

NEWSLETTER



JAMES B. CONANT HIGH SCHOOL

JULIE C. NOWAK PRINCIPAL

March 2019

From the Principal:

"BEFORE I HAD KIDS, I HAD THREE THEORIES ABOUT PARENTING. NOW I HAVE THREE KIDS AND NO THEORIES." -ANONYMOUS



It seems that this quote sums up how we sometimes feel as parents, and even as teachers and administrators. It is a delicate balancing act to maintain high expectations and support our students as they navigate their academic, social, extra-curricular and vocational aspirations. It can be difficult to discern if the setbacks that are bound to occur in adolescence are a bump in the road, and an opportunity for learning and growth – or perhaps a more concerning matter that requires additional supports, which often feels more like a mountain to climb.

At the high school level, parents often develop a greater understanding of how their child copes with stress and stressors. Healthy ways to handle stress include self-care with regard to eating, sleeping and exercise; talking to others and finding outlets for reducing stress that are safe and age-appropriate.

Some specific methods to support students with stress management and positive decision making include the following:

- Encourage your child to enroll in at least one elective or pathways class/activity/sport that is invigorating and energizing.
- Make sure your child has sufficient time in the day for nutritious meals, time to socialize and support positive sleep habits.

- Discuss that stress is a very real and regular part of life and that identifying strategies that work to manage stress is very important.
- Share examples of stressors you encounter during the week and explain how you have successfully managed these situations.
- Avoid glorifying the concept of "being stressed out." Instead, promote healthy lifestyle habits.
- Help your child learn practical coping skills. For example, approach large tasks by breaking them into smaller, more attainable tasks.
- Set expectations for screen time. While social media can offer many students a positive connection with peers, it can also easily lead to peer conflict and isolation.

We are fortunate to have the collaborative elements of our Learning Support Teams to assist students across all of these areas. I encourage you to contact your child's counselor or administrator if you have concerns about your child's well-being.

Sincerely,

Julie C. Nowak
Principal

CLASS OF 2023 PARENT INFORMATION

All incoming ninth grade students are required by the state of Illinois to have a physical examination and their current immunizations on file in the health office. Physical examinations must be completed on the Certificate of Child Health Examination form version dated 11/2015 or later. These forms are available on the school's website under the health service tab. Examinations that are not completed on this form or completed on IHSA forms will NOT be accepted to meet the requirement of your child's ninth grade physical.

Beginning the 2019-2020 school year, all incoming ninth graders are required to turn in a dental examination. The dental exam must be dated within 18 months of the May 15 deadline. Dental examination forms will need to be turned into the nurse's office by May 15, 2020. The dental exam form is available on the Conant website under the health services tab.

If your child is planning to register for a summer sports camp, a physical must be on file in the high school health office prior to the first day of camp. Your child's physical must have been completed within the last 13 months for your child to participate. Health records will not be received from the junior highs prior to the start of summer sports camps. It is the responsibility of the parents to make sure there is a physical on file in the health office prior to the first day of sports camp.

CLASS OF 2020 IMMUNIZATION REQUIREMENT FOR 2019-2020 SCHOOL YEAR

As of the school year 2015-2016, any child entering the 12th grade will be required to show proof of receiving two doses of the meningococcal conjugate vaccine (MCV). The first dose shall be received on or after the child's 11th birthday. The second dose should be administered on or after your child's 16th birthday. An interval of at least eight weeks after the first dose. Only one dose is required if the first dose was received at 16 years of age or older. Your child's registration will not be able to be completed and a schedule will not be issued until this immunization requirement is met. Please note the meningococcal B vaccine does not meet the school requirement. If your child does not receive their immunizations for religious reasons, a state approved exemption form must be submitted to the nurse's office prior to completing your child's registration process as this is a new immunization requirement. If your child does not receive immunizations for medical reasons, a note from your physician is required and must be submitted to the nurse's office prior to completing your child's registration process. If you have any questions please contact the health services office at 847-755-3662.



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.

SENIOR FINAL EXAM EXEMPTIONS

Seniors may qualify for an exemption from their last semester final examination in a course if the student: has at least a "C" average in the course; has no more than five absences from the class; has never been truant from the class; has never been suspended from the class; and is not incomplete on assignments required by the teacher of that class. Students always have the option to take their final exams. Seniors who are not exempt from last semester final examinations will take their examinations at the regularly scheduled times for semester examinations. Questions regarding senior final exam exemptions can be directed to your senior's administrator.

