

MANHATTAN JR. HIGH NEWSLETTER

Friday, April 27, 2018 Ron Pacheco - Principal

EARLY DISMISSAL & LAST DAY

Friday, June 1, early dismissal at noon.

Monday, June 4, (last day) early dismissal at 1:30.

8TH GRADE CLASS TRIP

The 8th grade class will be going to Great America on May 29. Information has been sent home to all eligible students.

8TH GRADE NIGHT

The graduating class of 2018 will celebrate *8th Grade Night* on Thursday, May 24, 2018. 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 have been sent home with your child. Please direct questions to Mrs. Watson.

GRADUATION

8th grade graduation will be Wednesday, May 30, at Lincoln-Way West Fieldhouse. The ceremony will begin at 7:00 p.m. 8 tickets will be given to students when they receive their cap and gown.

SUBSTITUTE

If you or someone you know would like to sub for the District as a teacher, aide, or nurse, please contact Diane Ponshe in the Business Office 815-478-4527.

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, 2018**. 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 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 regulations regarding dental exams.

FOUNDATION NEWS

Please watch for the 2018-19 school calendar to come home with current students the last part of May. We provide one calendar per family and it will come home with the youngest student in the district.

SUMMER CAMPS

Summer camp forms went out the beginning of April. They were updated to include Cross Country summer camp. They are due back by May 11, 2018. If you need a form they are on the website on the home page. They will be June 5 - June 8th. No track summer camp this year.

BAND NEWS

May 7 - 6-7 gr. band student auditions for 2018-19 Symphonic Band 3:30-7:00pm

May 10 - Spring Parent Meeting 6:15pm

Spring Concert (5th-8thgr.) @ MJHS 7:00pm. Students to arrive by 6:15pm wearing the following: 5th gr. band student's white beginning band shirt, black pants, black socks and dress shoes. No tennis shoes. 6-8 gr. students wear the following: band pants, band jacket, blue Manhattan JH band shirt, BLACK knee high socks and black shoes.

May 16 - Spring Tour during school day for Symphonic Band members only. More info to follow.

May 18 - Band Banquet at Wilson Creek for 5th -8th gr band members. 5:00-8:30pm. More info to follow.

May 30 - Symphonic Band performs at 8th gr. Graduation at LWVHS. More info to follow.

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

Summer camp begins July 30 - August 16. Monday - Thursday 11am-1: 30pm.

ORCHESTRA & CHOIR NEWS

May 5 - Orchestra & Choir students compete in the Festivals of Music competition! GO DEMONS!

May 8 - Choir Concert @ MJHS (gr. 5-8) 7:00pm

May 9 - Orchestra Concert @ MJHS 7:00pm

May 11 - Orchestra/Choir Dinner & Awards Banquet @ MJHS for (gr. 6-8) 6:00pm

May 14 - Demon Choir auditions after school, see Mrs. Pacheco for sight singing, rhythm clapping sheet.

May 16 - BOC Music Tour to Anna McDonald & Wilson Creek (gr. 6-8) students must wear their formal to school.

May 17 - Honor Choir performs "The Star Spangle Banner" at the Joliet Slammers 10am game. Singers must wear their MIP shirt and khakis.

SUMMER "KICK OFF" CAMP BEGINS ON MONDAY, JULY 30TH! FLIER IS ALSO ON THE WEBSITE!!

GIRAFFE AWARD

GIRAFFE AWARD WINNER: Manhattan Junior High is pleased to announce that the 2018 award winner for this year's Giraffe award is 8th grader Collin Maguire. This award is given to students who "stick their neck out " to unselfishly assist others in the community. Collin is very deserving of this award and will be recognized on May 15th at the monthly Manhattan Village Board meeting. Congratulations Collin.

PARENT INFO

May Asset: For our last asset of 2017-2018, MJH has chosen the asset of Personal Growth. Teachers will be recognizing those students for Student of the Month who have shown the most growth from the beginning of the school year to the end of the year. This personal growth will focus on a number of areas included but not limited to: academic growth (they have been able to develop good study habits over the year and have met academic challenges head-on versus ignoring them); social growth (they were easily intimidated by others and kept to themselves and/or were hesitant to join clubs/activities or develop new friendships, but have grown to be more outgoing, self-assured and socially involved); and emotional growth (they learned to manage their feelings of anger, fear, and sadness in more appropriate ways over the course of the school year and have learned to show empathy for others).

