

**MANHATTAN JR. HIGH NEWSLETTER**  
**RON PACHECO – PRINCIPAL**  
**October, 2015**

**WEBSITE**

Please use our website: [www.manhattan114.org](http://www.manhattan114.org) to obtain important information about school operation. You can find lunch menus, activity calendars, and directions to sporting events.

**PARENTS**

If you have changed your email address, or not supplied us with one, please email Glenna Johnston: [gjohnston@manhattan114.org](mailto:gjohnston@manhattan114.org)

**SUBSTITUTE TEACHERS, NURSE & TEACHER AIDES**

We are in need of substitute teachers, nurses (licensed RN or LPN) and substitute teacher aides with paraprofessional certificate. If you or someone you know would like to substitute please have them contact Mrs. Johnston at: [gjohnston@manhattan114.org](mailto:gjohnston@manhattan114.org), 815-478-6090x0 or Diane Ponshe at 815-531-3309.

**STUDENT ABSENCES AND OFFICE HOURS**

All parents/guardians are required to contact the school in order to report a child absent. You may call anytime (24 hour availability) at (815) 478-6090. Absent reports will ONLY be accepted by parent/legal guardian. Please supply your name, child's name, and the reason for absence. Failure to report a child's absence will result in an unexcused absence. Office hours are 7:30 a.m. to 3:30 p.m. Monday - Thursday, 7:30 a.m. to 3:00 p.m. Friday. If your student is absent more than two (2) consecutive days, you may request homework.

**NO CLASSES**

There are no classes scheduled Monday, October 12 in observance of Columbus Day.

**END OF THE 1ST QUARTER**

October 23 marks the end of the first grading period. Report Cards will be ready October 30.

**PARENT / TEACHER CONFERENCES**

Parent/Guardians will be receiving notification for conferences before October 30, if a teacher requests a conference. Please contact us immediately to set-up a conference. If you do not receive a letter by Oct 30, staff members have not requested a conference. If you do not receive notification, but would still like a conference, please call 478-6090 before November 10, and we will make the necessary arrangements.

**MESSAGE FROM THE NURSE**

All 6<sup>th</sup> graders are required to have a current school physical on file with the Nurse. If you have not done this, please do so immediately. Any 6<sup>th</sup> grader without a completed physical signed by a licensed practitioner, by October 15, 2015, will be excluded from school. Please call the Nurse at 815-531-3207 with any questions.

Vision/Hearing Screenings will be conducted during the month of October. Also a Tdap Booster is required for all students in grades 6 through 12. Proof must be presented in order to attend classes for the 2015-16 school year. Current 5<sup>th</sup> grade students should receive this booster during their required 6<sup>th</sup> grade physical.

## **SCHOOL MEDICATION POLICY**

Just a reminder to parents/guardians: Manhattan School District 114 policy states that any medication prescribed by a licensed physician requires the physician's written order, signed by the physician as well as the parent/guardian. Any over-the-counter (OTC) medication such as Tylenol, Advil, cough drops/syrups also require an authorization. All required forms are available in the nurse's office. All meds must be brought in by a parent/guardian and must come in original container labeled with student's name.

## **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.

## **GIRLS BASKETBALL TEAM**

**6<sup>th</sup> gr. Team:** Ella Adams, Grace Augustine, Hailee Engleman, Meaghan Fitzpatrick, Leah Giordano, Haidyn Haglund, Haley Hammang, Yanella Saldana, Aubree Schultz, Mandy Albrecht, Madiline Cuttle, Allie Dague, Jordan Dapkus, Lola Guzman, Katie O'Neill, Karli Schuster, Kristen Shepard.

