

# NEWSLETTER

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## JAMES B. CONANT HIGH SCHOOL

November 2018

JULIE C. NOWAK PRINCIPAL



### From the Principal:

"GRIT IS NOT JUST SIMPLE ELBOW-GREASE TERM FOR RUGGED PERSISTENCE. IT IS AN OFTEN INVISIBLE DISPLAY OF ENDURANCE THAT LETS YOU STAY IN AN UNCOMFORTABLE PLACE, WORK HARD TO IMPROVE UPON A GIVEN INTEREST AND DO IT AGAIN AND AGAIN.." - SARAH LEWIS, ASSISTANT PROFESSOR OF HISTORY OF ART, ARCHITECTURE AND AFRICAN AND AFRICAN-AMERICAN STUDIES AT HARVARD UNIVERSITY

The 12-week In-Progress report provides parents and students an important checkpoint with regard to academic success. The grades posted represent progress at the halfway mark prior to the issuance of semester grades. Semester grades are the grades posted on the report card and are the grades calculated as the grade point average, a critical indicator of future success.

I strongly encourage you to review the twelve-week in-progress grade report with your student. This allows you the opportunity to recognize successes and to develop a plan for any classes where your child might be struggling. If you have questions or concerns with your student's academic progress, please contact the teacher or guidance counselor. Also, keep in mind that you don't have to wait until progress reports are issued to monitor student success. The Infinite Campus parent portal allows parents to check the gradebook at any time.

While good grades are indeed critical to academic success, educational researchers have been discussing for some time the importance of "grit" with regard to life success. Paul Tough, author of the best-selling *How Children Succeed: Grit, Curiosity and the Hidden Power of Character*, discusses the importance of students acquiring noncognitive traits such as hard work, determination and self control. Mr. Tough challenges educators and parents to consider the following question, "What if the Secret to Success is Failure?" He reports that while it is incumbent on parents and educators to create opportunities to help students see what they can achieve, it is perhaps more important to allow students to encounter frustration and learn to respond to failure.

Educational researcher Dr. Angela Duckworth says that grit "entails working strenuously toward challenges, maintaining effort and interest over the years, despite failure, adversity, and plateaus in progress." Dr. Duckworth discussed the importance helping students acquire grit as a life skill in a TED presentation at [www.youtube.com/watch?v=qaeFnxSfSC4](http://www.youtube.com/watch?v=qaeFnxSfSC4).

When our children were little ones we watched them struggle to learn to take those first steps and we held our breath as they wobbled on their bike without training wheels. It took grit for our children to learn those skills. Here are some tips to consider to help your child develop or maintain grit as a high school student:

- Help your child develop a growth mindset by helping him or her reframe problems as opportunities.
- Give your child the opportunity to pursue one difficult activity that takes time to master.
- Promote perseverance or at least pushing through discomfort whenever possible.

Sincerely,

A handwritten signature in black ink that reads "Julie C. Nowak".

Julie C. Nowak  
Principal

### Support The Conant High School Food Drive

Conant High School has a food pantry that serves our Cougars in Need. It's called the **Cougar Cupboard** and is visited every Friday by about 15-20 students. **Student Council will be conducting a Thanksgiving food drive November 12 - November 20.** The entire Conant community is encouraged to participate in the drive! Donations can be delivered to the main office.

Because of the unique needs and situations that our Cougars in Need face, our pantry needs are a little different from a typical food pantry. The highest demand items require simple to no cooking and appeal to the teenage palate. Students especially appreciate the following items:

CHS Food Pantry Needs... **Snacks:** Slim Jims, Microwave Popcorn, Pop-Tarts, Healthy Chips, Trail Mix, Granola Bars, Nutella to Go, Mini-Muffins, Fruit Snacks, Krispy Treats, Oatmeal, Fruit Cups & Juice Boxes. **Meals:** Mac and Cheese Cups (easier to cook), Pasta and Sauce, Breakfast Cereal & Breakfast Bars. **Frozen Foods** (please alert staff at drop off): Hot Pockets, Uncrustables & Individually wrapped mini pizzas. **Toiletries and Personal Items:** Feminine Hygiene Products & Deodorant. We are so THANKFUL for the generosity of the Conant High School community!



If you require assistance while visiting our school, please contact the assistant principal's office at (847) 755-3612.

For individuals who are deaf or hard of hearing, please access the following TTD/TTY telephone number: (847) 755-3654.