As parents, we can help our teens (and ourselves) achieve higher levels of personal growth by engaging in the following steps: 1) Help your teen identify what their potential is. Many teens – and adults may I add- do not have a clear understanding of what their potential really is. People of all ages sell themselves short more often than not. Ask questions of your teen what they like to do best or things they love doing the most. This is important so that they do not expend resources, such as time and money, going in a different direction than what they really want to accomplish. It is also important to know that when we love what we do, we feel confident about our potential to accomplish our goals; 2) Instill in your teen the importance of commitment. Let them know that even in the midst of changes – there will always be change- one cannot waver from the commitment that was made. Inspire them and let them inspire themselves to stay the course; 3) Be honest and realistic with your teen by letting them know that achievement is a series of many steps. With each step, one's level of knowledge and expertise increases. There is no express elevator to one's goals; 4) Allow your teen to accept setbacks on their way to personal growth. One cannot achieve victory without disappointment. It is an important part of the learning curve. Teach your teen that with each set-back, they will learn one more way of how not to do things which will help put them back on the path to success; and lastly, 5) Encourage your teen to seek out support on their journey. Let your teen know to never feel ashamed to reach out to others for support for something they are not capable of doing on their own. Having a mentor will make their way to achieving their highest potential both easier and more effective.

PARENT CORNER: How to Talk with Your Teen about Alcohol and Drugs. Talking with teens can be challenging. Having meaningful, ongoing conversations about drugs and alcohol, however, is key to helping keep your son or daughter healthy and safe.

Here are 5 tips on how to talk with your teen, foster mutual understanding and break through communication barriers so that you feel more connected to one another.

1) Find a good time and place to talk. Look for blocks of time to talk such as after dinner, before bed, before school or on the way to or from school and extracurricular activities. One of the best times to talk is when you are driving. With less eye contact, your teen won't feel like he's under a microscope.

2) Keep an open mind, use active listening and use "I" statements frequently. The goal is to not have your teen shut down because they feel they are being blamed or judged. Ask "open-ended" questions to prevent getting more than a "yes" or "no" response from your teen. Reflect back what your teen tells you – either verbatim or just the sentiment. It works like this: You listen without interrupting (no matter what) then sum up what you've heard to allow him or her to confirm. Try these phrases:

- "It seems like you're feeling..."
- "I hear you say you're feeling..."
- "Am I right that you're feeling..."

You can also describe how you feel about his/her behavior and how it affects you. Then you spell out what you need. Like this:

- "When you don't come home on time, I worry that something terrible has happened. What I need is for you to call me as soon as you know you're going to be late so that I know you're okay."
- "I feel like you can't hear what I have to say when you're so mad. Then I get frustrated. I need to talk about this later when we're both able to listen."
- "Because I love you and I want to keep you safe, I worry about you going to the concert. I need to know that you will obey our rules about not drinking or using drugs."

3) Realize how important your influence is when it comes to your teen. Teens say that when it comes to drugs and alcohol, their parents are the most important influence. Teens who learn a lot about the risks of drugs at home are significantly less likely to use drugs. That's why it's important to talk – and listen – to your teen. So, try to talk. A lot. Discuss the negative effects (short and long-term) that drugs and alcohol can have to his or her mental and physical health, safety and ability to make good decisions. Explain to your teen that experimenting with drugs or alcohol during this time is risky to their developing brain. (One's brain doesn't fully develop until about age 25 which has a huge influence on teen communication. For example, because the prefrontal cortex isn't mature, your teen may have a terrible time interpreting facial expressions. (You may feel surprised, but he or she thinks you're angry.) Add that to impulsivity (over-reactive amygdala) and limited emotional control (prefrontal cortex again), and you've got a recipe for major communication problems. Once you learn to recognize typical teen behavior, you can control your automatic reactions to it and communicate more clearly).

- Ask your teen what might happen if he or she does use drugs or alcohol. This gets your teen to think about her future, what her boundaries are around substance use – and some possible negative consequences (she may be late to practice, do something stupid in front of her friends, have a hangover). It will also give you insight into what's important to her.

