



February/March 2017

From the principal:

Once again the final curtain fell on our winter musical, *The Addams Family*. I found myself as always, amazed at the level of talent and commitment displayed by our students. So hats off to the cast and crew for another amazing job! I have that same reaction no matter what I see, whether I'm watching a performance, a sporting event, a club activity, an academic competition or hanging out in the classrooms and hallways, our students never stop amazing me and making me smile.

The novelist Sir Walter Scott wrote hundreds of years ago "*For Success, Attitude is Equally as Important as Ability*" and that still rings true today. We get to choose our attitude and choose how it guides us. As with many inspirational quotes or stories you might find I believe it all comes back to the central core of attitude and the attitude you choose to help you become confident, determined, motivated and optimistic to succeed.

Motivational speaker Patrick O'Dooley has researched and spoken often about motivation and success in life. He points out that none of these qualities has anything to do with physical or mental ability. If you look at the list, all of these characteristics can and do change in each and every one of us and it is never fixed, we have good days and bad. There are days when we are confident and motivated and others when we are not. The bottom line is we can choose what our attitude is, we can choose to be motivated and determined and be confident in what we can and will accomplish. It means that we can choose to get better; we can choose to grow and expand our abilities. Stanford University psychologist Carol Dweck wrote a book titled "*Mindset: The New Psychology of Success*" in which she discusses a fixed versus a growth mindset. In a fixed mindset you believe that you are as good an artist as you're ever going to be, however if you have a growth mindset, you believe that you can always get better based on your attitude, expectations and willingness to work at getting better.

Dweck also argues that the same is true for all things including intelligence. If you believe that your intelligence is something very basic about you that you can't really change it much, you have a fixed mindset. In contrast she believes that if you have a growth mindset, that no matter how much you have, you can always change it quite a bit. She argues that with a growth mindset and a willingness, attitude and desire to improve, you can improve anything, from your artistic abilities down to your basic intelligence. No matter where you are right now in your academic journey, just remember you can change that place or destination and your attitude and beliefs hold the key to that change, both positive and negative. We believe in you, we believe you can achieve at high levels, do you believe in you? I am once again renewing my challenge to all of our students to achieve at the highest levels possible in the most challenging courses possible to best prepare yourself for your future!

Gary Steiger, Principal



HEALTH DEPARTMENT

Health Department is excited to announce that 110 students have earned their CPR certifications this past semester.

Our second unit covered nutrition. The students discovered nutrient dense foods that were not only healthy, but tasted good as well. They developed a skill set to know exactly how much sugar they were ingesting each day. They know now the correlation between sugar consumption and diabetes. We also covered eating disorders. Students now understand that the diseases themselves are often a defense mechanism, to deflect stressors in their lives. This is a key element in catching this disease in its early stages.

Northwest CASA speakers came this semester to bring awareness to dating violence. Shannon Sloan came for two days and brought the very intense clothesline project to my classroom. Students now have the skill sets to deal with this horrific act if they or a friend are victims.

All students completed their "If you really knew me" papers this semester as well. These papers allowed each student to assess how their lives are developing at Palatine High School. The goal of this was three fold: self-assessment, social assessment, and to connect with their parents. Each paper was written and then signed by their parents.

We were excited to see an increase over 25% of health IQ from Type 2 assessment to Final District Benchmark Assessment.

Current students just took the Type 2 assessment and once again the data showed a very low Health IQ. The department is excited to not only help each individual student increase their Health IQ, but the positive impact decision making will not only have on them, but the communities that we serve.

Varsity Club: Service and Spirit

Members of Varsity Club are committed to improve the school spirit and culture of sportsmanship at Palatine High School. Varsity club students actively participate in the organization and planning of multiple sporting events as well as school sponsored functions throughout the year. Members of the club create themes that promote spirit and sportsmanship. Students that join Varsity Club make a positive difference to those on and off the field. Varsity Club is an active organization committed to make a difference at PHS and in the community at large. Meetings are held the 2nd and 4th Wednesday of the month at 7:30 am. New members are always welcome. Contact Mr. Belo (pbelo@d211.org) if your student would be interested in learning more about what being a Varsity Club member has to offer.

National Honor Society Blood Drive Planned

The National Honor Society will host the annual PHS Blood Drive on Friday, March 3, 2017, from 7:45 a.m. to 2:00 p.m. The drive is being organized by National Honor Society students under the direction of their sponsor, Mrs. Megan Gabrielson, and two student chairs. Students 16 years of age or older may participate. If you do not wish your son or daughter to donate blood, please discuss this with him or her. Parent permission forms are not required by the school or Heartland for students 17 and older for this activity, but we will verify each participating student's age.

