

MANHATTAN JR. HIGH NEWSLETTER
RON PACHECO – PRINCIPAL
October, 2016

WEBSITE

Please use our website: 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

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, 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 10 in observance of Columbus Day.

END OF THE 1ST QUARTER

October 21 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 28, if a teacher requests a conference. Please contact us immediately to set-up a conference. If you do not receive a letter by Oct 28, 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 11, and we will make the necessary arrangements.

BOX TOPS FOR EDUCATION Contest

This year we will be having our annual Fall Box Tops For Education Competition between our 1st hour classes. Please send your Box Tops in with your student, and have them place the Box Tops in their 1st hour class's envelope, which is in the classroom.

This year our winning 1st hour class will be awarded donuts and juice!!!

This contest will run until October 26. Please make sure to check the expiration date on the Box Tops.

Our goal this year is \$1700.00. Since 2011, we have raised \$7,099.28 from collecting Box Tops.

Thank you for your support.

MESSAGE FROM THE NURSE

All 6th 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 6th grader without a completed physical signed by a licensed practitioner, by October 15, 2016, will be excluded from school.** Please call the Nurse at 815-531-3207 with any questions.

Required immunizations for sixth grade- Tdap, Meningococcal, and two doses of Varicella, and Hepatitis B series (series of three shots, given over a time period of 6 months or more).

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, 2017. 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.

GIRLS BASKETBALL TEAM

6th gr. Team: Caitlyn Burgess, Jaime Hein, ruby Garcia, Mriah Pantoja, Madelyn Noland, Ashley Munn, Lilly Mison, Sophia LaRue, Brooke Bergeron, Maddy Hurley, Courtney Frawley.

7th gr. Team: Ella Adams, Lexi, Busse, Hailee Engelman, Megan Fitzpatrick, Lola Guzman, Rachel Mitchell, Evan Pitman, Yanelle Saldana, Aubree Schultz, Kristen Shepard.

8th gr. Team: Rachel Anhalt, Lizzee Bettenhausen, Abbey Collins, Olivia Froling, Macenna Kamrowski, Cassidi Marshall, Lucy Newtoff, Danyelle Pantoja, Sophia Sestak, Rylee Tomaski, Choe Yost.

VETERANS' DAY ASSEMBLY

On November 11, 2016, 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. The assembly will begin at 8:15. 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.

LIBRARY NEWS

MJHS Book Fair is October 11 – 17, 2016.

BAND NEWS

Good luck to the band students who will be auditioning for the Illinois Music Educators Association Honor Band Festival. Auditions will take place at Blackhawk Middle School on Saturday, October 1.

The band will be having their MANDATORY fall fundraiser from October 10-24. We will be selling Butterbraids.

Every band student 6-8 grades is required to sell 10 Butterbraids or do a buyout of \$50.00, or a combination of selling Butterbraids and the buyout. Every 5th grade band student is required to sell 5 Butterbraids or do a buyout of \$25.00 or do a combination of Butterbraids and the buyout. The Butterbraids will need to be picked up on Tuesday, November 15 between 2:30-4:00pm in the band room.

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

ORCHESTRA & CHOIR NEWS

Professional photographs for junior high will be Monday, October 3. Orchestra is to wear their formal to school and bring a change of clothes. Choir is to bring their formal in their labeled bag. Order forms went home, or you can find them on the website.

October 1st. Good luck to the following musicians auditioning for the prestigious Illinois Music Educator's Association Festival: Courtney DeVenuto (violin) Lilah Hernandez (cello and voice) Katie O'Flynn (viola) Epiphany Shaw (violin) Makenzie Schussler (violin) They travel to Blackhawk Middle School in Berwyn.

October 20: Everyone is invited to our fall "Sing and String" Concert featuring our 2 orchestras and 3 choirs. 7:00 p.m. in our lovely auditorium

STUDENT COUNCIL NEWS

Student Council Election results are in. Co-sponsors Mrs. Kozlowicz and Mrs. Nass are proud to announce that the following students will be serving as Student Council members this year: 6th grade: Mikayla Adrieansen, Mickey Ceh, Cole Craven; and Richard Hegeduis. 7th grade: Olivia Hollendoner, Rachel Mitchell, Emmett Thompson; and 8th grade: Alex Ciabattari (President), Aidan Fitzpatrick, Louie Martinez and Juliana Zuniga.

One of the first orders of business for our Student Council members will be sponsoring a number of activities for Red Ribbon Week during the week of October 24th. The National theme this year is YOLO (You Only Live Once): be Drug Free. During this week, we have an assembly, dress-up days and a poster contest planned.

ASSET OF THE MONTH

The asset for the month of October is **FRIENDLINESS**. MJH will be recognizing those students who are approachable, who treat others with respect, and who give off positive energy. Students that show genuine interest in other students, especially to students who are not their friends, are students who truly reflect this asset.

Being friendly means making others feel comfortable around you. It is an important asset for students to have in order to both develop and maintain friendships. Can parents teach their children to be friendly to others? Yes. Here's how.