# dates to remember

- 11/8 BOARD OF EDUCATION MEETING  
7:30PM, ADMINISTRATION  
CENTER
- 11/9 VETERANS' DAY BREAKFAST  
ACTIVITIES - 8:30AM, ATRIUM
- 11/9 VETERANS' DAY ASSEMBLY  
9:10AM, MAIN GYM
- 11/9 DANCIN WITH THE COUGAR  
STARS - POSTPONED – Date to be  
Determined
- 11/10 IMEA DISTRICT 7 BAND, CHOIR &  
ORCHESTRA FESTIVAL  
3:00PM, NEW TRIER HS
- 11/12 BAND PARENTS MEETING  
7:00PM, A160
- 11/13 CONANT BOOSTERS MEETING  
7:00PM, MEDIA CENTER
- 11/16 SPIRIT WEAR SALES  
10:00AM-1:30PM, COUGAR  
CORNER
- 11/17 IMEA DISTRICT 7 JAZZ FESTIVAL  
8:00AM-3:00PM, WAUKEGAN HS
- 11/21 NON-ATTENDANCE DAY –  
NO SCHOOL
- 11/22 THANKSGIVING DAY –  
NO SCHOOL
- 11/23 THANKSGIVING HOLIDAY –  
NO SCHOOL
- 11/30 BLOOD DRIVE  
7:30AM-3:00PM, ATRIUM
- 11/30 SPIRIT WEAR SALES  
10:00AM-1:30PM, COUGAR  
CORNER
- 12/1 IMPROV PERFORMANCE  
7:00PM, AUDITORIUM
- 12/4 WINTER BAND CONCERT  
7:30PM, AUDITORIUM
- 12/5 WINTER BAND CONCERT  
7:30PM, AUDITORIUM
- 12/7 SPIRIT WEAR SALES  
10:00AM-1:30PM, COUGAR  
CORNER
- 12/10 BAND PARENTS MEETING  
7:00PM, A160

## 5ESSENTIALS ONLINE SURVEY

High School District 211 will administer the 5Essentials Survey, a tool used to assess school climate and meet a survey mandate by the Illinois State Board of Education. The 5Essentials Survey will provide meaningful data to District 211, including people's perceptions about the effectiveness of school leadership, collaboration amongst teachers, involvement of families, environmental supports, and ambitiousness of instruction. Students will be asked to complete the online survey while in school between late November and early December. Parents will receive information about accessing and completing the 10-15 minute online survey in late November.

## COUGAR PRIDE

Conant High School's PRIDE Program (Preparing Resourceful Individuals Determined to Excel) is a first semester student mentorship program aimed at easing the transition to high school for freshman students. Mentors are sophomore, junior and senior students who conduct lessons four days a week for our freshman students during the first half of their lunch period. These lessons are focused on welcoming students, providing them with resources for a successful student career, and encouraging them to get involved. Some of the topics covered include suicide prevention, cyber safety, healthy living, and building community. The program encourages our freshmen to get involved and establish a sense of belonging at CHS. Following the first semester PRIDE program, most students will return to a full 50 minute lunch period. Freshmen students who have failed a course or received below a 2.0 grade point average, will be referred to the students' Learning Support Team for consideration of additional interventions.

## HEALTH & MEDICAL CAREERS CLUB SPONSORS BLOOD DRIVE

The Health and Medical Careers Club is sponsoring several blood drives throughout the year in the Atrium. Students may sign up in the cafeteria during all lunch periods the week prior to the blood drive. To schedule an appointment and obtain a slip see Mrs. DeGuia in room 129. Permission slips will also be available in the cafeteria. Students need to bring a photo I.D. and a permission form signed by a parent/guardian, regardless of the student's age. Students must be 17 years of age and weigh at least 110 pounds before the upcoming blood drive in November. If a student has received a tattoo within the last year they will not be eligible for the blood drive. Students may donate during their lunch, P.E., or study hall, and are encouraged to eat prior to giving blood. The blood drive is administered by Vitalant.

## CONANT HIGH SCHOOL BOOSTERS VOLUNTEER ORGANIZATION

Thank you to all of the volunteers who have already helped at one the many Conant Boosters events this school year! The Booster's continued success is only possible when new parents become involved through membership and giving of their time. We have multiple volunteer opportunities and would be happy to utilize your specific skill set. There's something for everyone! See how you can get involved at [www.conantboosters.com](http://www.conantboosters.com).

You can still join the Conant Boosters for the 2018-2019 school year. Your \$25 registration is a great way to support the students and our Conant community even if you have no time to give. If you do have room in your schedule, you can also learn how to get involved by attending the next Boosters meeting on Tuesday, November 13 at 7:00 p.m. in the Media Center. During these meetings, administrators and committee chairs share and discuss what's going on at Conant High School and continue exploring new avenues where the Boosters can help.

A special thanks to the Conant community for supporting our most recent Community Events. The Savers Fundrive was a huge success thanks to the many donations made by so many of you. We were able to raise over \$1000 for our students. Also, this year's Conant Craft Fair was absolutely amazing. We had student volunteers, parent volunteers, and community volunteers working together to produce the most enjoyable and organized event possible. Our next community event will be the Conant Social on Saturday, February 28 at Chandler's in Schaumburg. In order to make these events a success, We Need You! 2018-2019 School Year Boosters Meetings are: November 13, December 18, January 8, February 12, March 12, April 9 and May 7.

