



# The Kahok Current

Volume 11 Issue 3

Third Quarter

## Happy New Year Kahoks!

### Collinsville High School Home of the Kahoks

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Dear Parents, Guardians, and Students,

I hope everyone enjoyed a tremendous winter break with family and friends! As we start our second semester of school, I am hopeful that our students and staff are poised to build on their successes of last semester. The new semester also affords students who did not meet their academic expectations an opportunity to improve their academic performance.

Faculty members, support staff, and administrators are committed to ensuring that Collinsville High School is a great place for our students to learn and prepare for their future. Numerous teachers have been actively participating in professional growth workshops throughout the school year. Vertical alignment teams in core subject areas such as English, math, science, and social studies focus on curriculum development. CHS Professional Learning Communities also facilitate curriculum improvement and provide staff opportunities to review pertinent data. Such building and district level articulation directly impacts individual students. For example, academic scholarship awards are at an all-time high at CHS. We are optimistic the Class of 2018 will continue the positive trend. The graduation rate at CHS is at the highest level in at

least a decade, which reflects favorably on our school community. Our students and staff have embraced our 1:1 Technology Initiative. We have conducted focus groups this school year in order to maximize utilization of our technology resources. Action steps have been taken as a result of the feedback.

Once again, all juniors will be required to take the SAT. This test will be administered on April 10, 2018 this school year. All students are encouraged to prepare for the SAT using [www.khanacademy.org/sat](http://www.khanacademy.org/sat), which is a free online preparation tool available to all students. Freshmen will take the Preliminary SAT 9 (PSAT 9) and sophomores will take the Preliminary SAT 10 (PSAT 10) for preparation and practice. Seniors should plan to take a college, career, or job shadow day as they will not be in attendance on April 10th.

Planning and preparation for next school year is underway. Our school counselors are diligently collaborating with students regarding academic schedules. Many of our seniors have already made their post-secondary plans. Parents are encouraged to dis-

cuss possible pathways (university, junior college, technical school, or military) with their children. Furthermore, I recommend that students work closely with their parents and school counselor in developing a rigorous schedule in order to prepare for future academic challenges, as well as career goals. Please review our counseling website and contact the CHS Counseling Department if you have any questions.

In closing, our students and staff have been tremendous to work with collectively and individually. I encourage you to share your positive CHS experiences with friends, community members, and others. As always, it is an honor and privilege serving as your principal. Please contact me at [dsnider@cusd.kahoks.org](mailto:dsnider@cusd.kahoks.org) if I can be of assistance. Go Kahoks!

Sincerely,  
David G. Snider  
Principal

### The Importance of Sleep: Teens From Z-z-z's to A's

Our teens have never been more on the run: with classes during the day, extracurricular activities or part-time jobs that run into the night, then homework -- high school students are usually the last to bed and the first to rise. The first casualty of these firmly packed schedules is sleep. In fact, some experts say sleep deprivation has become a crisis among teens. Research shows that teens' internal biological clocks differ from those of pre-teens and adults. Even when teenagers go to bed at 10 p.m., there's a part of their brain that is keeping them awake, so it's hard for them to fall asleep. That same part of the brain doesn't operate to keep them awake in the morning, so they're much sleepier than children or adults. The adage "early to bed, early to rise makes a man healthy, wealthy and wise," is just as important for teens as it is for adults. In fact, ade-

quate rest may:

- Improve mood
- Increase the chances that your teen will get to school on time
- Increase the chances that your teen will be in school
- Improve academic performance
- Keep your teen awake while driving
- Keep weight healthy

There are several steps you can take to make sure both you and your teen get a better night's sleep. It may take a few weeks to establish a new, natural sleeping routine that doesn't keep you awake or disrupt your sleep.

- Avoid or reduce your intake of caffeine.
- Avoid eating large meals just before going to bed. Take a warm bath an hour or two before bedtime.
- Get regular physical activity.
- Keep your bedroom quiet and dark.
- Avoid long, late afternoon naps.
- Read in bed for a few minutes before turning out the light.

For more information, visit the National Sleep Foundation at: [www.sleepfoundation.org](http://www.sleepfoundation.org).