- 1) Encourage friendly body language. A smile, an open stance (e.g., when arms are not crossed in front of you), and eye contact make people approachable. It shows others that you care and are open to learning more about them.
- 2) Have a positive attitude. Maintain a good sense of humor. Encourage your children to surround themselves with others that make them laugh and feel good about themselves.
- 3) Show interest in others by asking about them. Put your focus on them, not yourself. Complimenting others also goes a long way to making people feel more comfortable and happy to be around you.
- 4) Make an effort to talk to other people. It is important, albeit difficult sometimes, to be friendly to be people you don't like. Let your child know that he/she doesn't have to become best friends with someone, but that they might feel surprised at how good they will feel about being nice and friendly instead of giving people they don't like the cold shoulder. An important lesson for children to learn is that the more effort they make to approach others the more they will increase their own confidence.
- 5) Show a genuine interest in others. A friendly person is concerned about when others are upset and uplifted when others are happy. Emphasize to your child that a friendly person doesn't talk to people just to look cooler or to have more Facebook friends. If a person really cares about someone, that person will be able to tell.

PARENT CORNER

Disciplining Your Teen: It can be helpful when disciplining your teen to remember when you got your last speeding ticket. The officer who pulled you over wasn't emotional and didn't yell at you. He told you what you did wrong and wrote you a ticket. And when you drove away you probably did so very carefully, obeying all the traffic rules.

Unlike the police officer, we often find ourselves getting angry and raising our voices when our teens fail to follow through on one of our expectations. By doing so however, not only are we jeopardizing the success of the discipline we are dealing with, but also the relationship with our teen. If your teen begins to escalate their response by becoming aggressive or non-compliant, don't copy their emotional response just simply increase the consequence of the original infraction. By matching their emotions, you run the risk of turning what was a simple teaching interaction into a major confrontation.

Setting clear expectations up front of course can prevent a lot of headaches down the road. Call a family meeting and establish a set of written rules of the house – things like curfew, chores, homework hours, etc. – and get your teen to sign off on them. This way they can't plead ignorance when one of the rules is broken. You can also establish specific consequences for breaking specific rules. If they know the consequences ahead of time, they may be less inclined to break the rules in the first place.

When rules are broken, it is usually because a poor choice has been made. To help avoid this, it is helpful to learn SODA'S and to help your teen through this 5-step process whenever a problem arises. SODA'S stands for: 1) Define the problem SITUATION; 2) Generate two or more OPTIONS; 3) Look at each option's potential DISADVANTAGES; 4) Look at each option's potential DISADVANTAGES; and 5) Decide on the best SOLUTION.

Good reading resources for parents on this topic include: 1) POSITIVE DISCIPLINE FOR TEENAGERS (Jane Nelsen) and WHEN GOOD KIDS DO BAD THINGS: A SURVIVAL GUIDE FOR PARENTS OF TEENAGERS (Katherine Gordy Levine)

Grief Resource: The Joliet Area Community Hospice (JACH) will be holding a five-session workshop for anyone who has had a death of a loved one. A hospice professional will present on a variety of grief topics including how to deal with the upcoming holidays. Anyone ages 6 through adult can participate. Teenagers and children will meet separately with counselors and other peers.

Sessions will take place on five consecutive Thursdays, October 6, 13, 20, 27, and November 3rd from 6 pm to 8 pm at the hospice office, 250 Water Stone Circle, Joliet, Illinois. The fee for the entire workshop is \$40 for families (sliding fee scale is available). Registration is requested. Please contact Mary Ann Burns, Bereavement Coordinator at 815-460-3282 to register.

Mental Health Resource: NAMI (National Alliance on Mental Illness) of Will-Grundy County offers a free education program specifically for parents and other family caregivers of children and adolescents experiencing mental health challenges. This program meets for six sessions and is taught by trained family members whose children experience mental health challenges. No specific medical therapy or medication is endorsed or recommended. For specifics about this program, please contact NAMI of Will-Grundy County at 815-731-9103 or info@namiwillgrundy.org and refer to the NAMI Basics Peer Education Program.

IMPORTANT DATES

October:

- 1 IMEA Auditions (B.O.C.)
- 4 CC @ Home Conf. Meet 4:15pm
BVB Tourney @ Homer 4pm
- 5 BVB Tourney @ Homer 4pm
GBB (7/8) @ Home vs. Kelvin Grove 4pm
- 6 BVB Tourney @ Homer 4pm
GBB (7/8) @ Home vs. Summit Hill 4pm
GBB (6) @ W.C. vs. Hilda Walker 4:15pm
- 8 C.C. Sectionals @ Lewis University 9am
- 10 NO SCHOOL – Columbus Day
- 11 GBB (7/8) @ Homer 4pm
GBB (6) @ Hadley 4pm
- 12 Cheerleading Tryouts
- 13 Cheerleading Tryouts
GBB (7/8) @ Troy 4pm
GBB (6) @ Orenic 4pm
- 15 C.C. @ State @ 9am
- 17 BBB (7/8) Tryouts @ 2:30pm
BBB (6) Tryouts @ WC 4pm
- 18 GBB (7/8) @ Home vs. Mokena 4pm
GBB (6) @ W.C. 4:15pm
BBB (7/8) Tryouts 6am
BBB (6) Tryouts @ A. MC. 3:15pm
- 20 Sing & String Concert @ MJHS 7pm
GBB (7/8) @ Hickory Creek 4pm
GBB (6) @ Hickory Creek 4pm
- 21 End of 1st qt.
- 24 GBB (7/8) @ Home vs. Elwood 4pm
GBB (6) @ Elwood 4:30pm
- 25 GBB (7/8) @ LWW vs. Liberty 4pm
GBB (6) @ W.C. vs. Nelson Ridge 4:15pm
- 26 GBB (7/8) @ Martino 4pm
GBB (6) @ Spencer Crossing 4pm
- 28 Report Cards
Early Release
PTO Dance 6:30pm
- 31 NO SCHOOL – Teacher's Institute