**7<sup>th</sup> gr. Team:** Lizzee Bettenhausen, Chloe Erwin, Olivia Froling, Macenna Kamrowski, Tristan Lucas, Faith Mikos, Lucy Newtoff, Danyelle Pantoja, Lydia Sears, Maddi Stahulatz, Sophia Sestak, Rylee Tomaski, Manager: Rachel Anhalt

**8<sup>th</sup> gr. Team:** Alyssa Aleo, Madilyn Bernhard, Emma Doyle, Haley Fitzer, Abbey Jendras, Hailey Kara, Lia Krohe, Sydnie Lenz, Rylee Lynch, Jessie Marshall, Grace Pearse, Molly Ryan, Manager: Lynn Toosley

## **CHEERLEADING SQUAD FOR 2015-16**

The cheerleaders for 2015-16 school year are: Brook Bergeron, Lillyann Berguson, Hannah Bilek, Elyse Black, Marissa Crawford, Abby Dudeck, Sarah Husa, Savannah McCloud, Jocelynn Neumayer, Brianna Nolte, Mia O'Malley, Grace Rinke, Kelsie Skaggs, Emily Trull, Hannah Williams, Audrey Wohleber.

## **7<sup>th</sup> gr. SPRINGFIELD TRIP**

The 7th Grade Springfield trip is scheduled for Wednesday, April 27, 2016. Students travel on coach buses to spend the day visiting sites in Springfield. Stops will include the Abraham Lincoln Museum, Lincoln's home, Lincoln's tomb, the Old State Capitol, and the current State Capitol building.

Entrance fees and dinner are included in the cost of the trip, which is \$91.00. Students leave school at 6:00 A.M. and return at approximately 8:30 P.M. Specific sign-up sheets will be sent home later in the year.

## **VETERANS' DAY ASSEMBLY**

On November 11, 2015, Manhattan Junior High School will be hosting its annual Veterans Day program. All veterans are invited to attend the program that morning. Beginning at 7:30 A.M. coffee and doughnuts will be served followed by an assembly in the gym. MJHS's outstanding choir and band will be performing for the veterans.

We look forward to seeing local veterans as well as all students' family members who served our country.

## **25 BOOK CHALLENGE**

In an effort to keep students reading, we will be having a 25 Book Challenge this year. The challenge will run October 5th through May 6th. There will be chances to win monthly prizes with grand prize in May being a Kindle. Students will learn more about the challenge during their library day.

## **ONE BOOK, ONE MANHATTAN**

This year we are reading I Am Malala by Malala Yousafzai. You will find copies in local businesses, or you can check out a copy at the Manhattan-Elwood Library. On Monday, October 5 at 4:00, please join us at MJHS at a girl's basketball game. There are many fun **activities and prizes** for this event!

## **LIBRARY NEWS**

MJHS Book Fair is October 13 – 16, 2015.

## **BOX TOPS FOR EDUCATION PROGRAM**

Please go to [www.boxtops4education.com](http://www.boxtops4education.com) and register for our school. It is free!!

We also ask that you save box tops, and send them to Manhattan Jr. High - please check the **expiration dates** on the box top. If they are dated **10/30/15 or earlier**, we cannot use them. This is a great way during these tough economic times to add additional revenue for our school.

Once you are registered, we can also earn money from on-line orders. Many stores have teamed up with Box Tops for Education to give a percent of the purchase back to the school.

The only way for our school to receive this additional benefit is to shop through the web site. For example: If I were going to purchase shoes from Famous Footwear, I would go to [www.boxtops4education.com](http://www.boxtops4education.com). Under the EARN tab Click "Shop Marketplace" find Famous Footwear and click "shop and earn."

Famous Footwear will give Manhattan Junior High 7%.

This is a great way to help your school while you get your Christmas shopping done.

If you go to <http://www.boxtops4education.com/coupons> you can get coupons for box tops products. We are very excited and hope you will help us to exceed our goal of \$1,108, last year. Total since we started in 2011 is \$5041.

## **BAND NEWS**

Good luck to the following band students who will be auditioning for the Illinois Music Educator's Association Honor Concert Band and Honor Jazz Band on Saturday, October 3 in Bensonville, IL: Libby Kaminski-trumpet-concert band; Calvin Horsley-trumpet-concert and jazz band; Ryan Feyen-tuba-concert band; Noah Zmigrodski-alto saxophone-concert band; Abigail Zombek-flute-concert band.

The band will be having their MANDATORY fall fundraiser from October 12-23. Every band family MUST participate in this fundraiser or do the buy out in order to be considered a band booster member and receive monetary assistance from the Band Boosters. More information will follow.

Just a reminder that the Marching Band will NOT be participating in the Sounds of the Stadium performance with LWCHS as previously scheduled on Tuesday, October 27. Please mark your calendar.

