

NEWSLETTER

211



JAMES B. CONANT HIGH SCHOOL

JULIE C. NOWAK PRINCIPAL

October/November 2016



From the Principal:

"The best way out is always through."

-Robert Frost

According to the results of the 2016 Illinois Youth Survey taken by students at Conant High School in May 2016, nearly 25% of freshman students responded "yes" to "feeling so sad or hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities." On the contrary, nearly 90% of freshman students reported they "have one or more adults in their life they could talk to about important things." One cannot deny the importance of the correlation between these two statistics and the important role of adults and parents in ensuring our children's wellness and safety.

During Mental Health Awareness week (October 17-October 21) students, staff and parents were provided opportunities to learn about a variety of mental health issues. The week's activities focused on bullying prevention and suicide prevention. All students also had the opportunity to participate in a mental health awareness fair. On Friday, October 21, motivational speaker, Javier Sanchez spoke to students about approaching opportunities and challenges in an intentional and positive manner.

The October Principal-Parent Network meeting was entitled "Positive Parenting: Resiliency and Helping Our Children Thrive." Typical adolescent emotional developmental milestones were reviewed along with common stressors and healthy coping mechanisms. Symptoms of concerning mental health issues such as anxiety and depression, along with parenting strategies to support both typical and concerning issues were also discussed. It's important for parents to be aware of signs their child might be struggling with anxiety or depression. The entire presentation is available to all parents on the Conant High School website, chs.d211.org.

Signs of anxiety might include identifying with one or more of these feelings or behaviors, typically over an extended period of time:

- Fatigue
- Restlessness
- Hypervigilance
- Irritability
- Racing thoughts or unwanted thoughts.

Signs of anxiety might include identifying with one or more of these feelings or behaviors, typically over an extended period of time:

- Not enjoying things one previously enjoyed
- Sad or irritable mood for most of the day
- Marked change in weight or eating (too much or little)
- Sleeping too little at night or too much during the day
- Lack of energy – feeling unable to do simple task
- Withdrawal from family and friends – isolation
- Trouble focusing and making choices
- Aches and pains when nothing is wrong (Psychosomatic)
- Frequent thoughts of death, suicide and hopelessness

If your child is exhibiting any of these signs, it's important to seek professional guidance via your child's doctor or a certified therapist. Additional resources should you or someone you know need additional support include- Suicide Prevention Life Line: suicidepreventionlifeline.org and Yellow Ribbon Organization: www.yellowribbon.org.

Many thanks to the students, parents and staff who supported this endeavor. It is only through collaboration, positive outreach and awareness that we can help our students develop an awareness of how to access positive mental health supports.

Sincerely,

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

Julie C. Nowak
Principal

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. 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 lunch period. Second semester freshman students who are failing a course or receive below a 2.0 will have a split lunch period with the opportunity to receive more specific academic interventions. Freshmen students who do not meet these criteria can be referred to the students' Learning Support Team for consideration of additional interventions.

Conant HS Boosters Volunteer Organization

Conant HS Boosters volunteer organization this 2016-17 school year continues its mission of supporting our students and staff and Conant community by welcoming new families, supporting activities, hosting events, fundraising, and much more!

Thank you to all of the volunteers who have already this school year worked many Conant HS Boosters committee events! The continuing success of our committees is only possible when new parents become involved via their membership and their volunteer time. 2016-17 school year committees are *Communications, Conant Community Social, Concessions, Craft Fair, Craft Fair Concessions, Dances, Fundraisers, Grill, Hospitality, Membership, Post Prom, Scholarship, COUGAR CORNER Spirit Store and Volunteers!* Become a new committee volunteer this school year by emailing your contact information with committee of interest to conantboosters@gmail.com.

2016-17 Membership Drive continues throughout the school year! Joining the Conant HS Boosters via your \$25 registration is a great way to support your student and the Conant staff and community! Become a Conant HS Boosters member today by registering via the membership form found on our website at www.conantboosters.com.

Our annual Holiday GIFT CARDS Fundraiser is underway! Conant HS Boosters annual Holiday GIFT CARDS Fundraiser is a great way to get a head start on your holiday shopping and/or support Cougars in Need by purchasing Gift Cards for this valuable organization. The Holiday GIFT CARDS Fundraiser details and order form due by Friday, November 18 can be found on our website at www.conantboosters.com.

