

MANHATTAN JR HIGH NEWSLETTER
DECEMBER 18, 2014
RON PACHECO, PRINCIPAL WWW.MANHATTAN114.ORG

REMINDER

Just a reminder winter break begins December 22, 2014 through January 4, 2015. School resumes on Monday, January 5, 2015. No school on January 19, 2015 in observance of Martin Luther King Jr. Day. Early dismissal day on January 16, Jr. High is 12:00 PM, Anna McDonald 12:45, and Wilson Creek 1:00 PM.

EMERGENCY SCHOOL CLOSING

Call your child's school phone number (Manhattan Jr. High - 815-478-6090), or the district phone number (815-478-6093). Then, press 5 to hear updated information about school closings. Parents have other options to receive information on whether our school will follow PLAN A: School is closed or PLAN B: School will begin one hour later than usual. These options are as follows:

1. Listen to WJOL Radio (1340 AM), WGN Radio (720 AM), WBBM Radio (780 AM), CBS Channel 2, NBC Channel 5, ABC Channel 7, WGN Channel 9, Fox Channel 32 and CLTV Cable.
2. By touch-tone phone call 312-222-SNOW. You will be prompted to enter our main phone number 815-478-4527.
3. Access the website www.emergencyclosings.com. Once connected, search for Wilson Creek School for information. Parents can sign-up to receive an e-mail notification through this website.

EARLY DISMISSAL: If it becomes necessary to close school during the day, an announcement will be made on WJOL (1340 AM) radio. Our school will attempt to contact Wilson Creek, Anna McDonald, and requested Manhattan Junior High parents, only in the event of an early dismissal. Make sure your child has proper instructions as to what to do!

PARENTS

If you **haven't** provided your email address or it has changed, please send an email to: gjohnston@manhattan114.org

SUBSTITUTE NURSE & AIDES NEEDED

We are in need of substitute nurses and teacher aides. If you or someone you know would like to substitute please have them contact me at: gjohnston@manhattan114.org

GRADUATION PICTURES

8th grade graduation pictures are on January 21, 2015.

REPORT CARDS

The second quarter ends January 16. Report cards will be ready January 23.

GIRLS VOLLEYBALL TEAMS

8th: Julianne Hobson, Sarah Bourell, Mary O'Brien, Brooke Martinez, Gea Alberico, Corinne Roemer, Theresa Beck, Sara Ott, Olivia Murphy, Kirsten Leitsuh, Eileen Quinn, Josie Torres.

7th: Kaitlyn Adams, Emma Doyle Abbey Jendras, Kelsey Evans, Emma Grahovac, Abigail Dudeck, Sydnie Lenz, Madilyn Bernhard, Saedy Branch, Emily Dunbar, Sophia Sestak, Rayne Oliver.

BAND NEWS

Good luck to all the band students who will be participating in the Lincoln Way All Star Festival on Saturday, January 24 at Liberty JH in New Lenox:

Abigail Zombek and Olivia Murphy, flute: Zoey Dauer and Danielle Litman, clarinet; Tommy Vanderhei, alto sax; Noah Zmigrodski, tenor sax; Jack Hrvatin, baritone sax; Robert Macie, french horn; Calvin Horsley and Elizabeth Kaminski, trumpet; Emily Wisinski, bassoon; Rachel Foster and Anthony Zombek, trombone; Nathan Knapczyk, baritone; Ryan Feyen, tuba; Jared Podgorny, percussion.

IMPORTANT UPCOMING BAND DATES:

January 22: Beginning Band Concert at MJHS

February 7: Band Education Day at MJHS

February 9-23: Spring Fundraiser

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

February 21: IGSMA Solo and Ensemble Contest at Timber Ridge M.S. in Plainfield.

ORCHESTRA & CHOIR NEWS

If your child is participating in the Illinois Grade School Music Association contest on Saturday, February 21 in Plainfield, Mrs. Pacheco needs all of your information by January 7th. Title, accompanist and time preference, there are no exceptions due to the large number of entries.

January 14th is our annual Choral fest with Lincoln Way Central. Everyone is invited to come out and hear the local choirs perform at 7:00, free admission.

STUDENT COUNCIL

The students of Manhattan Jr. High did a wonderful job in supporting the Student Council's annual fundraiser for the Angel Tree Network. Over \$650 was raised to purchase holiday presents for the families in need here in Manhattan. The race for the most decorations was a close one between the 6th and 8th graders, but in the end the 6th graders pulled ahead and won a Dodgeball game for their grade. Thank you to all the students who participated.

PARENT RESOURCES

TEAM ASSET: The Team Asset for the month of December for the Lincoln Way area school district is GOAL-SETTING. How appropriate as we have now setting our sights on what we want to accomplish in 2015. All parents share that sense of frustration when their teen doesn't try hard enough to accomplish something they know they're perfectly capable of. What can you do? Specific steps to foster a can-do attitude in your teen is to help them learn to set goals and meet them, one small step at a time. Specific steps parents can take with their teen to help them achieve their targets include: 1) writing the goal(s) down (We are more committed to achieving goals when they are in writing.); 2) making goals specific (A goal to improve grades is way too general. A much better goal is to do homework each evening for one hour between 7 and 8 pm.); 3) help your teens verbalize what the pros and cons will be for each goal they make (a pro might be if I get my homework done at home, I won't get tallies for incomplete work; a con might be that it will cut into my video-gaming time); 4) define small steps in goal attainment by helping your teens find the answers to the following questions: Who can help me reach my goal?; What do I need to do to reach my goal?; and When do I need to focus on my goal and 4) monitor their progress. (Teens often underestimate how hard it can be to meet a goal and then they get frustrated and discouraged when they fall short. Be encouraging with your teen but realistic too. Point out the challenges and dedication it will require. The idea isn't to make the goal seem too daunting, but rather to share in the seriousness of the undertaking by helping plan it out.)

