

NEWSLETTER

211



JAMES B. CONANT HIGH SCHOOL

JULIE C. NOWAK PRINCIPAL

March / April 2017

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. So, how do parents foster these attributes in their teen who is very likely not eager to seek advice or have a 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 – specifically with issues related to their peer group - which, whether we like it or not - is often the focus of teens' lives.

Some positive communication strategies for parents include:

- **Leverage Cheerio Moments**

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 times and activities loosen tongues because parent and child aren't looking at each other and are often in fact, in a parallel position.

- **Create Talking Rituals**

Whether it's 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 a Real Person**

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!" than to act as therapist.

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 in the long run!

Sincerely,

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

Julie Nowak
Principal



New Students and Incoming Freshmen Need Physical Examinations

State law requires that each incoming freshmen submit a physical examination completed after August 14, 2016 and a record of immunizations before registration can be completed. **Without proof of a physical examination and completed required immunizations, a student's schedule will not be issued and registration cannot be completed.** Physical examinations must be completed by a physician licensed to practice medicine in all its branches. Forms completed by chiropractors must be co-signed by a physician licensed to practice medicine in all its branches. For new students, physical examinations must be completed before August registration. The only physical form that can be accepted for ninth grade students is a State of Illinois Certificate of Child Health Examination form with the revision date of 11/2015 or later. These forms were mailed to your home by the School District. IHSA forms **will not** be accepted for incoming freshman physicals.

Incoming freshmen and students new to District 211 wishing to participate in summer athletics must present evidence of an appropriate physical examination taken within 13 months prior to the start of summer camp. This 13 month physical examination may not meet the 12 month requirement for August registration.

Physicals are also required for participation in interscholastic athletics and are valid for thirteen months. Therefore, students planning to participate in athletics are advised to schedule physical examinations annually prior to the expiration of their previous physical to ensure eligibility throughout the following school year. Athletes participating in fall sports must complete their physicals and turn in all forms by Friday, August 4, 2017 to the nurse's office. Adhering to these dates will assure athletic eligibility during the school year.

Class of 2018 Immunization Requirement for 2017-2018 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 4). The first dose shall be received on or after the child's 10th birthday and the second dose shall be received at least 8 weeks after the first dose. If the dose is administered when the child is 16 years of age or older, only one dose is required. Your child's registration will NOT be able to be completed and a schedule will NOT be issued until this immunization requirement is met. If your child does not receive their immunizations for religious reasons, a state approved religious exemption form must be submitted to the nurse's office prior to completing your child's registration process because 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. Please be aware the vaccine Meningococcal B does not meet the school requirement. If you have any questions, please feel free to contact the health services office.

The Ron Gummerson All Ages Track Meet • Save the Date for this Great Family Event

Save the Date: Thursday, July 20, 2017

4:30 PM - Registration begins • 5:30 PM - All Ages Clinic - Using a Starting Block • 6:00 PM - Running and Field Events Begin

Ages 0-99 are all invited to compete

Admission: \$5 unlimited entries in field and running events, \$3 children (3 & under)

All proceeds go to a scholarship awarded to a
Conant Male & Female Athlete Each Year

For more information on running or volunteering
go to: gummersontrack.com

Recognized for excellence in education by the United States Department of Education

Dates to Remember

- March 17 Spirit Wear Sales
Per. 3 – 6, Cougar's Corner
Art Expo, Per. 3 – 6, Atrium
- March 17 & 18 Orchestras Show
8:00 p.m., Auditorium
- March 18 Improv Performance, 7:00 p.m., Cafeteria
- March 21 Morning Work Session
Classes begin at 9:35 a.m.
- March 24 Improv/Orchestras Show
Per. 1 – 8, Auditorium
Spring Break begins at close of school
- April 3 Opening day of school
after spring break
Band Parent Meeting, 7:00 p.m, A160
- April 4 SAT Celebration Breakfast
7:30 a.m., Atrium
- April 5 SAT Testing, 8:00 a.m.
- April 7 Spirit Wear Sales
Per. 3 – 6, Cougars' Corner
- April 8 Project Dance, TBA, Main Gym
- April 10-14 National Library Week
- April 11 Conant Boosters Meeting
7:00 p.m., Media Center
- April 13 Open "Mic" Night, 5:30 p.m., Media Center
- April 14 Non-Attendance Day – No School
- April 15 Joe & Pat Schlender's Cupcake Event/
Bunny Egg Stravaganza
11:00 – 1:00 p.m., Cafeteria
- April 18 Parent Technology Workshop Session 4
6:30 p.m., Media Center
- April 20 Blood Drive, 7:30 – 3:00 p.m., Atrium
Orchestra Concert, 7:30 p.m, Auditorium
- April 21 Spirit Wear Sales, Per. 3 – 6, Cougars' Corner
International Fair, 7:00 p.m., Auditorium
- April 22 Improv Performance, 7:00 p.m., Auditorium
- April 25 Kickball, 7:00 p.m., Main Gym
Principal-Parent Network Meeting
7:00 p.m., Media Center
Spring Choral Concert
7:30 p.m., Auditorium
- April 26 Band Concert, 7:30 p.m., Auditorium
- April 27 Pizza Wars, 6:00 p.m, Cafeteria
Band Concert, 7:30 p.m., Auditorium
- April 29 Prom Fair, 8:30 a.m., Cafeteria
Thespians Banquet / Induction Ceremony
4:00 Pm Cafeteria/Auditorium
Conant Boosters Social
7:00 p.m., Chandler's

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.



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

Conant HS Volunteer Organization

The high school years go by so quickly. Don't miss an opportunity to get involved!