Join us at our November Updates Meeting on Tuesday, November 8 at 7:00 pm in the Media Center where Principal Julie Nowak, Board Officers and Committee Chairs will share their updates and volunteer opportunities. *Working together we can make this 2016-17 school year an awesome one for our Conant students and staff and community!*

Wishing you and your families a very Happy Thanksgiving! GO COUGARS! Beata Candre, Conant HS Boosters President, 847-274-3586, viperspaci@aol.com Visit us at www.conantboosters.com

Contact us at conantboosters@gmail.com
Like us on Facebook at CONANT HIGH SCHOOL BOOSTERS
Follow us on Twitter @Conant_Boosters

Fall Sports Award Night

On Monday, November 7th at 7:00 p.m. Conant High School will host the Fall Sports Awards Night. All fall athletes and their parents are invited to attend. Everyone will meet in the main gym at 7:00 p.m. for a brief ceremony honoring our All-Conference, All-State athletes and other special awards. Each sport will then proceed to its own area for the presentation of individual awards. Refreshments will be served following the presentations.

Dates to Remember

- Oct. 22 ACT Testing, 8:00 a.m.
- Oct. 25 FAFSA Completion Night
6:00 - 8:00 p.m., Media Center
Conant Music Department Concert
7:30 p.m., M. Gym
- Oct. 26 Dancing with the Cougar Stars
7:00 p.m., M. Gym / N. Gym
- Oct. 27 Senior Panoramic Picture
Per. 2, Gymnasium
- Nov. 1 Morning Work Session
Classes begin at 9:35 a.m.
National Merit Reception
3:45 p.m., Atrium
- Nov. 2 Senior Portrait Pictures
8:00 - 3:00 p.m., Auditorium
- Nov. 3 Senior Portrait Pictures
8:00 - 3:00 p.m., Auditorium
Musical, 7:00 p.m., Auditorium
- Nov. 4 Spirit Wear Sales
Per. 3 - 6, Cougar's Corner
Musical, 7:00 p.m., Auditorium
- Nov. 5 Musical, 3:00 p.m., Auditorium
Musical, 7:00 p.m., Auditorium
- Nov. 7 Fall Sports Awards
7:00 p.m., Gymnasium
Band Parent Meeting
6:30 p.m., A160
- Nov. 8 Conant Boosters Meeting
7:00 p.m., Media Center
- Nov. 11 Veterans' Day Activities
- Nov. 12 IMEA District 7 Band, Choir & Orchestra Festival, 8:00 - 5:00 p.m.
Crystal Lake Central H.s.
- Nov. 15 Morning Work Session
Classes begin at 9:35 a.m.
Parent Technology Workshop
Session 2
6:30 - 7:30 p.m., Media Center
- Nov. 17 Blood Drive, 7:30-3:00 p.m., Atrium
- Nov. 18 A-Team Thanksgiving Breakfast
7:15 a.m., Faculty Café
Spirit Wear Sales
Per. 3 - 6, Cougar's Corner
- Nov. 19 IMEA District 7 Jazz Festival
8:00 - 3:00 p.m., Lake Zurich H.S.
District 211 Honors Choir Concert
3:00 - 9:00 p.m., Auditorium
- Nov. 23 Non-Attendance Day
- Nov. 24 Thanksgiving Holiday - No School
- Nov. 25 Thanksgiving Holiday - No School



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) 755-6654.

Certified Nursing Assistant Program at CHS

The CNA program is in its sixth year at James B. Conant High School. Conant currently has 113 CNA students for the program on the south end of the district. The program has successfully produced 275 certified nursing assistants in the state of Illinois. Last year's class of 2015 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 patients, and patients receiving ventilator care, 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 on to work as PCT's or CNA's in healthcare hospitals while moving on to higher education.

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 Mr. Reyes 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, PE., or study hall, and are encouraged to eat prior to giving blood. The blood drive is administered by Life Source.

Conant's Engineering Club is looking to compete in the Wisconsin Supermileage Competition Again This Year!

Last year for the first time Conant's engineering club competed in Wisconsin's Energy Efficient Vehicle Association Supermileage competition. The goal of the competition is to achieve the highest fuel mileage and the team achieved a 284mpg average over 14 runs which was good for 4th place out of 27 teams. The team plans to build another car and have two entries this year so there are even more opportunities to help and participate! All students are welcome to join in and may have the opportunity to actually drive in the competition! Contact Mr. Tullo for more information.

Business Incubator Program

Conant High School is the Business Incubator program that will provide students who have an entrepreneurial vision with the unique opportunity to learn necessary components to take a business idea and follow it through to fruition. The Incubator program will bring creativity, innovation, and expert entrepreneurial guidance together in one course that allows students to jump-start their business ideas before they graduate high school. Students will have access to our new 21st century classroom, which will provide collaborative, media-rich workspaces to help with any stage of their business development. In addition to the classroom teacher, students also will hear expert advice from local business owners and subject matter experts. These professionals will serve as coaches and mentors to help students bring their business ideas to life, as well as provide experience and real-world business scenarios students would not have access to in a traditional classroom. The course will culminate with students presenting their business idea to an investment panel with the potential of earning funds to further pursue their business opportunity. If you are interested in learning more about the program or want to get involved, please contact Mr. Tony Miller at amiller@d211.org.

