

NEWSLETTER



JAMES B. CONANT HIGH SCHOOL

JULIE C. NOWAK PRINCIPAL

April 2019

From the Principal:

"IT IS NOT WHAT YOU DO FOR YOUR CHILDREN, BUT WHAT YOU HAVE TAUGHT THEM TO DO FOR THEMSELVES, THAT WILL MAKE THEM SUCCESSFUL HUMAN BEINGS." - ANN LANDERS

Parents want to know how to raise children to be successful, independent, happy adults. Studies have determined the capacity to demonstrate optimism, flexibility and curiosity are critical personality traits for future success and happiness. Other important indicators include the ability to assume the perspective of others and to demonstrate resilience when presented with challenges. How do parents foster these attributes in their teen who is very likely not eager to seek advice or have lengthy conversation?

Cognitive Behavioral Therapist, Larry Cohen, urges parents to focus less on solving their child's problems and more on establishing positive communication with their teens. Greater openness and knowing how and when to use opportunities for positive communication is most important during adolescence.

Some positive communication strategies for parents include:

- Leverage the Ordinary

What were you doing the last time you had a good conversation with your teen? It was most likely during an ordinary moment: driving to school, eating together, and perhaps doing chores. These activities allow for conversations that are more comfortable because the parent and child aren't looking at each other and are often in fact, in a parallel position.



- Create Talking Rituals

Whether it is driving to practice or breakfast on Sunday morning, try to establish a ritual when your teen knows you are interested and available to talk. "Talking rituals" offer teens a time when they know you are available to listen.

- Be Real

Show emotion, nod your head, and ask your adolescent to name their feelings. It is far better to respond like an interested and invested person by saying, "Are you kidding me?" or "I love it!" rather than act as therapist. Asking questions such as, "What do you think you should do about this?" or "What is your next step?" indicates to your adolescent that you have confidence in their ability to problem solve and think through difficult situations.

As tempting as it may be to try to fix your child's problems, helping them develop the ability to acquire the skills critical to success will serve them much better to be capable and contributing members of society.

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 services 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 is 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 4/12	SPIRIT WEAR SALES PERIODS 3-6 COUGAR CORNER
FRI 4/12	SPRING PLAY – ROMEO & JULIET 7:00PM AUDITORIUM
SAT 4/13	JOE & PAT SCHLENDER'S CUPCAKE FOR A CAUSE EVENT 10:00AM-12:00PM CAFETERIA
SAT 4/13	SPRING PLAY – ROMEO & JULIET 2:00PM / 7:00PM AUDITORIUM
TUE 4/16	MORNING WORK SESSION CLASSES BEGIN AT 9:35AM
FRI 4/19	NON ATTENDANCE DAY NO CLASSES
TUE 4/23	PARENT INFORMATION NIGHT 7:00PM MEDIA CENTER
WED 4/24	SPRING CHORAL CONCERT 7:00PM AUDITORIUM
THR 4/25	ART EXPO PERIODS 3-6 ATRIUM
THR 4/25	OPEN 'MIC' NIGHT 6:30PM MEDIA CENTER
FRI 4/26	SPIRIT WEAR SALES PERIODS 3-6 COUGAR CORNER
FRI 4/26	INTERNATIONAL FAIR 6:30PM AUDITORIUM
SAT 4/27	IMPROV PERFORMANCE 7:00PM AUDITORIUM
MON 4/29	BAND CONCERT 7:30PM AUDITORIUM
WED 5/1	BAND CONCERT 7:30PM AUDITORIUM
THR 5/2	SENIOR GRAD TALKS 9:10AM-10:55AM AUDITORIUM
THR 5/2	HONORS CONVOCATION 7:30PM AUDITORIUM
FRI 5/3	SPIRIT WEAR SALES PERIODS 3-6 COUGAR CORNER

SHARK TANK IS COMING @D211 INCUBATOR PITCH NIGHT!