Conant HS Boosters parent sponsored volunteer organization makes a difference at our school and we need your help as we begin to prepare for the 2017-18 school year! Consider sharing your time and talent and join us in supporting our students and staff and Conant community. Updates meetings for the remainder of this school year are Tuesday, March 14, April 11, and May 9 at 7:00 pm in the Media Center. During these monthly meetings Principal Julie Nowak, Board Officers and Committee Chairs share information and updates regarding matters concerning our school.

It is time to elect the 2017-18 school year Conant HS Boosters Board Officers! Submit the 2017-18 BOARD OFFICERS NOMINATION FORM located on the HOME page of our web site no later than Friday, March 17 with your nominations for President, Vice President, Treasurer, Recording Secretary and/or Corresponding Secretary. The Nomination Form has a description of responsibilities of each office. No experience is necessary - just a positive attitude! All nominations will be considered by the Nominating Committee who will put forth a slate of candidates for acceptance at the April 9 Updates Meeting. The slate will stand for election by the general membership at the May 9 Updates meeting.

Tickets are on sale at www.conantboosters.com for the 3rd annual adult CONANT COMMUNITY SOCIAL Saturday evening April 29th at Chandler's in Schaumburg! We invite past and present and future Conant parents to join us for a casual evening filled with great people and great conversation to celebrate Conant High School, its people and its community. Added this year is an optional Trivia Night contest where the winners will walk away with a huge cash prize!

Currently we are seeking a Cougar Corner Spirit Store Committee Co-Chair, to join the current Committee Chairs, to work the Spirit Store open for our students during school lunch periods from 10:00 am to 1:30 pm the first and third Friday of each month. If interested, email your contact information to conantboosters@gmail.com for more details.

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

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Follow us on Twitter @Conant_Boosters

Recognitions

- 🌟 The Boys Varsity Swim and Dive Team qualified Justin Lim in the 100 Fly and 3-time state qualifier, **Cole Aykroid** who finished in 6th place in the IHSA state finals.
- 🌟 Boys Basketball won the IHSA Regional.
- 🌟 The Varsity Wrestling Team won the IHSA Regional and qualified 7 individuals for the IHSA Individual State Finals, **Alex Guiliano, Tyler Futris, Nicky Amato, Danny Wozniak, Cormac Kane, Eric Hominac & Lee Fuller**. The team also defeated Notre Dame High School by a score of 36-27 to qualify for the IHSA "Elite Eight" State Finals.
- 🌟 The Girls Varsity Gymnastics Team completed a break-out season by qualifying as a team for the IHSA State Finals for the first time in 10 years and finishing in 7th place in the state. **Bailey Bloom** battled to a 5th place finish in the state on the beam.
- 🌟 Math team received 3rd place at regionals. **Andrew Milas** and **Rajat Mittal** earned perfect papers; **Liz Zhang** earned 4th place; the Freshmen Algebra Team earned 2nd place; Frosh/Soph 8 person team earned 2nd place; the Geometry team earned 2nd place; and the orals team earned 3rd place.
- 🌟 BPA National Qualifiers are **Annika Lafyatis, Amaan Abbas, Nitin Subramanian, Ronik Shah, Suraj Patel, Satej Shah, Rajiv Chitta, Parth Patel, Kaahan Motwani, Adithya Chari, Ravi Patel, Aman Patel, Ravi Shah, Eliot Chang, Bianca Saputra, Michael Kim, Kyle Morimoto, Kevin Sindewald, Aditi Katwala, Omar Salas, Chetana Cheruvu, Charmi Patel, Linnea Pietsch**; Medalists are **Dhvanii Raval, Aditi Katwala, Sabah Lokhandwala, Maya Kumar, Vinaya Pillai, Charmi Patel, Linnea Pietsch, Hitesha Savaliya, Nisha Pant**; Merit Scholars are **Annika Lafyatis, Sabah Lokhandwala, Vinaya Pillai, Brandon Yuan, Zoya Siddiqui**.
- 🌟 **Anne Stanislawski** earned the Girl Scout Gold Award for her leadership and organizational skills for the theatre department's "Kid's Storeroom for the State" project in Elk Grove.
- 🌟 HOSA State Leadership Winners – **Jahanvi Patel, Anvitha Madhavaram, Saurav Sumughan, Aditi Katwala, Dhvanii Raval, Divya Gudur, Mansi Desai, Nikitha Lakshminarayanan, Bhumi Jasani, Pooja Patel**.

Did You Know...

Conant High School has a food pantry that serves our Cougars In Need? Conant High School participates in the Blessings in a Backpacks Program and also maintains a food pantry for families in need. Your donations of cereal, canned/dried goods (vegetables, soups, chili, rice, pasta), pasta sauce, peanut butter, spices, snacks (granola bars, nuts, popcorn, fruit snacks) are much appreciated! We also accept frozen food items, toiletries and school supplies. Pantry needs will be listed in the newsletter on a regular basis.

CHS Food Pantry Needs... Slim Jims, microwave popcorn, pop-tarts, healthy chips, trail mix, fruit cups, mini-muffins, fruit snacks, breakfast bars, Nutella to go. Frozen foods (if you bring these items in, please bring to the attention of the front office) – uncrustables, hot pockets, individually wrapped pizzas. Thank you!

Honors Convocation

On Wednesday, May 17th we will honor seniors for outstanding service and academics at our annual Honors Convocation. On Friday, April 21st, seniors will be meeting with counselors to provide information on the scholarships that they plan on accepting. Please notify Mrs. Paula Hill, Student Services Department Chair, of any additions or changes to accepted scholarships and distinguished honors by Friday, May 5th. Awards that reach us after the close of school on May 5th will not be included in the awards ceremony.