Follow us on Twitter at @D211Inc and @ConantBusEd!



Recognitions...

- On October 11th 217 new members were inducted into the National Honor Society.
- The girls varsity golf team won the IHSA Regional and advanced the entire team to the sectional.
- Nimra Syed & Lina Jang were named to the MSL Golf All-Conference Team.
- Kevin Andjulis -3rd at the MSL Tournament and Zach Kahl were both named to the MSL Golf All-Conference Team.
- Conant Girls Cross Country runner, Sydney Davis moved up to 3rd all-time on the Conant Girls Cross Country Record Board.
- The boys varsity football team finished in 2nd Place in the MSL West Division.
- Conant students who have been selected to perform in the District 7 ILMEA ensembles - **Band** -Laura Vesco, **Jazz Band** - Payton Kaye, Haruto Sasajima, **Orchestra** - Jareth Gomes, Connie Kuba, Makiba Kurita, Kyle Morimoto, Sarah Murata, Eleanor Park, James Preucil, Bianca Saputra, Julianne Yoo, **Choir** - Molly Holcomb, Ashley Rodriguez, Amy Rodriguez, Hanna Wright.
- Congratulations to the Congressional Debate Team for their 1st place finish at the Dundee-Crown Invitational. 1st Place Presiding Officer: Arjun Rao, Nitin Subramanian. 3rd Place Speakers: Artharva Desai, 2nd Place Speakers: Kunal Mahajan, Akash Moozhayil, 1st Place Speakers - Arjun Rao, Nitin Subramanian, Keshav Shivam, Daniel Kweon, Sabah Lokhandwala, Prince Frederick.
- Business Education Teacher, Mr. Tony Miller was recognized by Engaging Entrepreneurship Education as an outstanding lead teacher for the entrepreneurship INCubatoredu program.



James B. Conant High School

STUDENT SERVICES NEWSLETTER



Welcome To Student Services!!

The counselors in Student Services work with students both individually and in groups to help them adjust to high school, plan their academic programs, and make future decisions about college and careers. Counselors also provide services for personal issues such as handling stress, relationships, drug and alcohol abuse, suicide prevention, and grief counseling. Special services are available for students with English as a Second Language. Social workers, psychologists, the nurse, and our speech and language therapists also assist students.

Staff members include:

- Brigit Cain
Director of Student Services
- Scott Altergott, *Counselor*
- Rick Bauer, *Counselor*
- John Brown, *Counselor*
- Austin Sobey, *Counselor*
(part-time)
- Paula Hill, *Department Chair*
- Yvette Jones, *Counselor*
- Adam Leibman, *Counselor*
- Maggie Ulrich, *Counselor*
- Ophelia Hernandez,
College & Career Counselor
- Matt Wiley, *Counselor*
- Chris Marasigan, *Career Advisor*
- Dawna Smeltzer, *Nurse*
- Felicia MacFarlane, *Psychologist*
- Ashley Langley, *Psychologist*
- Neal Hannant, *Social Worker*
- Kelly Anderson, *Speech Therapist*
- Katie Mroz, *Speech Therapist*
(part-time)
- Nate Elzinga, *Psychologist (part-time)*
- Bina Rubinson, *Social Worker*

This Principal's Newsletter is computer-designed and photocopied at school on recycled paper for James B. Conant High School parents. James B. Conant High School, 700 E. Cougar Trail, Hoffman Estates, IL 60169-3659 (847) 755-3600.

College/Career Corner

COLLEGE APPLICATION PROCEDURES

Seniors should be actively working on their college applications. Many application deadlines are quickly approaching, so it is very important to complete applications and have them arrive at the campus by the **priority date**. After the priority deadline, admission will be on a space-available basis.

The application process has changed considerably and is not consistent for all colleges.

Students are encouraged to apply online. Electronic transmittal of the application may cut or waive the application fee and speed up the process, but much more responsibility rests with the students. Students will need to check their own applications for completeness and accuracy. Remember that no application will be acted upon until all the supporting materials including the transcript are received by the college.

Most colleges and universities now want official test scores sent directly from the testing agency. You may request test scores to be sent from ACT at www.actstudent.org and for SAT at www.collegeboard.org.

Early Decision and Early Action application deadlines are very near. Be sure to read the fine print as Early Decision is binding; Early Decision meaning a student may apply to only ONE school using Early Decision and must agree to withdraw all other applications if accepted.

Each student should submit applications to a variety of schools. This is necessary for two reasons: first, there are no guarantees on college acceptance and multiple applications help provide assurance against disappointments; second, a college choice made early in the fall may not seem as wise in the spring. Alternatives need to be available for late changes and special circumstances.