## GO COUGARS!

Elizabeth Paveza  
Conant HS Boosters President

Visit us at [www.conantboosters.com](http://www.conantboosters.com)

Contact us at [conantboosters@gmail.com](mailto:conantboosters@gmail.com)

Like us on Facebook at CONANT HIGH SCHOOL BOOSTERS

Follow us on Twitter @Conant\_Boosters

# dates to remember (continued)

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12/11	CLASS OF 2023 STUDENT & PARENT NIGHT HALLWAYS/CAFETERIA/MAIN GYM 6:00PM
12/12	WINTER CHORAL CONCERT 7:00PM, AUDITORIUM
12/13	WINTER ORCHESTRA CONCERT 7:00PM, AUDITORIUM
12/13	BOARD OF EDUCATION MEETING 7:30PM, ADMINISTRATION CENTER
12/14	SPIRIT WEAR SALES 10:00AM-1:30PM
12/18	CONANT BOOSTERS MEETING 7:00PM, MEDIA CENTER
12/19	FINAL EXAMS PERIODS 2, 3, 4
12/20	FINAL EXAMS PERIODS 5, 6, 7
12/21	FINAL EXAMS PERIODS 1, 8
12/21	WINTER VACATION BEGINS AT CLOSE OF SCHOOL
1/7	INSTITUTE DAY – NO CLASSES
1/8	OPENING DAY OF 2ND SEMESTER
1/8	CONANT BOOSTERS MEETING 7:00PM, MEDIA CENTER

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## **CONANT'S AUTO CLUB IS LOOKING TO COMPETE IN THE CHALLENGE USA SUPERMILEAGE COMPETITION AGAIN THIS YEAR!**

Last year Conant's team swept the competition winning 3 out of 4 events with car 601. The students achieved an average mileage of 491mpg and took the overall win as well. Part of winning first included a catered day at the Andretti motorsports facility and Indy 500 time trials! The team is making changes to the car and is really looking forward to competing again this year in Joliet. The club meets Wednesdays after school in the auto shop and is open to all Conant students. Contact Joe Tullo for more information.

## **CERTIFIED NURSING ASSISTANT PROGRAM AT CHS**

The Certified Nursing Assistant program is in its eighth year at James B. Conant High School. CHS currently has 90 CNA students from Conant, Schaumburg and Hoffman Estates High School. The program has successfully produced over 500 hundred certified nursing assistants in the state of Illinois. Last year's class of 2018 had a 100% passing rate on the state exam. The program was designed to train students in the basic skills that are essential to the practice of health care workers who will assist in the care of patients in a variety of settings. The class consists of a theory and lab practicum that will prepare them to work in the clinical setting. The settings include a long-term care facility, where students will care for geriatric residents and patients suffering from Alzheimer's / dementia. The students will also work in the sub-acute care floor where they will care for patients with the following conditions: hip and knee replacements, post-heart attack, post-surgical, IV treatment, tube feedings, and wound therapy services. The program is compliant with the requirements set by the Illinois Department of Public Health and provides the opportunity for the student to earn college credit through William Rainey Harper College. Many of the alumni in Township High District 211 have gone to work as CNAs or PCTs in many clinical settings while pursuing higher education. Our program also satisfies many institution's patient care contact requirements for program acceptance.

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## **RECOGNITIONS**

Football won the MSL Conference Championship and qualified for playoffs.

Girls Tennis qualified singles-Freshman Natalia Sadon & Doubles-Grace Park/Simren Mahajan for state.

Head Boys Water Polo Coach Tim Daniel was named by the IHSA Boys Water Polo Coach of the Year.

Girls Golf 4th sectional, Michelle Zhang, shot an 87 at state.

Girls Golf won IHSA Regional Championship for the 4th consecutive year.

Conant Girls Swimmer Megumi Komoto broke the pool record in 100 fly.

Conant Boys Soccer player, Piotr Pyz named to the MSL All-Conference Team.

Two students made national orchestra: James Preucil, Makiba Kurita.

The following students were accepted into the ILMEA District 7 ensembles: Band - Nate Mathew, Katie Schroeder, Laura Vesco; Orchestra - Anna Floyd, Jareth Gomes, Sophia Kim, Christian Kim, Makiba Kurita, Charles Lin, Claire Metcalf, James Preucil, Sean Yoshihara; Chorus - Sophie Douvris, Logan Franklin, Logan Kennelly, Ashley Rodriguez, Ellie Schroeder; Vocal Jazz - Logan Franklin, Mia Gurrieri, Lexi Tempera. Jackson Wesley for earning the Award of Excellence from the Congress of Future Science and Technology Leaders.

Natalie Urban, class of 2018, completed her Girl Scout Gold Award.

Congratulations to the cast and Crew of The Addams Family for a wonderful musical production!

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This Principal's Newsletter is computer-designed and photocopied at school on recycled paper for James B. Conant High School parents.

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