- Take advantage of “teachable moments.” Use everyday events in your life to point out things you’d like your teen to know about. Point out alcohol and drug-related situations in celebrity headlines, or stories going on your own community that show the consequences of alcohol and drug use. If you and your child are at the park and see a group of kids drinking, use the moment to talk about the negative effects of alcohol. When watching TV together, ask if the shows and advertising make drug use look acceptable and routine or do they show its downside? How did that program make your teen feel about drugs?
- If there is a history of addiction or alcoholism in your family, then your teen has a much greater risk of developing a problem. Be aware of this elevated risk and discuss it with your teen regularly, as you would with any disease.
- Learn more about the top drugs in your teen’s world. Then ask your teen about these drugs – has he heard of them? What does she know about them? Does anyone in her school use these drugs? Any of her friends? Has she ever been offered to drink or smoke weed?

4) Offer Empathy and Support (and keep in mind your own reactions)

- Offer empathy and compassion. Let your teen know you understand. The teen years can be tough. Acknowledge that everyone struggles sometimes, but drugs and alcohol are not a useful or healthy way to cope with problems. Let your teen know that he/she can trust you. Remind your teen that you are there for support and guidance – and that it’s important to you that she/he is healthy, happy and makes safe choices.
- Typical teen behavior can trigger a lot of emotion in parents. Identifying the behavior you see in your teen can help you manage our own impulses; we avoid giving our teens control. Plus, we communicate better because our messages aren’t clouded by emotion.
- Learn to spot typical teen behavior so you won’t over-react. Once you know that brain development can affect teen behavior in some pretty bizarre ways, you may see your teen in a new light. Start keeping a list of the things your teen does that make you feel frustrated, impatient, angry or threatened. (Include specific words, emotions, gestures and body language.) Writing things down will make it easier for you recognize the same scene later and say, “I’m not falling into this trap again.” Pay attention to yourself. What happens when your teen mouths off? Does your heart race? Do your cheeks burn? Does your neck get stiff? These are the warnings signs of a gut reaction. As soon as you feel the cues, take a deep breath (or three) or take a break to cool down. Before you do, though, set a time when you’ll both come back and continue talking.

For more information go to: <https://drugfree.org>.

PARENT RESOURCES:

Addiction Issues: Weekly family support meetings are available every Tuesday evening from 7 PM to 8:30 PM for anyone with a family member struggling with an addiction, suspected addiction, or currently in recovery. Held at Lincolnway Christian Church in New Lenox, meetings are completely free to attend. For questions, contact:

HERO via email at info@theherofoundation.org, online at www.theherofoundation.org; or phone 708-557-8394 or contact Lincolnway Christian Church at 815-735-4710 and ask for Terrie Stoeckley or tstoeckley@lincolnway.org.

Partnership for Drug-Free Kids is offering a way (Help & Hope by Text) to get customized, mobile messaging on your cell phone to provide personalized, ongoing support and relevant resources for families struggling with heroin and other opioids. It is a simple process to sign up. Enter your mobile phone number or text JOIN to 55753. Answer a quick series of questions about your child and his/her substance use to help customize the messages you'll receive. You will receive messages with information, support and hope specific to your family's needs. You may also text CHAT at any time to speak directly with a Parent Helpline Specialist.

HAVE A GREAT SUMMER

IMPORTANT DATES

May:

- 1 Track @ Manteno 4:15pm
- 5 Music In the Park
- 8 Choral Concert (5-8gr) @ MJHS 7pm
Track Conference @ Memorial Stadium 10am
PTO Mtg. @ Wilson Creek 6:15pm
- 9 Orchestra Concert (4-8 gr.) @ MJHS 7pm
Board Ed. Mtg. @ Wilson Creek 7pm
- 10 Spring Band Concert @ MJHS 7pm
Mandatory Band Mtg. 6:15pm
- 11 Orchestra/Choir Banquet @ MJHS 5pm
- 12 Track Sectionals 9am
- 15 Giraffe Award Presentation @ Manhattan Village Hall 7pm
- 17 Madrigal Performance @ Joliet Slammers game 10am
- 18 Track State
Band Banquet @ Wilson Creek 5:30pm
- 24 8th gr. Night 6pm
- 28 NO SCHOOL - Memorial Day
- 29 8th gr. Great America Trip
- 30 8th gr. Graduation @ LWW Main Gym 7pm

June:

- 1 Noon Dismissal
- 4 Awards Assembly 8:15am
Last Day - Dismissal @ 1:30pm
- 5-8 Summer Camps