dates to remember

FRI	2/22	VARIETY SHOW: 7:00PM AUDITORIUM
SAT	2/23	IFA TESTING: 8:00AM-11:00AM 2ND FLOOR CLASSROOMS
SAT	2/23	CONANT BOOSTERS SOCIAL FUNDRAISER: 7:00PM CHANDLER'S RESTAURANT
SAT	2/23	VARIETY SHOW: 7:00PM AUDITORIUM
THR	2/28	JAZZ BAND CONCERT: 7:00PM - MEDIA CENTER
FRI	3/1	BLOOD DRIVE: 7:30AM-3:30PM ATRIUM
FRI	3/1	SPIRIT WEAR SALES: 10:00AM-1:40PM COUGAR CORNER
SAT	3/2	OPERATION SNOWBALL RETREAT: 7:00AM-11:00PM HOFFMAN ESTATES HS
SAT	3/2	IMPROV PERFORMANCE: 7:00PM - CAFETERIA
MON	3/4	BAND PARENT MEETING: 7:00PM - ROOM A160
TUE	3/5	MORNING WORK SESSION: CLASSES BEGIN AT 9:35AM
FRI	3/8	BATTLE FOR CHARITY: 7:00PM MAIN GYM
FRI	3/8	ORCHESTRATION SHOW: 7:30PM AUDITORIUM
SAT	3/9	SAT TESTING: 8:00AM SCIENCE CLASSROOMS
SAT	3/9	ORCHESTRATION SHOW: 7:30PM AUDITORIUM
TUE	3/12	CONANT BOOSTERS MEETING: 7:00PM - MEDIA CENTER
THR	3/14	BAND SHOWCASE CONCERT: 7:30PM - AUDITORIUM
THR	3/14	BOARD OF EDUCATION MEETING: 7:30PM - ADMINISTRATION BUILDING
FRI	3/15	PROM EXPECTATIONS ASSEMBLY: 10:05AM-1:40PM - AUDITORIUM
FRI	3/15	SPIRIT WEAR SALES: 10:00AM-1:40PM COUGAR CORNER
SAT	3/16	D211 HONORS BAND CONCERT: 2:00PM - AUDITORIUM

FRESHMEN, SOPHOMORES AND JUNIORS TEST IN APRIL

SAT

The Illinois State Board of Education's required high school level assessment, The College Board Scholastic Achievement Test (SAT), will be administered throughout Illinois on Tuesday, April 9, 2019. This state-funded SAT fulfills the requirement of the Illinois School Code that students take the state's required assessment to be eligible to receive a regular high school diploma, unless eligible to take the alternative assessment or otherwise exempt from testing. The assessment measures student knowledge related to state standards with respect to examination purposes. This state-funded SAT can be used as a college or university entrance exam score.

Students can choose to take an additional SAT on a national test date to improve test scores. This option may be discussed with your child's school counselor to determine the benefits of additional testing and to receive information about national SAT tests, the dates and costs. You can find detailed information about the SAT online at <http://collegereadiness.collegeboard.org/sat>. Fees charged by College Board for testing on national test dates are the responsibility of the individual students and/or parents. Fee waivers are available for qualifying students through the student services department.

<i>SAT National Test Dates</i>	<i>Registration Deadline</i>	<i>Late Registration</i>
May 4, 2019	April 5, 2019	April 16, 2019
June 1, 2019	May 3, 2019	May 14, 2019

PSAT 10

Sophomores will be administered the PSAT 10 on Tuesday, April 9, 2019, to measure their progress in reading, writing, language, and math. You can find additional information about the PSAT 10 online at <https://collegereadiness.collegeboard.org/psat-nmsqt-psat-10>.

PSAT 9

On Wednesday, April 10, 2019, all freshmen will be administered the PSAT 8/9 to measure their progress in reading, writing, language, and math. For more information online about the PSAT 8/9 go to <https://collegereadiness.collegeboard.org/psat-8-9>.

Performance on these assessments helps District 211 improve curriculum and instruction to ensure that all students are college and career ready upon graduation from high school. The PSAT 9 and PSAT 10 identify areas to strengthen prior to the State-required junior year assessment. Students are dismissed following the exam. Bus transportation will be available for those who normally use bus service to school and back, according to your schedule. Please mark your calendars.

	<i>Freshmen</i>	<i>Sophomores</i>	<i>Juniors</i>	<i>Seniors</i>
Tuesday, April 9, 2019	Do not report to school	PSAT 10 administration, sophomore students report to school	SAT administration, junior students report to school	Do not report to school
		Students will be dismissed approximately at 12:30pm/1:15pm		
Wednesday, April 10, 2019	PSAT 9 administration, freshmen students report to school. Students will be dismissed approximately at 11:00am/11:55am	Do not report to school	Do not report to school	Do not report to school

dates to remember (cont)