## Illinois State Scholars Announced

Thirty-two Collinsville High School Seniors were named Illinois State Scholars this year. This prestigious award is given annually by the Illinois Student Assistance Commission (IASC). Illinois State Scholar winners rank in the top ten percent of the state's high school seniors from 710 high schools in all 102 counties of Illinois. Selection is based on ACT/SAT scores and/or GPA at the end of the junior year. We are proud to announce this year's honorees:

**McCaully Bauer**  
**Jasmine Bollan**  
**Kobe Collins**  
**Anna Coracy**  
**Gabrielle Cotton**  
**Hunter Counton**  
**Connor Davis**  
**Emily Falbe**  
**Cadiem Franks**  
**Riley Harris**

**Jacklyn Heise**  
**Benjamin Hunsinger**  
**Emma Knoebel**  
**Michael McVicar**  
**Luke Moore**  
**August Nugent**  
**Emily Park**  
**Kira Patrylak**  
**Param Sangani**  
**Hunter Schrage**  
**Carlie Schuessler**  
**Jade Scott**  
**Emma Sebesta**  
**Jensen Slusher**  
**Jacob Sorge**  
**Jason Stahnke**  
**Bridgett Stephens**  
**Tonia Swartz**  
**Olivia-Bryn Tarantella**  
**Valerie Weeks**  
**Gabriel Wheeler**  
**Jacob Whitener**

among the best and the brightest in our state's high schools. We salute them, along with their parents in reaching the stars; their families and the teachers and staff at CHS for this stellar achievement."

Congratulations to these outstanding seniors for all of their hard work that lead to this prestigious honor.

"These students personify excellence," said IASC Executive Director Andrew Davis. "Illinois State Scholars are



## State Testing Coming Soon!

The state of Illinois has chosen to take part in SAT testing this Spring. This state adopted and required testing will test all students who are enrolled as Juniors at Collinsville High School.

The SAT assessments is replacing the PARCC as the accountability measure in schools. All Juniors will take the SAT at Collinsville High School on Tuesday, April 10, 2018.

On that testing day all Freshmen and Sophomores will take a PSAT test.

Seniors will be released for the day to attend a college visit, job shadow or explore a career option. Seniors do not report to CHS on April 10, 2018. Several incentives will be provided for Juniors to do their best on the test. These incentives will be announced in March at an assembly for Juniors in the auditorium. All

Junior families will receive a mailing regarding testing later this Spring.

Please help us impress on our students that these tests are important for not only their future but for Collinsville High School and our community! Together we can all proudly say we are Kahok Strong!

## CHS Athletics Update

\*Parents and Fans are encouraged to check out our high school athletic website. This has the entire athletic calendar for all Kahok sports teams along with all forms.

The website is:  
<http://il.8to18.com/Collinsville/>

\*The Winter Sports Award night will be held on Wednesday, March 14, 2018 at 7 pm in Fletcher Gymnasium on the cam-

pus of Collinsville High School. All parents, athletes, and fans are welcome to attend.

\*Spring sport practices will begin on Monday, February 26th, 2018 in Girls Soccer, Baseball, Softball, and Boys Tennis. On-line Athletic Registration needs to be completed as well as a valid physical on file to be able to participate in the tryouts by February

26th, 2018. Athletes must pay a \$ 100 activity fee to participate in a spring sport. Waivers are available for free and reduced lunch students.



## Upcoming Kahok Events

\*The CHS Choir Parents Association is sponsoring their 4th annual GlowBingo and Silent Auction on March 10th at the Firemen's Hall on St. Louis Road. Tickets for this fun way to support our choir are available for \$20 in advance or \$25 at the door (per person.) Contact Mrs. Cleveland (CHS Choral Director) for tickets at [lclevela@cusd.kahoks.org](mailto:lclevela@cusd.kahoks.org) or 618-346-6320, extension 1235.

CHS Math Team will be hosting "A Trivia Night Like No Other!" on Saturday, March 10. Contact Mr. Gottschalk at [wgottsch@cusd.kahoks.org](mailto:wgottsch@cusd.kahoks.org) or go to <https://goo.gl/owfKnm> for more information!



