

NEWSLETTER

211



JAMES B. CONANT HIGH SCHOOL

JULIE C. NOWAK PRINCIPAL

February/March 2017

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 is also difficult to discern when a child makes a genuine mistake – a bump in the road- that can be an opportunity for learning and growth and what is concerning behavior that requires additional support.

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 include the following:

- Encourage your child to enroll in at least one elective or pathways class/activity/sport that invigorates and energizes him or her.
- Discuss that stress is a very real and regular part of life and having strategies to manage stress is very important.
- Share examples of stressors you encounter during the week and include how you have successfully managed these situations.
- Try hard not to glorify the concept of "being stressed out." Students often compare how late they stayed up studying or how long they studied which contributes to the glorification of stress. Instead, promote the idea of healthy lifestyle habits.
- Help your child learn practical coping skills. For example, approach large tasks by breaking them into smaller, more attainable tasks and taking work breaks. Make sure your child has sufficient time in the day for nutritious meals and time to socialize.

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.

If we all work together, we may not have perfect theories, but we will have fewer students struggling with managing stress!

Sincerely,

Handwritten signature of Julie C. Nowak in black ink.

Julie C. Nowak, Principal



College Entrance Exam and District-Wide Testing in April

The College Board's Scholastic Achievement Test (SAT) will be administered as the state assessment in Illinois high schools beginning in the 2016-17 school year. All juniors at Conant High School will take the SAT (with essay) on April 5th. The SAT is required for receipt of a regular high school diploma and serves as a college entrance exam.

While the juniors participate in the SAT, the PSAT 10 will be administered to all sophomore students. The PSAT 10 is used as an indicator for areas that need to be strengthened prior to the State-required junior year assessment.

Regular classes will not be in session on April 5th. Freshmen and seniors will be excused from school that day.

On April 6th, during a regular school day, all freshmen will take the PSAT 8/9. The PSAT 8/9 is the first in the SAT assessment suite. Students will be excused from class to complete the assessment.

More detailed, class-specific information will be mailed home in the near future.

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 fewer than six 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.

Operation Snowball

The 2017 D211 Operation Snowball retreat will be held at Conant High School on Saturday, February 18th from 6:30am – 11:00pm. All Conant students are invited to participate, and students wanting to participate 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 \$25 registration fee in the main office. For more information, please contact Rick Bauer, CHS counselor and Operation Snowball coordinator.

Did You Know...

In 2016, 2 of 10 Conant High School seniors report having ridden in a car by someone who was "high" or had been using alcohol or drugs. Parents, please have conversations with your children about the dangers of impaired driving and discuss strategies for your child to seek assistance if she or he is asked to drive while impaired or asked to get into a vehicle of an impaired driver.

Important Dates for Summer

2017 Summer School

1st Semester: May 31, 2017 – June 21, 2017 • 2nd Semester: June 22, 2017- July 18, 2017
(There are no summer school classes on Friday, or July 3-4.)

2017 Summer Sports Camps:

1st Semester: June 5, 2017 to June 21, 2017 • 2nd Semester: June 26, 2017 to July 20, 2017
(There are no summer camps on Fridays, and the week of July 3-July 7.)

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Dates to Remember

- Feb. 10 Prom Fashion Show
Periods 3 – 6, Auditorium
- Feb. 11 Act Testing, 8:00 a.m.
- Feb. 14 Conant Boosters Meeting
7:00 p.m., Media Center
- Feb. 17 Spirit Wear Sales
10:00 – 1:30 p.m., Cougars' Corner
- Feb. 18 Operation Snowball, 7:00 a.m. – 11:00 p.m.
- Feb. 20 President's Day, No Classes
- Feb. 21 Morning Work Session
Classes begin at 9:35 a.m.
Parent Technology Workshop Session 3
6:30 p.m., Media Center
- Feb. 25 Orchestra Solo & Ensemble Festival
8:00 a.m., Music Department
- Mar. 2 Jazz Band Concert, 7:00 p.m., Media Center
- Mar. 3 Spirit Wear Sales, Per. 3–6, Cougars' Corner
- Mar. 3 Spring Play
& 4 7:00 p.m., Auditorium
- Mar. 6 Band Parent Meeting, 6:30 p.m., A160
Winter Sports Awards, 7:00 p.m.
- Mar. 7 Morning Work Session
Classes begin at 9:35 a.m.
- Mar. 9 Conant Band Parents' Club
Fundraising Dinner, 5:30 p.m., Cafeteria
Band Showcase Concert
7:30 p.m., Auditorium
- Mar. 14 Conant Boosters Meeting
7:00 p.m., Media Center
- Mar. 17 Spirit Wear Sales, Per. 3–6, Cougars' Corner
- Mar. 17 Orchestral Show
& 18 8:00 p.m., Auditorium
- Mar. 18 Improv Performance, 7:00 p.m., Cafeteria
- Mar. 21 Morning Work Session
Classes begin at 9:35 a.m.
- Mar. 24 Spring Break begins at Close Of School