TUE 3/19	MORNING WORK SESSION CLASSES BEGIN AT 9:35AM
FRI 3/22	HEALTH & WELLNESS FAIR: 10:05AM-1:40PM - MAIN GYM
FRI 3/22	IMPROV/ORCHESTRATION SHOW: 8:15AM-3:30PM - AUDITORIUM
FRI 3/22	SPRING BREAK BEGINS AT CLOSE OF SCHOOL
MON 4/1	OPENING DAY OF SCHOOL AFTER SPRING BREAK
THR 4/4	BOARD OF EDUCATION MEETING: 7:30PM - ADMINISTRATION BUILDING
FRI 4/5	SPIRIT WEAR SALES: 10:00AM-1:40PM COUGAR CORNER
SAT 4/6	PROM FAIR: 8:30AM-11:30AM CAFETERIA
SAT 4/6	DISTRICT 211 HONORS CHOIR CONCERT: 4:00PM - FREMDS HS
MON 4/8	BAND PARENT MEETING: 7:00PM ROOM A160
TUE 4/9	STATE TESTING – PSAT 10/SAT 8:15AM-12:30/1:15PM
TUE 4/9	CONANT BOOSTERS MEETING: 7:00PM - MEDIA CENTER
WED 4/10	STATE TESTING – PSAT 9 8:15AM-11:00/11:55AM

Support The Conant High School Food Pantry

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. 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:

Slim Jims, microwave popcorn, pop-tarts, healthy chips, trail mix, mini-muffins, fruit snacks, breakfast bars, cereal, Rice Krispy treats, oatmeal, apple sauce pouches, juice boxes, fruit cups, individual macaroni and cheese, Ramen noodles, pasta and sauce, toiletries and personal items. Frozen foods (if you bring these items in, please bring it to the attention of the front office) such as Uncrustables, hot pockets, and individually wrapped mini pizzas.

We are so thankful for the generosity of the Conant High School community!

OPERATION SNOWBALL

The 2019 D211 Operation Snowball retreat will be held at Hoffman Estates High School on Saturday, March 2 from 7:00 a.m. – 11:00 p.m. All Conant students are invited to participate! Students can complete the online registration link on the Conant website. Space is limited to the first 100 Conant students who complete the online registration form and pay the \$30 registration fee in the main office. For more information, please contact Rick Bauer, CHS counselor and Operation Snowball advisor.

RECOGNITIONS

The Girls Varsity Bowling completed the MSL dual season with a perfect 11-0 season and winning the MSL West Divisional Title, Jemma Skweres leads the entire conference in high average score. The Girls JV Bowling team finished with a 10-1 record in conference, Kaylee Murphy leads the entire JV conference in high average score.

The Conant Boys Varsity Wrestling Team finished in 2nd place at the MSL Conference Tournament, with the following MSL Champions: Alex Giuliano, Dominic Laskero, Nicky Amato, Filippo DeFrenza.

The Conant Girls Varsity Gymnastics placed 3rd in the MSL Conference Tournament.

The Conant Co-Ed Cheer had a close 2nd place finish at the MSL Invite.

The Conant Varsity Boys and Girls Basketball Teams defeated Barrington to complete a great week of basketball.

The Boys Freshman A & B Basketball Teams finished in 2nd place at the Jacobs High School Tournament.

Rajat Mittal and Andrew Milas both made the top level of the Area Regional Math League. This puts them in the top 30 kids in the entire Chicagoland area.

Speech Conference- Conant came in 5th place at the Speech Conference, with three conference champions- Ailey Yamamoto in Informative Speaking, Sachi Goel in Radio Speaking, and Linnea Pietsch in Prose reading. Linnea was the only competitor this year to get a first place from all of her judges.

Satyajit Sarkar performed in the Illinois High School Theatre Festivals' production "In the Heights".

Competitive Dance (Charrelles) finished 7th at Sectionals.

Conant came in 3rd place at the 2019 MSL Conference Chess Championship.

Congratulations to students for placing at the IMLEA competition - Makiba Kurita, Honors Orchestra Violin; Charles Lin, Honors Orchestra Violin; James Preucil, Honors Orchestra Viola and 1st place in Instrumental Solo Composition.

Edgar Huerta was recognized as an Outstanding Activity Advisor for the Illinois Directors of Student Activities (IDSA) for his work with Guitar Club.

CONANT BOOSTERS

This school year has already been a whirlwind of activity for Conant Boosters. A huge thank you to all who have volunteered. However, it's not too late. We Need You! Go to www.conantboosters.com and register for membership or volunteer for one of our many events.

Conant Boosters is excited to host our social event at Chandler's in Schaumburg on Saturday, February 23 from 7:00 p.m. - 11:00 p.m. Get ready to play some games at Casino Night! Be prepared for an evening of games run by professional dealers, a host of silent auction items, 3 hours of open bar with h'ordeuvres, a raffle, a DJ, and the opportunity to socialize with other fantastic people in our Conant Community! Make sure you get your tickets at our website www.conantboosters.com.

Every year, Conant Boosters awards scholarship money to deserving seniors. This year, we increased the amount to \$15,000 for 14 worthy students. There will be 12 scholarships of \$1,000 each and 2 of \$1,500 each given to the selected seniors wishing to further their education. Scholarship packets can be downloaded at www.conantboosters.com. Completed applications are due March 8.

Please join us at the next Boosters meeting on Tuesday, March 12 at 7:00 p.m. in the Media Center.

GO COUGARS!
Elizabeth Paveza
Conant HS Boosters President

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