\*The



## Help Your Child Prepare for Standardized Testing

Beginning this year, the Illinois State Board of Education requires all Juniors to take the SAT (Scholastic Aptitude Test) in order to meet graduation requirements. **On April 10, 2018 all CHS students grades 9 through 11 will take the PSAT (Preliminary SAT) or SAT depending on grade level.** Freshman will take the PSAT 8/9, Sophomores will take the PSAT 10, and Juniors will take the SAT. The great news is that these college readiness tests are being administered during the school day at no cost to families, and the results will help 9th and 10th grade students prepare for future SAT testing. The PSAT 8/9 and the PSAT 10 are vertically aligned so they are great indicators of how well your freshman or sophomore student would score on the SAT if they took it at that particular time.

The College Board recently partnered with Khan Academy ([www.khanacademy.org](http://www.khanacademy.org)) to offer a host of free SAT test preparation resources including diagnostic assessments, full length practice tests, and a test preparation calendar. We encourage all students to take advantage of this amazing resource! In addition to encouraging your student to use test preparation resources like Khan Academy, we also recommend parents help students prepare for test day:

### **Have conversations about the test.**

Make sure to discuss the test openly and in a positive way with your child, and encourage your child to do the best work possible. However, don't pressure them. Your child should be relaxed about taking the test, not stressed out. Ask your child how they are preparing for the test, and how you can help them to prepare. Reassure them by telling them that you are proud of their effort.

### **Ask your kids if they experience test-taking anxiety, and tell them that it's normal.**

Remind your child to stay positive during the test and to think positive thoughts like "I can do this!" Tell your child if he or she is feeling stressed or freezes up, to take a few deep breaths or to imagine a peaceful place like the beach or park. If you are anxious about your child's test, don't let them know it. Help your child learn how to relax. Have realistic expectations about your child's performance while encouraging their best efforts.

**Emphasize that the test is only one measure of academic performance, and does not determine a person's intelligence or worth.** Tell your child that you will love them just the same, no matter how they do on their test, but that it is important to do their best. Encourage your child to study, and make sure they have a well-lit and quiet area to do so. Regular study time can help your child prepare for the test and develop a routine to feel comfortable on test-taking day.

**Go over the following test-taking tips with your child:**

- Follow all written/verbal instructions carefully.
- Read each question carefully.
- Identify key words.
- Mentally rephrase difficult questions - think of them in words that are easier for you to understand.
- Eliminate answers you know are wrong. If you have to guess, the process of elimination increases your chances of guessing correctly.
- Don't change your first answer unless you are pretty sure it was wrong. Most studies show that the first answer is usually correct.
- Don't get stuck on one question. Skip it and come back to it later.
- Answer every question, even if you have to guess.
- Make sure all your answers have been marked on your answer sheet.
- Use all your time. If you have extra time, go over your answers.
- If you feel nervous, take a few moments to relax. Take some deep breaths and clear your mind.

**On April 10th, make sure your child is rested, eats a good breakfast, and arrives to school on time. Testing begins promptly at 8 a.m.**

**Know testing dates, and be sure to not schedule any sort of appointment for those days.**

The night before, make sure that your child gets to bed early enough and gets a good night sleep. Adequate rest does make a difference! If your child is a restless sleeper, take them to do something active earlier in the day. Nutrition also influences how well children do on a test -make sure your child gets a good meal, but not too heavy of a meal. Send them off to school wearing comfortable clothing for long test-taking periods. We advise wearing layers in case the room is too cool or too warm.

**Keep an eye out for test results and talk with your child's school counselor to discuss any questions you may have.** Keep an eye out for your child's test results and teach your child to learn from their mistakes. If you have questions, make an appointment with your child's counselor to determine what areas your child need to improve in, and what sort of activities you can do at home to help them do better next time.