Please feel to email Mrs. Pedziwater with any questions at [cpedziwater@manhattan114.org](mailto:cpedziwater@manhattan114.org).

## **ORCHESTRA & CHOIR NEWS**

The Demon Orchestra, Chamber Orchestra, Demon Choir and Lady Demons will be taking their professional photograph for the year on Monday, October 5th. Orchestra is to come to school in their formals and bring school clothes in their garment bag. Choir students are to bring their formals in their garment bags and hang them in the room during school hours.

Our fall "Sing & String" Concert is Thursday, October 22 at 7:00 p.m. Everyone is invited to come out to hear the amazing music from our musicians.

## **STUDENT COUNCIL NEWS**

Mrs. Kozlowicz and Mrs. Nass, Co-sponsors of MJH Student Council are proud to announce the roster for Student Council for 2015 – 2016. They are:

6<sup>th</sup> Grade: Cate Cosgrove, Conner Dargan, Rachel Mitchell; Emmett Thompson.

7<sup>th</sup> Grade: Alex Ciabattari; Ellie Davis; Aidan Fitzpatrick; Louie Martinez.

8<sup>th</sup> Grade: Chris Augustine; Brody Ceh; Ben Gearman (President); and Noah Vancina.

## **PARENT CORNER:**

**STUDENT ASSET OF THE MONTH:** The asset for October is RESPONSIBILITY. This month students will be recognized for displaying responsibility at school. Manhattan Jr. High teachers and staff will be focusing their nominations this month on students who positively advocate for themselves by asking questions and communicating their needs to their teachers, who take ownership of their schoolwork and strive to do more than the minimum required, who show up to their classes daily and on time with their homework completed, and who surround themselves with good role models who take pride in a job well done.

If one could make an equation for this asset it would have to be "Student + School+ Family = Success". Each variable is co-dependent on the other. Each variable in the chain must take responsibility, pulling its weight for the goal to be achieved. What can parents/guardians contribute? Here are some foundational rules for families to follow: 1) Make going to school a priority for your child. Unless your child is sick, ensure that they get to school, on time, each and every day. If your child is sick follow up with the necessary medical care. This includes ensuring that dental and vision needs are both addressed; 2) Ensure that your child has eaten breakfast even if it is a banana with some peanut butter. Children can't learn when they are hungry. Headaches and stomachaches can often be a symptom of hunger and they can drive children out of the classroom and into the nurses office.; 3) Communicate with your child's teachers. Email them when you have questions and take advantage of the school's resources, such as parent newsletters, HomeLogic, homework club, and homework websites; 4) Provide supplies, space, and time each and every night for your child to complete homework. Follow the homework to its destination. Some students may need more monitoring than others to ensure that their homework is done. For these children, SEE them put their completed work in their book bag before they go to bed.; and 5) Be open to the constant change that occurs in children. A child who was an A student in 4<sup>th</sup> grade may be struggling to get C's in junior high or might never find a passion for learning until late into high school. Children, especially teens, are constantly trying to redefine themselves. Sometimes these redefinitions are not always acceptable. In those cases, work with the school and outside resources to develop the structure needed to help your child get back on track.

**STRESS and TEENS:** As our school year is now underway, parents may find that the demands of school are placing their teen under a lot of pressure. Combine the pressure of academics and competitive sports with the constant blitz of social media, where everyone else seems happy, successful, and having a great time with friends it is no wonder that our teens are shouldering a lot of worry. Some cues that parents can watch for that may signal their teen is under too much worry are: 1) Internalizing behaviors such as ongoing sleep disturbances, changes in eating patterns, excessive headaches and/or stomachaches; and 2) externalizing behaviors such as hours of video games, binge-watching an entire TV series, or drinking. Parents can help their teen by managing their own anxiety. The world won't end if your child doesn't make the school's sports team, gets the lead in the play, or gets a C on their report card. Parents who get upset when their teens are anxious can make matters worse. Help your teen come up with a plan and reassure them that it is going to be OK. Helping your teen negotiate struggles and manage failure is an important life-skill. Also help them normalize their feelings of anxiety and/or sadness instead of comparing their moods with what they see on social media. Support healthy self-care skills such as daily exercise, relaxation, a good night's sleep, and eating a healthy diet also go a long way to helping your teen manage stress.