Blood supplies at this time are dangerously low. This is an opportunity for students and community members to donate blood. If you are interested in donating blood, come to the East Gym on the day and time listed above.

Doing some spring cleaning?

PHS is collecting gently used dresses, purses, shoes, jewelry and garment bags. The donations will support the PHS prom dress drive for students in need. Dresses can be dropped off in the main office from 7:30 a.m.-4:00 p.m. from February 27th to March 10th. If you have any questions, please contact Deana Havens 847-755-1636 or dhavens@d211.org. Thank you!

Off Campus, Parking, and Study Hall

Students have the opportunity to earn many privileges at Palatine High School; some of these include the ability to park on campus, have an option study hall period and/or off campus permission. All of these privileges are earned through academic performance and behavior. Any student who has passed all of their classes, demonstrates good attendance and overall good school citizenship will be allowed to apply for these privileges. Students not meeting expectations will be assigned to a study hall where they can receive assistance and instruction to help them meet expectations.

dates to remember

Feb. 17	Early Dismissal – 12:35 p.m. Girls' State Gymnastics Meet – 2:00 p.m.
Feb. 18	Girls State Gymnastics Meet – 2:00 p.m.
Feb. 20	Presidents' Day (No School)
Feb. 21	Student Late Start
Feb. 23	Dancing with the Pirates – 7:00 p.m.
Feb. 24	Winter Orchestra Concert – 7:30 p.m.
Feb. 25	Winterfest Dance – 7:30 p.m.
Mar. 1	College Planning for Juniors – 7:00 p.m.
Mar. 3	Pirate Booster Club Dinner and Auction
Mar. 6	Winter Sports Awards – 7:00 p.m.
Mar. 7	Student Late Start

SAT Prep Class Schedule 2017

*All classes will meet in room 390 and are FREE!!!

*Morning and afternoon sessions are the same.

Thursday, February 9: Math (calculator)	7:00 a.m. – 7:50 a.m. 3:40 p.m. – 4:30 p.m.
Thursday, February 16: Reading (Science and Social Studies)	7:00 a.m. – 7:50 a.m. 3:40 p.m. – 4:30 p.m.
Thursday, February 23: Reading (Literature and History)	7:00 a.m. – 7:50 a.m. 3:40 p.m. – 4:30 p.m.
Thursday, March 2: Math (no calculator)	7:00 a.m. – 7:50 a.m. 3:40 p.m. – 4:30 p.m.
Thursday, March 9: Writing (History, S.S. and Science)	7:00 a.m. – 7:50 a.m. 3:40 p.m. – 4:30 p.m.
Thursday, March 16: Writing (Humanities and Careers)	7:00 a.m. – 7:50 a.m. 3:40 p.m. – 4:30 p.m.
Thursday, March 23: Essay	7:00 a.m. – 7:50 a.m. 3:40 p.m. – 4:30 p.m.

TEST DAY – Wednesday, April 5th

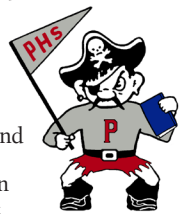
No need to sign up – just show up!


And it's okay if you can't attend all sessions –
come to as many as you can.

See Mrs. Hanson (Math), Mrs. O'Keefe (Science), or
Mrs. Sheehan (English) with questions.

Booking with the Pirates Program

This unique program is a cooperative effort between Palatine High School and District 15 that promotes the development of good reading habits in future Pirates. Third and fourth grade students from Jane Addams, Lake Louise, Lincoln, Sanborn, Virginia Lake and Winston Campus, packed the Palatine gymnasium on Friday, February 3, 2017 in order to celebrate their achievement while cheering on the Pirates. During half-time of the varsity basketball game, our special guests, along with school administrators and teachers, were recognized for their efforts. The Booking with the Pirates reading program extended their invitation to the game with an exciting assembly at each participating school which recognized 415 students for meeting their reading goals. Those students meeting their individual reading goal also received a Pirate Pete backpack, pencil and certificate of program completion. In addition, one classroom from each grade per school was awarded a pizza party as an added incentive for having the most minutes read.



 If you require assistance while visiting our school,
please contact the principal's office at (847) 755-1600.

ACADEMIC CORNER – Physical Education; Now More Than Ever

As the nation moves through the twenty-first century, a tremendous opportunity exists to enhance our health and well-being. Much of that opportunity lies in our ability to address the growing health challenges that are facing our nation's youth. Although progress is being made, poor physical fitness; violence; lack of proper nutrition; communicable diseases; and alcohol, tobacco and other drug use continue to plague our society and most notably our youth.