**Juniors, with the help of the counselors, have already created Khan Academy SAT prep accounts and they will attend an assembly in March where they will be given additional information about test day, incentives, etc.**

*Adapted from <http://www.houstonisd.org/cms/lib2/TX01001591/Centricity/Domain/21201/STAARTips.pdf>*

# Counseling Department Spotlight: Why Go To College?

Whether you are uncertain about going to college or you just need some reassurance you're on the right track, here are a few reasons to go to college:

- \*Every bit of education you get after high school increases the chances you'll earn good pay. Most college graduates earn more money during their working years than people who stop their education at high school.
- \*The more education you get the more likely it is you will always have a job. According to one estimate, by the year 2028 there will be 19 million more jobs for educated workers than there are qualified people to fill them.
- \*Continuing education after high school is much more important for your generation than it was for some previous generations. Today most good jobs require more than a high school diploma. Businesses want to hire people who know how to think and solve problems.
- \*Education beyond high school gives you a lot of other benefits, including meeting new people,

taking part in new opportunities to explore your interests, and experiencing success. Whether you choose a 4 year college or a technical school, there are many benefits to pursuing additional training and education after high school.

**'Tis the Season...For Financial Aid**  
**With the holidays now over, no doubt you're busier than ever. However, there is one more important item to add to your to-do list. Make sure you're up-to-date on financial aid terminology and filing deadlines. Here are some helpful resources:**

\*The Free Application for Federal Student Aid (FAFSA), the key to unlocking your student's financial aid opportunities, becomes available January 1 for the 2017-2018 school year. Because aid is handed out on a first-come, first-served basis, *graduating seniors* and their families will want to get this form completed and submitted as soon as possible. Visit the official FAFSA website for a list of what you need to complete the form and to com-

plete it at [www.fafsa.ed.gov](http://www.fafsa.ed.gov) (Be careful that you choose the .GOV website and NOT the .COM site)

\*Research the different types of financial aid that are available. Learn the differences between scholarships and grants, private and federal loans, and need- and merit-based aid. The Federal Student Aid website has the details at <http://studentaid.ed.gov>

- Deadlines for financial aid vary. Check the FAFSA website and college financial aid officers/websites for important deadlines.
- NEVER pay for scholarships or grants.
- If your student isn't a senior yet, use the sites listed above to learn more and prepare.

*Adapted from: <http://www.act.org/path/parent/news/1212.html>*

Congratulations to the Head wrestling coach Tom Blaha. He became the all-time winningest wrestling coach in the schools history on December 7th, 2017 by defeating Mascoutah 58-19 and running his dual meet record to 243 wins. He surpassed George Portz who had 242. Great job Coach Blaha!



# LADY KAHOK SOCCER

## OPEN GYM SCHEDULE

Sunday, January 7<sup>th</sup> @ 2:00

Thursday, January 11<sup>th</sup> @ 6:00

Sunday, January 14<sup>th</sup> @ 2:00

\*\*\*Monday, January 22<sup>nd</sup> @ 6:00\*\*\*

Sunday, January 28<sup>th</sup> @ 2:00

\*\*\*Thursday, February 1<sup>st</sup> @ 6:00\*\*\*

Sunday, February 4<sup>th</sup> @ 2:00

Sunday, February 11<sup>th</sup> @ 2:00

\*\*\*Thursday, February 15<sup>th</sup> @ 6:00\*\*\*

\*\*\*Dates with asterisks are in Fletcher Gym,  
all other dates will be in the auxiliary gym\*\*\*





## CALLING ALL WRITERS!

The CHS Writing Club is now taking writing submissions for *Kahok Ink V.5*

### About:

*Kahok Ink is an anthology of student writing and artwork put out once a year by the CHS Writing Center.*

### Categories:

Fiction- 1,500 words or less

Non-fiction- 1,500 words or less

Poetry- 40 lines or less

### Prizes:

First Prize in each category- \$100

Honorable mention in each category- \$25

### How to enter:

*To submit work for Kahok Ink, you must post your work to our Google Classroom site. Here are the steps.*

1. Go to [classroom.google.com](https://classroom.google.com), enter the code **26eob1**.
2. Cut and paste the the Entry Form into a new Google Doc.
3. Cut and paste your work in the pages after the entry form.
4. Submit your work in the correct assignment category: fic, poetry, or non-fic.

Any questions? Come to the Writing Center or email us at [writingcenter@cusd.kahoks.org](mailto:writingcenter@cusd.kahoks.org).