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...

None for this month. Our pantry is stocked.

Thank you!

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 High School Volunteer Organization

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

Thank you to all who have volunteered for the many Conant HS Volunteer Organization sponsored activities that have already taken place this school year. We continue to seek fellow Conant parents to help in making a difference at our school. It is never too late during the school year to get involved at a level that is comfortable for you. Every school year over a dozen volunteer run committees need your willingness to share your time and talent so that we together can continue to support our students and staff and Conant community. Currently we are seeking a Communications Committee Co-Chair to manage the www.conantboosters.com website. Email your contact information to conantboosters@gmail.com for more details.

Parent update meetings for the remainder of this school year are Tuesday, February 14, March 14, April 11, and May 9 at 7:00 pm in the Media Center. During these monthly meetings Principal Nowak and Board Officers and Committee Chairs, share information and updates regarding matters concerning our school.

You are invited to celebrate Cougar Pride at the **3rd annual adult Conant Community Social** on Saturday evening, April 29 from 7:00 to 11:00 pm at Chandler's in Schaumburg. Parents, Staff, Alumni, and Community members who attended the 2016 Social enjoyed a memorable evening, and this year's Social promises to be even better. Social tickets are available for purchase by credit card payment at www.conantboosters.com.

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

Recognitions

- 🏆 The Co-Ed Varsity Cheer team won the MSL Conference Championship and IHSA Sectional Championship. The team competed at the IHSA State Finals on February 3 & 4 in Bloomington, Illinois and finished 2nd in the IHSA State Tournament.
 - 🏆 The Girls Varsity Gymnastics won the MSL West Division and the MSL Conference Championship.
 - 🏆 The Boys Varsity Wrestling Team finished in 3rd place at the MSL Conference Championship.
 - 🏆 The varsity wrestling team won the IHSA Regional and qualified 12 wrestlers to the individual IHSA Sectional and move on to the IHSA team sectional.
 - 🏆 The Boys Basketball Team defeated Hoffman Estates by a score of 44-22 and the team's record is currently 19 – 4.
 - 🏆 The Girls Gymnastics Team won the MSL Conference Championship and the IHSA Regional, where they had a season high score of 144.15.
 - 🏆 The Girls Basketball Team defeated Hoffman Estates High School by a score of 57 – 40.
 - 🏆 Conant Jazz Combo came in 3rd place at the North Shore Jazz Festival.
 - 🏆 Conant Jazz Ensemble received a superior rating at the North Shore Jazz Festival.
- Results from the ILMEA All-State Music conference include:**
- 🏆 Honors All-State: Molly Holcomb (Voice), Connie Kuba (Violin), Sarah Murata (Cello), Eleanor Park (Cello), and Bianca Saputra (violin).
 - 🏆 All State: Jareth Gomes (Violin) and Maggie Hutchison (Future Music Educator Seminar).

Class of 2021 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 11/1/2015 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.

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. Please send a copy of that physical to the health office after March 30, 2017. 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 2018 Immunization Requirement for 2016-2017 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 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. 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 feel free to contact the health services office at 847-755-3662.

Winter Sports Awards

All winter athletes and their parents are invited to attend the Winter Sports Awards Night on Monday, March 6 at 7:00 p.m. Please meet in the main gym for a brief presentation. Immediately afterwards, each sport will proceed to their own area for their individual awards. Refreshments will be provided by the Conant Booster Club outside the gym area.