The top six business incubator teams across District 211 will present their business start-up model to a real investment panel for a chance to win seed money to launch a real business.

Students enrolled in B397 Business Incubator have worked all year to develop and market test a business idea using the lean startup methodology. They have worked not only with their classroom teacher, but have had *unprecedented* support from community content experts and mentors. In 2017, Conant's very own, GreenDirt, walked away with \$20,000 in seed money! You can learn more about their story and how they have launched their company since being funded at www.greendirtcompost.com.

So which team will be the next GreenDirt? Come see our dynamic teams bring their ideas to fruition at our D211 Pitch Night. Please join us on **Tuesday, May 14 at 6:00 p.m.** at Fremd High School Kolze Auditorium. All students, parents, and community members are welcome. Please contact Patti Ertl at pertl@d211.org if you have any questions.



PARKING LOTTERY FOR THE CLASS OF 2020 & 2021

While many of our students wish to drive to and from school, parking space is limited. Because of this limited space, a lottery system is used for parking in both main lot and second lot. Members of the Class of 2020 who wish to drive to and from school next year will receive an email on Monday, April 29 via their student email accounts. The online applications are due no later than Friday, May 3 at 4:00 p.m. Late applications and students who owe obligations will not be eligible to purchase a pass. Students will be notified by email if they have won a spot.

A second lottery opportunity will be emailed to the Class of 2020 and Class of 2021 on Monday, May 6. The online applications for the second round are due no later than Friday, May 10 at 4:00 p.m. Juniors are only eligible to win a spot during the second lottery (main lot or second lot). Seniors who missed the first one have another opportunity to submit. Students who do not win a spot in the first two lotteries will be placed on a waiting list and will have to watch their email for follow up opportunities.

The parking fee is \$150 per school year in main lot and \$30 in second lot per school year. Payment will be accepted in the main office beginning Monday, August 5. Forms for parent signatures and additional instructions will be emailed to students if they have won a pass. Payment must be received by August 12 at 4:00 p.m. Students who do not pay for a pass by August 12 are assumed to forfeit their pass.

Any questions should be initiated by your student to Mr. Mocon in the White Team.

HONORS CONVOCATION

On Thursday, May 2, we will honor seniors for outstanding service and academics at our annual Honors Convocation. Seniors should look for a survey to provide information on the scholarships that they plan on accepting. Please notify Mrs. Paula Hill, Student Services Department Chair, of any distinguished honors by Friday, April 26. Awards that reach us after the close of school on April 26 will not be included in the awards ceremony.

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!

dates to remember (cont)

FRI	5/3	ORCHESTRA CONCERT 7:00PM AUDITORIUM
SAT	5/4	THE LAST MINUTE SHOW (THEATRE PRODUCTION) 7:00PM AUDITORIUM
MON- FRI	5/6-17	AP TESTING
MON	5/6	CAP AND GOWN DISTRIBUTION 8:15AM-3:30PM ATRIUM
TUE	5/7	CONANT BOOSTERS MEETING 7:00PM MEDIA CENTER
FRI	5/10	PRESCHOOL GRADUATION 8:15AM-11:50AM MULTI- PURPOSE ROOM
FRI	5/10	THESPIAN INDUCTION CEREMONY 7:00PM AUDITORIUM
SAT	5/11	PROM 7:00PM-12:00AM HYATT REGENCY O'HARE
SUN	5/12	POST PROM 12:45AM-3:00AM ODYSSEY CRUISE
MON	5/13	BAND PARENT MEETING 7:00PM A160
TUE	5/14	DISTRICT 211 BUSINESS INCUBATOR "PITCH NIGHT" 6:00PM FREMD HIGH SCHOOL
FRI	5/17	EARLY DISMISSAL CLASSES DISMISS AT 12:30PM
MON	5/20	GRADUATION REHEARSAL 8:15AM GYMNASIUM
MON	5/20	SENIOR PICNIC 10:30AM STADIUM
TUE	5/21	SENIOR BREAKFAST 8:00AM BELVEDERE BANQUETS
WED	5/22	FINAL EXAMS PERIODS 2, 3, 4
WED	5/22	GRADUATION 7:30PM SEARS CENTRE
THR	5/23	FINAL EXAMS PERIODS 5, 6, 7
THR	5/23	CNA PINNING CEREMONY 6:00PM AUDITORIUM
FRI	5/24	FINAL EXAMS / LAST DAY OF SCHOOL PERIODS 1, 8