**DEADLINE: JANUARY 26, 2018**



# From the CHS Counseling Department

## Improving Motivation Using the Growth Mindset

We know students can begin to lose motivation as the school year progresses. Students also lose motivation when they are not successful the first time they try something. By simply using certain words and having growth mindset conversations, we can ensure students develop the skills they need to be resilient, persistent, and focused on the learning process. It is essential that parents and educators provide children with feedback about how their attempts to learn lead to a result, which can help them understand that their abilities will improve over time with effort.

### Here are some suggestions for different situations:

#### *When they struggle despite strong effort*

- I expect you to make some mistakes, since you're learning new things. If we examine what led to the mistakes we can learn how to improve.
- You can learn to do it--it's tough, but you can; let's break it down into steps.
- Yes, it's tough -- we go to school to make our brains stronger! If it were easy you wouldn't be learning anything!
- When you think you can't do it, remind yourself that you just can't do it yet.

#### *When they lack specific skills needed to improve*

- Here are some strategies to figure this out
- Give it a try - we can always fix mistakes once we see where you are getting held up.
- What parts were difficult for you? Let's look at them.

#### *When they are making progress*

- Look at how much progress you have made so far! Do you remember how difficult this was when you first started?
- That's a tough problem/task/concept that you've been working on for a while. What strategies are you using? They are really working for you. I can see a difference in this work compared to your earlier work. You have really grown with \_\_\_\_\_.

#### *When they succeed with strong effort*

- I am so proud of the effort you put forth.
- I want you to remember how challenging this was when you began. Look at how far you have come!
- All of your hard work and effort paid off.
- What choices did you make that you think contributed to your success?

#### *When they succeed easily without effort*

- You are ready for something more difficult.
- What skill or topic would you like to work on next?
- It's great that you have that down. Now we need to find something a bit more challenging so you can grow. That's what we go to school to do.

#### *When they don't put in much effort and then don't succeed*

- What are the barriers to your success? How can I help you overcome them?
- I understand that this may seem too difficult at first. How can we break this down to smaller tasks so it's not so overwhelming?
- Remember when you worked really hard for \_\_\_\_\_ and were successful? Maybe you could try those strategies again.
- It looks like you are not putting forth much effort. Is that the way you see it? If not, what is it that you are doing, and how can I help you with some new strategies?

Adapted from: <https://www.mindsetworks.com/free-resources/>

CHS Drama Club & Thespian Troupe 643 Presents

# SHREK The MUSICAL

April 5-7, 2018 at 7pm

CHS Auditorium

## Illinois Youth Survey

During the week of March 26-28th, 10th and 12th grade students at Collinsville High School will be invited to participate in the Illinois Youth Survey. The purpose of the Illinois Youth Survey is to better understand youth attitudes and behaviors that can impact student problems and academic success and is offered free of charge to schools across the state. It will ask about topics including nutrition, physical activity, bullying, tobacco, alcohol, and other drug use. Students will be asked to complete a survey (with no names or identification numbers) that will be confidentially administered during either their English classes (10th grade) or World Geography or World History classes (12th graders) one day during the above mentioned week. The Illinois Youth Survey is funded through the Illinois Department of Human Services and is coordinated by the Center for Prevention Research and Development at the University of Illinois. It is completely voluntary and privacy will be strictly protected. Approximately 1 month before the survey is administered, parents/guardians of 10th and 12th grade students will be emailed a notification form officially informing you that the survey is being conducted at your school. This form will allow you to exclude your child from participation and only needs to be returned if you DO NOT want your child to participate. Even if you allow your child to participate, every student will also be given the choice to participate or not. Alternative assignments/activities will be provided for students who do not participate in the survey. The Illinois Youth Survey will provide Collinsville High School with a local report of the combined student results which will help to determine which programs may be needed to keep students safe and healthy. For more information, please visit the Illinois Youth Survey website at <http://iys.cprd.illinois.edu> or contact Kristin Trapp, Collinsville High School School Social Worker, at [ktrapp@cusd.kahoks.org](mailto:ktrapp@cusd.kahoks.org) or 618-346-6320, ext. 1169.

Order your 2017-2018 Kahokian Yearbook by clicking on the graphic. Current price is \$55.00. Price increases to \$60.00 April 14, 2018. ALL yearbook orders are placed online through Jostens. However, if you have any questions, please feel free to contact the Kahokian staff at [kahokian@cusd.kahoks.org](mailto:kahokian@cusd.kahoks.org).

