Manhattan Jr. High will be sponsoring our annual Giraffe Award Program to support the Lincoln Way District #210 Asset of the month: Positive Influence on Others. The aim of the Giraffe Award program is to recognize students at Manhattan Jr. High who “stick their necks out” by volunteering their personal time to help others in our community. A copy of the nomination form is included in this newsletter. Hard copies of this form will also be available at Manhattan Jr. High, the Manhattan Park District, and the Manhattan Public Library. All nomination forms will be due to MJH by Friday, April 29th. Winners will be recognized at the May 17th Manhattan Village Board meeting and will receive a \$25 Target gift card. If you have any questions, please do not hesitate to contact Jan Nass at MJH at (815) 478-6090.

Students will also be recognized for their positive influence on others at school as well. Teachers will focus this month in recognizing students for their efforts in being good role models others. Students who show good character traits such as honesty, respect, responsibility, compassion, and perseverance and by their actions instill these traits in others will be honored.

How can we as parents help our children become positive role models? As parents we may feel that although we continually work on instilling positive values in our children and hope that they internalize these values we are losing the battle. Other influences in their lives, such as peers, social media, and even world events can sear values and priorities into young people’s consciousness. These influence often work to conspire against our efforts and result in our children adopting values and perspectives that we may not share. Don’t despair. Here are some tips to help you be a positive role model in your child’s life.

- **Nurture a warm relationship.** Children tend to be more willing to accept and internalize parental values when they feel close to their parents. And close families usually have many shared interests and values that reinforce each other.
- **Show and tell what matters.** A key to your influence on your child's values is that they understand what really matters to you. The best way to do that is both to show and tell—help them see the values in action in your own life, then talk about why you do what you do.
- **Cultivate open communication.** Teens are more likely to internalize their parents' values when they have open, frequent, and honest communication with each other—when teens feel comfortable talking with their parents about tough issues and about things that matter to them. Show interest in the things that matter to your child and show them that you care about their choices and activities. That attentiveness, in turn, motivates your child to pay attention to and accept your values.
- **Give your child choices and appropriate independence.** Helping children see that they have power in their own lives and can influence others helps them be aware of and internalize their own values. If parents don't give choices or don't see their children as unique individuals, the children may end up pushing away in order to develop their own sense of who they are.
- **Provide appropriate information, guidelines, and structures.** In addition to giving children opportunities to make their own choices, it is just as important to set clear and fair expectations and consequences, then follow through with the consequences when needed. There is, however, a careful balance. If the rules and consequences lead to feelings of being pressured or controlled, they can become counterproductive, with teens rebelling against them.
- **Align values with the other parent (when applicable).** Shared values between parents or parenting adults increase the likelihood that their children will accept their value priorities. If values are not shared, the child may feel conflicting loyalties in picking which values to adopt as her or his own.
- **Cultivate skills to put values into practice.** In order to internalize values, help your teen practice skills that will help them be confident in standing up for what they believe and to take actions based on their values. Building assertiveness and resistance skills, as well as skills of empathy, caring, and compassion, all help to reinforce positive values.
- **Provide experiences that reinforce positive values and commitments.** If caring for others is important, give young people opportunities to care for others. If being honest is important, give them opportunities to be honest. If being generous is important, give them opportunities to share. If being responsible is important, give responsibilities to the child where others are depending on her or him. When you do, also be sure to talk about or reflect on the experience, so they become more articulate about why they do what they do.
- **View mistakes as teachable moments.** Your child is going to make mistakes and not live up to your values or his or her own. Sometimes those mistakes are fairly trivial; sometimes they have momentous consequences. In each case, remember to keep your relationship with your child as a priority, and seek to find ways to learn from the mistakes. Think together through appropriate consequences as well as alternate strategies for dealing with the issue in the future. That may take time, but it can pay off in the long run.
- **Recognize the limits.** Even though you can (and do) influence your child's values, you don't control them. There's nothing parents can or should do that simply "copies" their own values onto their kids. Indeed, they may choose to reject some values that are really important to you. That doesn't mean you have failed; it means they are becoming their own person.

DIGITAL CORNER:

Book Resource: Please check out Common Sense Media's [Sexting Handbook for Teens](http://www.commonsensemedia.org). It is both a comprehensive and understandable source of information on the topic of sexting that parents and teens alike can use. Go to www.commonsensemedia.org to download your copy.

OTHER RESOURCES:

Community Forum: HERO-HELP Southwest Coalition will be hosting a free community summit on Friday, April 29th from 8 AM to Noon at the Edward Hospital Athletic and Event Center (55 Phelps Avenue in Romeoville). This summit, entitled "The Heroin Crisis Act: What it Means for You" will feature speakers from various Illinois agencies discussing the new Heroin Crisis Act. A number of topics will be addressed including medication disposal and school awareness and overdose prevention. This summit is for anyone affected by heroin, including families, educators, and employers. Email any questions to: info@herohelpsevent.com or call the Office of the Will County Executive at 815-530-2372.

Grief Support: The Joliet Area Community Hospice will be hosting a Spring Family Workshop on four consecutive Thursdays in April (April 7, 14, 21, and 28) from 6 PM to 8 PM at the hospice. A variety of grief related topics will be addressed. This workshop is for anyone ages 5 and up. Separate sessions will be held for children and teens. The cost is \$40 but a sliding scale fee is available. For more information and/or to register, please contact Mary Ann Burns, Bereavement Coordinator, at 815-460-3282.

STUDENT ASSEMBLY

Megan Brooks, Investigator for The Will County States Attorney's high-tech crime unit, will be conducting a presentation on Internet Safety to all students on Friday, April 29th.

IMPORTANT DATES

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| April | 1 | Spring Break |
| | 4 | School Resume |
| | 12 | Track @ Summit Hill 4pm |
| | 14 | Track @ Home vs. Homer/Elwood 4pm |
| | 19 | Track @ Home vs. Liberty/Shabbona |
| | 21 | Track @ Mokena 4pm |
| | 23 | IGSMA State Band Contest |
| | 26 | Track @ Troy 4pm |
| | 27 | 7 th gr. Springfield Trip |
| | 28 | Track @ Hickory Creek 4pm |
| | 29 | Progress reports ready |
| May | 2 | Track @ Hickory Creek 6 th only 4pm |
| | 3 | Track @Home vs. Mantino/Manteno 4pm |
| | 6 | PTO Dance 6:30pm |
| | 7 | Band/Orchestra/Choir Music In The Park |
| | 10 | Track Conference @ TBA 10am |
| | 11 | Spring Band Concert 7pm |
| | 13 | Band Banquet @ WC 5:30pm |
| | 16 | 8 th gr. Night 6pm |
| | 17 | Track Awards 5pm |
| | 19/20 | Band Trip |
| | 20 | Track @ State – East Peoria |
| | 24 | 8 th gr. Graduation @ LWW 7pm |
| | 25 | Early Release – Noon |
| | 26 | Last Day – Dismissal 1:30pm |