RECOGNITIONS

Science Olympiad qualified for State.

Congratulations to girls gymnastics state qualifiers: Danielle Smith - floor and vault, Mikaela Kaminski - beam.

The Girls Soccer Team is currently 4-0-1.

The Girls Varsity Badminton Team finished in 2nd place at the Conant Tournament.

Congressional Debate Results - 9 of 10 debaters made semifinals; Nick Chen named all-state; Sabah Lokhandwala finalist for 2nd year in a row; public forum team of Liz Zhang and Nikita Basu placed in the top 16 in the state.

Math Team Conference Results - The Math Team participates in the North Suburban Math League. This conference is composed of 56 teams from the city of Chicago and its suburbs. All of the best teams in the state participate in the NSML. We had one of our strongest finishes in Conant's history. Notable performances include:

Individual Results

Divij Garg – Freshmen 6th place

Andrew Milas – Juniors 2nd place, Seniors 1st Place

Rajat Mittal – Orals 2nd place

John Benson Award – Rajat Mittal,

John Benson was the founder of the NSML. The Award is to be given to the one student in each division who best exemplifies John Benson's love of mathematics and his passion to share his enthusiasm and knowledge with others.

Division Results

Team – 3rd Place

Rajat Mittal – Orals 1st Place

Junior Team – 2nd Place

Math Team Regional Results - The entire Math Team qualified for the State Meet. The state meet is held at the University of Illinois on May 4. Notable performances at regionals include:

Team – 2nd Place

Divij Garg – 1st Place Algebra 1

Skyler Gao and Ashay Parikh – 3rd Place Geometry

Liz Zhang – 3rd Place Algebra 2

Andrew Milas – 1st Place Algebra 2

Rajat Mittal – 1st Place Pre-Calculus

Geometry Team – 2nd Place

Pre-Calculus Team – 2nd Place

Frosh-Soph 8 Person Team – 2nd Place

Junior-Senior 8 Person Team – 1st Place

Congratulations to Patti Ertl for receiving the BPA Illinois Outstanding Advisor of the Year.

CONANT BOOSTERS

Who are Conant Boosters and what do they do? Conant Boosters are parents, staff, and members of the community who organize events throughout the year to support students and raise funds for Conant High School.

What did we do this year to raise money?

1. Ran "The Grill" at all home football games
2. Planned the Best Craft Fair in the area
3. Provided concessions at all home volleyball games
4. Organized a Savers Fundrive
5. Hosted the Adult Social at Chandlers
6. Planned a Mattress Fundraiser
7. Sold Spirit Wear bi-weekly at Cougar Corner

Where does the money go?

1. Scholarships to selected Seniors
2. Mini grants to smaller programs within the school

3. Parent Night refreshments

4. One targeted big-ticket item each year. This year was furniture for a study area. Next year's targeted item is a re-vamping of The Marquee.

Thank you to all of the volunteers who have helped at one the many Conant Boosters events this school year! The continued success is only possible when parents become involved through membership and sharing of their time and talents.

See how you can get involved at www.conantboosters.com or plan on attending our final Conant Boosters meeting of the school year on **Tuesday, May 7 at 7:00 p.m.** in the Media Center. **We Need You!**

GO COUGARS!

Elizabeth Paveza

Conant HS Boosters President

Visit us at www.conantboosters.com

Contact us at conantboosters@gmail.com

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