Extensive research connects the ability to learn to good health. Recognizing that healthy minds and bodies are basic to academic success, the physical education department at Palatine High School continues in its efforts to provide a comprehensive program. The benefits of comprehensive physical education include promoting a healthy generation of students who are able to achieve their highest potential, reversing the trend of deteriorating health and physical fitness among youth. The CDC states, "...physical activity can have an impact on cognitive skills and attitudes and academic behavior, all of which are important components of improved academic performance. These include enhanced concentration and attention as well as improved classroom behavior".

Township High School District 211 states:

"The purpose of physical education is to make a significant contribution to each individual's personal wellness. The importance of personal health, character and social development, and physical and mental performance is emphasized in a comprehensive and balanced program. Physical education is designed to benefit all students, regardless of their physical ability, encouraging each to find challenge, success, and self-satisfaction through physical education experiences".

Illinois state goals and standards for physical development and health foster workplace skills. Following directions, working cooperatively with others, identifying short and long-term goals and the utilization of technology are just a few of the goals highlighted by the State Board of Education. Problem solving, communication, responsible decision making, and team-building skills are major emphases as well.

Through Applications of Learning, students demonstrate and deepen their understanding of basic knowledge and skills. These applied learning skills cross academic disciplines and reinforce the important learning of the disciplines.

You can find a complete description of the comprehensive physical education program offered at Palatine High School by logging on to: <http://www.phs.d211.org/pe>. You can also inquire more at: <http://www.sparkpe.org/blog/how-physical-activity-affects-academic-performance/#sthash.GHhyHJGR.dpuf>

District 211 is seeking summer internship hosts for students

District 211 would like to partner with businesses in the community to help prepare our students for their future careers. Do you own or manage a local business that could benefit from a high school intern for the summer?

One way to collaborate is to offer a summer internship to our students. A high school internship is a unique opportunity for a student to gain invaluable knowledge, experience, and confidence in future college and career decisions. Each internship is flexible and based on the mutually agreed upon conditions between the company and the student. It can range anywhere from 2 weeks to 2 months in length.

High School Internships can be paid or unpaid - though, if they are unpaid, they're usually subject to labor guidelines. In the U.S., federal law mandates that unpaid interns must not benefit the company economically or be used to displace the work done by paid employees. The primary purpose of a high school internship is to get experience in a job field. Internships focus on giving the intern the best training possible to help them in the future by rotating the responsibilities, shadowing a professional, and integrating them into the work force of the company.

District 211 appreciates the time and effort it takes to host an intern. The district has made the process as streamlined as possible. The host needs to have work for the intern to do as well as skills to teach the intern aside from the basic employability skills. The host needs to designate a supervisor or mentor, set aside a physical space, and give an orientation of the business to the student. It can provide leadership opportunities for your employees, while also giving the company a chance to evaluate prospective employees for the future and partner with the community.

Our high school students are mature and computer savvy and can provide valuable insights and a fresh perspective. The high school internship and career exploration program is a valuable hands-on learning experience which cannot be replicated in the classroom. We hope to be able to collaborate with businesses to positively impact our communities by developing creative solutions that will shape the future.

To be an internship host, contact Peggy Byrne, the career advisor at Palatine High School (pbyrne@d211.org) or Jan Brottman, career advisor coordinator for District 211 (jbrottman@d211.org), or complete the google form: <https://goo.gl/forms/UasgE2ysMv7W9lbu2>

Free ECG Screening for PHS Students • February 23, 2017

ADULT VOLUNTEERS NEEDED

The **Young Hearts for Life (YH4L)** Cardiac Screening Program identifies high school and college students at risk for sudden cardiac death. Each week sudden cardiac death claims the lives of more than 60 young adults in the United States.

YH4L and Palatine High School will be providing PHS students with the opportunity for this free screening (with parental/guardian consent) on February 23, 2017. Additional information and instruction on how to sign your student up for this free screening will be forthcoming from the high school administration. BUT...

To make this event successful, the **Pirate Boosters is looking for parent/community volunteers.** We need over **120 parent/community volunteers** to help provide ECG screenings to the students at

Palatine High School on February 23, 2017 (to be held throughout the school day).

NOTE: All volunteers must attend one of the training sessions held on February 22
(two evening sessions offered: 5:00pm and 7:30pm).

If you are interested in volunteering, sign up is available now online: <http://vols.pt/TevSMw>

If you have any questions, please contact: Jean Choi (jeanchoi73@gmail.com)

*For more information about YH4L, please visit, www.YH4L.org.