

MANHATTAN JR. HIGH NEWSLETTER
RONALD PACHECO – PRINCIPAL
March 22, 2018

ONLINE REGISTRATION IS NOW OPEN

Manhattan School District 114 registration is Online again for the 2018-2019 school year. We will be switching over to a new registration system in May. In order to be able to transfer students to our new system for the upcoming school year it is imperative that you register your student(s) by April 30, 2018.

Registration for current and new families will be done at home through your personal computer. 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. 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.

ALL PAST DUE FEES NEED TO BE PAID ASAP
2018-2019 FEES WILL BE ADDED AT THE END OF FEBRUARY

In order to place students in classes for the next school year you need to complete online registration. If you will not be returning to the district in the fall please contact us.

If you have any problems or questions regarding registration or fees, please contact **Sarah Bancsy at 815-531-3326 or sbancsy@manhattan114.org**

SUBSTITUTE

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

GRADUATION

8th grade graduation will be held on May 30 at 7:00 p.m. in the Lincoln-Way West Gymnasium. More information will be sent home in late April. Each family will receive tickets.

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.

LUNCH ACCOUNTS

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

8th GRADE PLAY:

If you haven't marked your calendars, do so now! NO SIGNS OF INTELLIGENT LIFE will be playing for everyone to enjoy on Thursday, April 12th at 7:00 PM at Anna McDonald. If anyone would love to know what it would be like to be an alien interacting with humans in all kinds of situations, then please come. Our aliens are hilarious and will certainly bring on the laughter.

8th GRADE NIGHT SAVE THE DATE

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 will be sent home with your child soon. Please direct questions to Mrs. Watson.

PE CLASS

On Friday, April 20th, Manhattan Junior High will be welcoming the Lincolnway-Special Recreation Association for the second time ever PE Takeover event! This Disability Awareness event allows LWSRA to reach out to our students and staff to help build a bridge of understanding and accepting those with physical or developmental disabilities. Each P.E. class will learn about adapted sports and actively participate in all stations and games. Students will learn the limitations and freedoms athletes are able to experience while competing. Sports include wheelchair basketball, sitting volleyball (lower body impairments), and goal ball (visually impaired). Students will use sport chairs and other equipment to experience the sport the way someone with a disability might experience it. Each period ends with a short Q & A session.

SCIENCE CLUB

Science Club is celebrating the end of a successful year with a Field Trip to the Brookfield Zoo on Friday, April 6 from 8:45 A.M. until 2:20 P.M. Students attending the trip are reminded to bring extra money for snacks and souvenirs.

BOX TOPS FOR EDUCATION

Thank you to all of you that turned in box tops. Our last turn in was \$259.00 for a total for this year of \$719.00. Since we have been collecting box tops for the last 6 years we have earned \$8,989.28.

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 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 2017-18 school year.

1. Rubella: Beginning with the 2017-2018 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 2017-2018 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 2017-2018 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 2017-2018 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.

VOLUNTEER RECOGNITION

The week of April 16 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.

SPECIAL GAMES

On Thursday, March 8th, fifteen student-athletes and three staff members from Manhattan Junior High School volunteered at the Special Games at Lincoln-Way High School for the seventh 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 fifteen student-helpers showed great enthusiasm and kindness towards the participants all day long.

TRACK AND FIELD 2017-18

8th gr. Girls: Ella Adams, Mandi Albrecht, Julie Arias, Rylee Bancsy, Hunter Brough, Lexi Busse, Federica Ciotta, Vanessa Evans, AllyGerl, Amanda Gerl, Leah Giordano, Olivia Gonda, Lola Guzman, Brianna Harmon, Kaleigh Holl, Olivia Hollendonner, Hailey Novak, Taylor Novak, Elyssa Rico, Sydney Robinson-Girard, Yanelle Saldan, Jacqueline, Smith.

8th gr. Boys: Josh Boseell, Jackson Cogan, Jaden Fehrenbachner, Matteo Ferraro, Patrick Kennedy, Michael Korpitz, Joey Martin, Ryan Niebert, Clayton Noland, Adam Pearse, Hank Rhodes, Quinn Rust, Isaac Shafer, Emmett Thompson.

7th gr. Girls: Mikayla Adrieansen, Jessica Allott, Brooke Bergeron, Caitlyn Burgess, Abby Cabay, Addisyn Conroy, Alexa Flores, Ava Friebele, Maddy Hurley, Aubrey Lenard, Molly Marquardt, Jenna Marshall, Kylie Murphy, Makayla Newhouse, Morgan O'Neill, Serena Palmer, Mariah Pantoja, Emma Ronaldson, Ali Saldivar, Madyson Sallese, Emerson Shaw, Caitlin Vanoss, Emily Vlach, Kaylie White, Katrina Ziga.