DIGITAL CORNER: This month we will focus on Self-Destructing apps such as Blink, Snapchat, and BurnNote. These apps, among others, have tapped into a desire among teens to share casual moments and avoid their parent's prying eyes. But these apps have the potential to encourage teens to share inappropriate photos because they think the pics will disappear. Also, self-destructing apps tend to have iffy privacy settings.

What Parents Can Do: Talk with your teen about what is appropriate to share and what isn't. Also explain that, despite what the app says, the pics don't really disappear. Always stress to your teen to use privacy settings that limit who can contact them and who can see their pics.

COMMUNITY RESOURCES: Joliet Area Community Hospice (JCAH) – An evening teenage support group will be held the third Thursday of the month for teens who have lost someone close to them. Registration is required by Monday before the group. Support group dates will be held January 15, February 19, April 16, May 21, and June 18 (a special program meets in March) from 6:00 pm to 7:30 pm.

In addition, individual (adults, teens, and children as young as 3) and family counseling is available for anyone who has had a recent loss (loss can be due to the death of a parent, sibling, grandparent, relative, friend, or pet). Individual fees are \$20 per session for individuals and \$30 per session for families.

If you have any questions about these and other services offered by JACH or would like to register for an upcoming program, please contact Mary Ann Burns, Bereavement Coordinator at 815-460-3282 or mburns@joliethospice.org. Up to date program information is also available on the JACH website: www.joliethospice.org

BOOK: Pressured Parents, Stressed Out Kids: Dealing with Competition While Raising a Successful Child (Wendy Grolnick): 70% of children drop out of sports by age 13. Being your child's second coach placed by parents on their children athletes, coupled by our win-at-all-costs culture, can lead to serious levels of stress on kids. This book explores what to do and what not do (e.g., grilling children about their performance after a game, pushing them to do extra training, evaluating them after practice and telling them what to do differently) after a practice or game. This book recommends giving children time and space after practices and games. The more competitive the child, the more time and space they need.

CALLING ALL ACTORS: The date is set for the 8th grade play – March 26th at Anna McDonald! There will be more specific information to come immediately following winter break, but auditions will take place during the 3rd or 4th week of January. So future actors and actresses, start thinking of your future stage and screen career! Co-directors for the play this year will be Mrs. Nass and Mrs. Kozlowicz.

LOOKING AHEAD TO THE TEAM ASSET FOR FEBRUARY: During the month of February, Manhattan Jr. High will be sponsoring our annual Giraffe Award Program to support the Lincoln Way District #210 Asset of the month: Service to Community/School. The Giraffe Award program will be accepting nominations from students, staff, parents, and residents of Manhattan to recognize a Manhattan Jr. High student who "sticks his/her neck out" by volunteering time to help others in our community. An electronic version of the nomination form accompanies this newsletter. Hard copies will also be available at Manhattan Jr. High, the Manhattan Park District, and the Manhattan Public Library. All nomination forms will be due to the junior high by Friday, February 20th. If you have any questions, please do not hesitate to contact Jan Nass at MJH at (815) 478-6090.

IMPORTANT DATES

Dec 22 -

Jan 4, 2015 Winter Break - No School

Jan 5 School resume
7th & 8th BBB @ Wilmington 4:30pm

6 7th & 8th BBB @ Home vs. Mokena 4pm
6th BBB @ Anna McDonald vs. Mokena 4pm

8 7th & 8th BBB @ Home vs. Summit Hill 4pm
6th BBB @ Anna McDonald vs. Hilda Walker 4pm

12 GVB @ Wilmington 4:30pm

13 7th & 8th BBB @ Home vs. Martino 4pm
6th BBB @ Anna McDonald vs. Bentley 4pm

14 GVB @ Bourbonnais 4:30pm

15 7th & 8th BBB @ Liberty 4pm
6th BBB @ Oakview 4pm

16 End of 2nd Quarter
Early Release Noon

19 No School - Martin Luther King Day

20 7th & 8th BBB @ Home vs. Troy 4pm
6th BBB @ Anna McDonald vs. Orenic 4pm
GVB @ Hickory Creek 4pm

21 Graduation Pictures
7th & 8th BBB @ Coal City 4pm
GVB @ Home vs. Troy 4pm

23 Report Cards Ready
6th BBB Conf. @ Mokena

24 7th BBB Regional

27 GVB @ Home vs. Liberty 4pm

28 GVB @ Oak Prairie 4pm

29 GVB @ Mokena 4pm

Feb.

13 No School - Teacher Institute
16 No School - Presidents' Day