RELEASE OF TRANSCRIPTS

All transcripts must be requested through Parchment. Parchment is a safe and secure online transcript submission system that sends transcripts within 2 school days after a student request. Seniors received instructions at the beginning of the year about how to create an account on Parchment. Instructions can also be found on the CHS website: www.chs.d211.org → Students → College and Career → Class Of → Seniors (2016). Students do not have to use Parchment if they are submitting applications through Common Application or SENDedu because counselors must send a transcript as part of their forms to meet the requirement. Students should indicate their counselor's e-mail in order for a transcript to be sent using these two systems.

Official transcripts will not be released to any individuals or private organizations except as required for college or scholarship applications. Transcripts must be requested by student at least 2 weeks before application deadlines. Note: we do not FAX transcripts.

COLLEGE & CAREER CENTER

Over 150 college representatives visit the College and Career Resource Center (CRC) each year to speak with students. All visits will be held in the Media Center - CRC room 108B. You can see a list of which representatives will be visiting by going to CHS website: Students → College and Career → College → College Representatives visits at CHS. Keep in mind, meeting with a College Representative is another way to demonstrate interest in their school. For additional college and career information please visit the Student Services site.

(continued on back)

A Special Note to Parents

Please help our staff by encouraging your son/daughter to plan ahead and make an appointment to see their counselor for assistance. Appointments can be made with the secretaries in every team office. Conferences with parents are always welcome by scheduling an appointment. Our goal is to personalize your student's experience at Conant. Please call your student's team office with any of your concerns.

NCAA Eligibility Requirements

Student athletes must register to be eligible to compete in Division I and II collegiate athletics. Division III athletics does not require registration, as students must contact the specific college for more eligibility information. To register, students must go to the NCAA website at www.eligibilitycenter.org. Students may register with the NCAA Clearinghouse as early as their sophomore year in high school. Students must complete the online application and pay the registration fee. A transcript must be sent early in the fall of senior year to the Eligibility Center and then again in June upon completing graduation from high school. This should be done through Parchment. Official ACT or SAT scores are also required and must be sent directly from the testing agency. The website also allows students to compare eligibility standards with their own high school record. An excellent source of information about eligibility is called the *Guide for the College-Bound Student Athlete* and this can be downloaded from the website or picked up at the Conant Athletic Office. Any questions or concerns should be directed to students' counselors.

Parents — Please Update All Telephone Numbers

Please call your team room and give us any changes in home, work, or emergency phone numbers. We rely on the accuracy of these phone numbers in emergency situations. Thank you.

College/Career Corner (continued from previous page)

BEWARE OF COLLEGE AND FINANCIAL AID SCAMS/SERVICES

Numerous companies make direct marketing contact with students offering college placement and/or financial aid/scholarship services. Conant policy does not allow for the release of student names and addresses to any of these firms, nor does Conant endorse any of these companies. Most of these services require a fee. Most information that is provided by these services is available to students free of charge through their counselor.

ARMED SERVICES

Recruiters from various branches of the Armed Forces visit in the College & Career Resource Center regularly. The recruiters are invited to share opportunities and information about the military with any interested students. Those interested in the academies and ROTC opportunities can also start with this contact. Please see the Student Services site for more details.

CAREER ADVISOR PROGRAM

The Career program at Conant High School continues to have great success. Mrs. Marasigan, our Career Advisor, has already scheduled a number of Career Treks for the 2016-17 school year. Each Trek allows students to gain an overview of the various careers available in a particular field. Check out the many career exploration opportunities available through the CHS website. Also, we encourage students to use Career Cruising at www.careercruising.com. There are interest inventories and career exploration activities on this site, in addition to interesting descriptions of many occupations. Remind your student to utilize this program. Parents who would be willing to host a Career Trek are asked to call Mrs. Marasigan at (847) 755-3657.

Mark your Calendar

November 1, 2016 -- University of Illinois (Chicago, Springfield, and Urbana/Champaign) must **receive** completed applications for "early consideration."

November 5, 2016 -- SAT Reasoning and SAT subject tests.

November 15, 2016 -- Illinois State University and Northern Illinois University application deadline for "priority consideration."

December 1, 2016 -- Southern Illinois University - Carbondale and Edwardsville and Western Illinois University application deadline for "priority consideration."

December 1, 2016 -- University of Illinois - Chicago application deadline for GPPA (Guaranteed Professional Program Admissions) Medicine.

December 3, 2016 -- SAT Reasoning and SAT Subject Tests

December 10, 2015 -- ACT Test

January 15, 2017 -- is the deadline for all other GPPA programs at the University of Illinois - Chicago.

January 21, 2016 -- SAT Reasoning and SAT Subject Tests

February 11, 2016 -- ACT TEST