7th gr. Boys: Justin Alagodi, Zach Bogda, Adolfo Chavez, Sean Gearman, Josh Gray, Danny Heise, Gunnar Krause, Matt Lehman, Jackson Lewis, Change Lorde, Matt Mikos, Landen Pearson, Jacob Stachyra, Connor Studer, Jack Towner, Brenden Wetzel.

6th gr. Girls: Dana Bodga, ryan Borrelli, Delaney Callahan, Elena Ciabattari, Peyton Cusack, Isella Estea, Kaitlynn Kelderhouse, Rylee Kettmann, Kiera Loranger, Annaliese McCormick, Ava Murphy, Lily Picha, Kamrin Reniguntala, Morgan Sallese, Samantha Smith, Amber Tuton, Peni Wade, Taylor Wells, Eliza Wolf, Briar Zimmerman.

6th gr. Boys: Gavin Chalmers, Braden Erwin, Aidan Good, Trevor Johnson, Aaron Kozlowicz, Joshua Lehman, Dylan Liriano, Johnny Martin, Anthony Massa, Brandon Moore, Tristan Pearson, Daniel Renigutala, Randy Rhodes, Mikey Sestak, Spencer Thompson, AJ Tortorella, Sean Urbanciz.

SUMMER CAMPS SCHEDULE

Boys Basketball, Girls Basketball, Cheerleading, and Volleyball summer camps will be June 5th - 8th. No Track summer camp this year. Forms will be out the week of April 3rd and will also be on the Manhattan Jr. High website.

BAND

- April 19-22: Symphonic Band trip to Gaitlingburg, Tennessee. More information to follow.
- April 27: IGSMa State Band Contest to be held at Manhattan JH. More information to follow.
- May 7: Auditions for Symphonic Band between 3:00-8:00pm at MJHS.
- May 10: Band Spring Concert for 5-8 grade band students. 7:00pm in the JH gym.
- May 15: Spring Tour during the school day for Symphonic Band members only.
- May 18: Band Banquet at Wilson Creek, 5:30-9:00pm for 5-8 grade band students.

Please contact Mrs. Pedziwater with any questions at cpedziwater@manhattan14.org

ORCHESTRA & CHOIR NEWS

Congratulations to the Demon Orchestra, Demon Choir. Both received a 1st place rating at the IGSMA district level and will advance to the state level at the end of April.

STUDENT COUNCIL NEWS

Student Council is delighted to announce that \$256.00 was raised in March for the Manhattan Food Pantry. A total of 512 eggs were sold to our students who won candy and gift cards from Subway and the Creamery. Thank you to everyone who participated in this very worthwhile cause.

ASSET FOR APRIL: SERVICE TO OTHERS

During the month of April, Manhattan Jr. High will be sponsoring our annual Giraffe Award Program to support our asset of the month: SERVICE TO 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 27th. Winners will be recognized at the Manhattan Village Board meeting in May 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](tel:478-6090)/jnass@manhattan114.org.

Students will also be recognized for their service to others at school through our Student of the Month program. In April, teachers will focus on recognizing those students for their efforts in being good role models to others. Students who take the initiative to be helpful to others with their classwork, to stand up for others when they are being treated unfairly, to ensure that their classmates do not eat alone at lunch or are not left out of group activities, and who show kindness to their classmates who are having a rough day, will be honored.

As parents, how can we help our teens become positive role models and to reach out and serve others? Here are some tips.

First, it is important to nurture a warm relationship with your teen. Teens tend to be more willing to accept and internalize parental values when they feel close to their parents. Open, frequent, and honest communication in a family will support those values that you want to instill. Close families usually have many shared interests and values that reinforce each other. Help them see those values in action in your own life, then talk about why you do what you do. It is also important to show interest in the things that matter to your teen and show them that you care about their choices and activities. That attentiveness, in turn, motivates your teen to pay attention to and accept your values.

Secondly, give your teen choices and appropriate independence.

Helping teens 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 teens as unique individuals, they may end up pushing away in order to develop their own sense of who they are.

And lastly, cultivate skills in your teen to help put values into practice. Help them 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. Parents also need to provide experiences to give teens 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 your teen 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.

Although we may feel that we continually work on instilling positive values in our teens and hope that they internalize them, we may also feel that at times 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 teens adopting values and perspectives that we may not share. Don't despair. Recognize your limits. Even though you can (and do) influence your teen's values, you don't control them. There's nothing parents can or should do that simply "copies" their own values onto their teens. Indeed, our teens 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.

Align values with the other parent. 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.