### **COMMUNITY RESOURCES:**

**Grief Resources:** The Joliet Area Community Hospice is holding its FREE 2015 Fall Family Journey this month on 4 consecutive Thursdays, October 1, 8, 15, and 22 from 6 to 8 pm at the Joliet Area Hospice at 250 Waterstone Circle in Joliet. Open to ages 5 and up, separate sessions are held for children/teens and adults. Adult sessions include: Understanding Mourning; Working Through the Hard Parts; Coping Skills; and Remembering. Registration is requested and can be done by either calling Mary Ann Burns at the hospice at 815-460-3282 or by contacting her via email at [mburns@joliethospice.org](mailto:mburns@joliethospice.org).

**Utility Help:** COMED has a special hardship program for residential customers facing a financial, medical, or other hardship. Assistance is available for households with incomes up to 250% of the poverty level (\$57,625 for a family of four) that identify a demonstrated need. For more information contact the Will County Center for Community Concerns, 2455 Glenwood Avenue in Joliet at 815-277-0722. One can apply directly at their location Monday through Friday from 8 AM to 3 PM OR until the daily list is full.

Continue for calendar

## IMPORTANT DATES

- Oct. 1 C.C. @ Crescent City 4:15pm  
BVB @ Home vs. Martino 4pm
- 3 IMEA Band Audition @ Homewood
- 5 7<sup>th</sup> BVB Conference @ Liberty  
7<sup>th</sup> & 8<sup>th</sup> GBB @ Home vs. Martino 4pm  
6<sup>th</sup> GBB @ Wilson Creek vs. Bentley 4:15pm
- 6 8<sup>th</sup> BVB Conference @ Liberty  
C.C. @ Home Conf. Meet 4:30pm
- 7 7<sup>th</sup> BVB Conference @ Liberty  
Open Gym 2:30pm-4pm
- 8 8<sup>th</sup> BVB Conference @ Liberty  
7<sup>th</sup> & 8<sup>th</sup> GBB @ Kelvin Grove 4pm  
Open Gym 2:30-4pm
- 10 CC Sectionals 9am @ Blue Island
- 12 NO SCHOOL – Columbus Day
- 13 7<sup>th</sup> & 8<sup>th</sup> GBB @ Home vs. Homer 4pm  
6<sup>th</sup> GBB @ Wilson Creek vs. Hadley 4:15pm
- 14 6<sup>th</sup> BBB Tryouts 3:15-4:45 @ **Anna McDonald**  
Open Gym 2:30-4
- 15 6<sup>th</sup> BBB Tryouts 3:30-5pm @ **Wilson Creek**  
7<sup>th</sup> & 8<sup>th</sup> GBB @ Troy 4pm  
6<sup>th</sup> GBB @ Orenic 4pm  
Open Gym 2:30 – 4pm
- 17 CC State 9am
- 19 7<sup>th</sup> & 8<sup>th</sup> BBB Tryouts 2:30pm
- 20 7<sup>th</sup> & 8<sup>th</sup> BBB Tryouts 6:00am  
6<sup>th</sup> GBB @ Wilson Creek vs. Mokena 4pm  
7<sup>th</sup> & 8<sup>th</sup> GBB @ Home vs. Mokena 4pm
- 22 7<sup>th</sup> & 8<sup>th</sup> GBB @ Summit Hill 4pm  
6<sup>th</sup> GBB @ Hilda Walker 4pm
- 23 End of Quarter 1
- 26 7<sup>th</sup> & 8<sup>th</sup> GBB @ Elwood 4pm  
6<sup>th</sup> GBB @ Wilson Creek vs. Elwood 4pm
- 27 7<sup>th</sup> & 8<sup>th</sup> GBB @ Hickory Creek 4pm  
6<sup>th</sup> GBB @ Hickory Creek 4pm  
Band Performance @ LWC 7pm
- 29 Early Release Noon  
7<sup>th</sup> & 8<sup>th</sup> GBB @ Home vs. Liberty 4pm  
6<sup>th</sup> GBB @ Wilson Creek vs. Oakview 4pm
- 30 NO SCHOOL – Teacher Institute  
PTO Dance 6:30 – 9PM