CELEBRATE YOUR  
STUDENT



Class of 2018, now is the time to place your Senior Ad order for the yearbook! Click on the graphic above to place your order online. If you are interested in having the Kahokian staff design your ad, please contact us at [kahokian@cusd.kahoks.org](mailto:kahokian@cusd.kahoks.org) and we will send you the information via email.



## COLLINSVILLE NIGHT WITH THE ST. LOUIS CARDINALS

Mark your calendars for April 9, 2018! That's when Collinsville Night at Busch Stadium will take place. The CMS and CHS Choirs will be performing "The National Anthem". We will have an entire right field box section for the game. The game starts at 6:05pm and is ESPN's Game of the Week!

The cost of each ticket is only \$18. Tickets must be purchased **in advance!** Tickets can be purchased via the order form below. For more information about getting tickets for the game, please contact Kyle Gordon at [kgordon@cusd.kahoks.org](mailto:kgordon@cusd.kahoks.org).

We hope to see Collinsville at the ball park on April 9 to support the CMS and CHS Choirs as the St. Louis Cardinals play the **Milwaukee Brewers!**

### Collinsville Night At The Ball Park Order Form

Name: \_\_\_\_\_  
Street Address: \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_  
Telephone Number: \_\_\_\_\_  
E-Mail Address: \_\_\_\_\_

Number of Tickets Ordered: \_\_\_\_\_ x \$18 per ticket = \_\_\_\_\_ Total Amount Enclosed

Please make all checks payable to **CUSD 10**

**Please return order form and payment to:**

Collinsville High School  
Attention: Cardinal Game Tickets  
2201 South Morrison Avenue  
Collinsville, Illinois 62234



# Vocational Update

Collinsville Area Vocational Center

## Clinical Health Occupations Students Learn New Skills



Every year students enrolled in Clinical Health Occupations complete required skills to earn their Certified Nursing Assistant credentials. This year is no exception. So far students have completed many of the IDPH required 21 skill check-offs and are on their way to finishing the rest. Some of the skills include shaving, oral hygiene, transfers and feeding residents. Skill check-offs are completed both on-site (at CAVC) and at clinicals which are done at Mercy Rehabilitation and Care Center in Swansea IL.



## Building Trades House Making Progress

As the new year progresses we are moving along with the newest Building Trades project. This year's house is located on Courtland Ave. and is approximately 1200 square feet. To date the students have completed joists and floors, framing of all interior and exterior walls, staircase installation, and the majority of sheeting of exterior walls and roof trusses. We are looking forward to the next stages of construction.



# HOSA Students Qualify for State

Last year at the State HOSA Competition and Convention, the numbers in attendance were borderline unmanageable. So, this year a new system of additional, preliminary testing was put into place to eliminate the masses from the final competition in March.

The first week of December HOSA prelim testing was conducted at CHS. The students qualifying to move on to the state conference and compete against their peers from across the state are as follows:

- Community Emergency Response Team: Jaylen Jordan and Morgan Meyers
- Dental Terminology: Ariana Bonner, Christina Slemmer, and Morgan Trione
- Extemporaneous Health Poster: Shay Martin
- Forensic Medicine: Nicholas Shepherd and Jaeden Sizemore
- Behavioral Health: Morgan Meyers
- Pharmacology: Mackenzie O'Bear
- Transcultural Healthcare: Sarah McNally
- Medical Assisting: Amber Wasser
- Veterinary Medicine: Addy Horras, Raina Jaeger, Katie Janes, Morgan Trione



Second semester, additional testing will take place in January and February. The State finalists will be announced at the State HOSA Competition and Convention on March 2, 2018. Numerous medical and pharmaceutical companies, as well as colleges and universities, are partnered with HOSA nationally to provide the winners with many opportunities/scholarships.

## Early Childhood Preschool Students Spread Christmas Cheer

Once again this year the Early Childhood Education preschool students and high school teachers spread Christmas cheer throughout the school. After singing Christmas carols to the offices and many classrooms students then had a chance to sit on Santa's lap and share their wish list. Santa, Auto Body student Dustin Petty, assisted by his elf Auto Mechanics student Jose Rios were the perfect pair to fill these roles.