PARENT CORNER:

How to Help Kids Dodge Cigarette, Vaping, and Pot Marketing and Stay Smoke-Free (article taken directly from www.commonsemmedia.org)

Whether or not you smoke cigarettes or support legalizing marijuana, you probably don't want your teens lighting up. But the more frequent use of e-cigs, vaporizers, and decriminalized pot may make your standard anti-smoking arguments -- "it causes cancer," "it's illegal" -- feel a little shaky. Add in celebrities posting pictures of themselves smoking various substances, and you might wonder: Is it possible to raise drug-free, smoke-free teens in the era of Smoking 2.0? Yes, but it helps to have a little ammunition.

If you're feeling outspent, out-messaged, and out-cooled, take heart. There are plenty of ways to fight back. Here's how to help your teens resist the marketing of traditional cigarettes, vaporizers, e-cigs, and pot.

Traditional cigarettes

- **Explain how bad smoking is for you.** Teens think they're immune and immortal. The death statistics could be eye-opening; even for the "it won't happen to me" age group.
- **Talk about how addictive nicotine is. It can be really difficult to quite nicotine.** Discuss the signs of physical addiction and the risk of getting addicted.

- **Help them resist gimmicks.** Traditional cigarettes are trying to capture smoker interest by using kid-friendly tricks -- for example, the Camel Crush cigarettes with a menthol ball inside. But the cigarettes still really are bad for you.

Vaporizers and e-cigs

- **Share the facts.** E-cigarettes and vapes do reduce exposure to some of the harmful chemicals of tobacco cigarettes, however we do not know the impact on one's health, especially from long-term exposure. Point out to your teen that studies show these products contain formaldehyde.
- **Tell them to wait.** Tell them it's important that they wait until their brains and bodies have developed fully before they consume something potentially harmful.
- **Talk about addiction.** Teens can get hooked on nicotine but also on the physical habit of reaching for a pipe.
- **Get your doctor involved.** Have your pediatrician talk to your teen about the dangers of ingesting any chemical you don't know much about.
- **Help them see through the hype.** Talk about marketing methods such as using celebrities and how companies try to make e-cigs seem as though they are better for the environment and healthier than tobacco cigarettes.

Marijuana

- **Impart your values.** Teens are still listening to their parents, despite much evidence to the contrary. Discuss what's important to you: good character, solid judgment, and belief in a bright future -- all of which are compromised by smoking pot.
- **Explain the health consequences.** Study after study indicates that pot negatively affects a teen's developing brain.
- **Encourage waiting.** For some teens, forbidding might backfire, so focus on preventing them from starting to smoke in the first place, delaying it as long as possible.
- **Look for warning signs.** Be on the lookout for things that might be affecting your teen in other areas of his or her life -- for example, social exclusion, school problems, and emotional instability.
- **Pull back the curtain on pot marketing.** Teens don't like to be tricked, and advertising is full of sneaky ways to get people to buy a product, including branding pot products with names such as [Bob Marley](#) and [Willie Nelson](#). Instead of lecturing, help your teens break down the ads to see how they try to influence emotions, choices, and behavior.

To learn more about what you can do to help stop e-cig and vape advertising, check out [Common Sense Kids Action](#).

IMPORTANT DATES

April

- 3 School Resumes
Bowling Invite @ Joliet Town & Country Bowl vs. Troy 4pm
- 5 Track@ Hickory Creek 4pm
Bowling @ Laraway 3:45
- 6 Science Club trip 9am
- 9 DesPlaines Valley Math Competition @ Martino 4pm
- 10 Track vs. Homer 4pm
PTO Meeting @ WC 6:15pm
- 11 Board Education Meeting @ WC 7pm
- 12 8th gr. Play @ Anna McDonald at 7pm
Track vs. Hickory Creek & Elwood 4pm
- 13 Trimester Progress Reports available
- 16-20 PARCC Testing
- 16 Track @ Coal City 4:30pm
- 17 Track @ Mokena vs. Troy/Martino 4pm
- 18 Scholastic Bowl @ Washington Jr. High 3:30pm
- 19-20 Band Trip
- 20-21 B/O/C IGSMA State
- 23 7th gr. Springfield Trip
- 24 Track @ Summit Hill vs. Liberty/Martino 4pm
- 25 EARLY RELEASE - NOON
Track (6th gr. only) @ Summit Hill 4pm
Scholastic Bowl Regional
- 26 Track @ Minooka/Plano 4pm
- 27 Band IGSMA Contest
- 28 Track @ Hickory Creek Invite 9am
Band IGSMA Contest
- 30 Track (6th gr. only) @ Hickory Creek 4pm

May

- 24 8th gr. Night
- 25 8th gr. Picnic
- 28 NO SCHOOL
- 29 8th gr. Great America Trip
- 30 8th gr. Graduation @ LWW 7pm (tickets will be issued)