Welcome to the 2019-2020 School Year!

Dear CHS Parents and Guardians,

Welcome to Collinsville High School, The High School of Champions, for the 2019-2020 school year. I hope everyone enjoyed a wonderful summer and looks forward to an exceptional school year at CHS. I am optimistic our students and staff will build upon the positive momentum they have created at CHS. I would like to share a few highlights from last school year with you.

Academically, our students excelled as evidenced by a school record $5.1 million in scholarship awards allocated to our Class of 2019 graduates. Our graduation rate has stabilized near 90%, which is above the state average. Kahoks made an imprint regionally and throughout the state academically. For example, Jimmy Moore was named a National Merit Scholar. CHS students placed in state competitions in the areas of business, math, science, social studies, STEM and vocational education. Our world language students excelled in competitions and numerous students earned a Seal of Biliteracy. English students continued to be highly competitive in several poetry and writing competitions. For example, Keana Fox earned 1st Place at the 2019 Brave New Voices International Poetry Slam in Las Vegas. The list of academic achievements goes on and on! The bottom line is Kahoks are being challenged academically on a daily basis and performing exceptionally well under the guidance of our caring and talented faculty.

Several staff members received prestigious awards. Ms. Karen Olsen was selected as Illinois High School Counselor of the Year. Mrs. Kristin Trapp, social worker, earned an Award of Excellence in the 2019-2020 Those Who Excel education awards program through the Illinois State Board of Education. The College Board recognized Mr. Tareael Kee as an exemplary Professional School Counselor for the 2019 College Board College Credit Program Recognition Program. CHS is a school of academic opportunity and excellence!

Kahok clubs and teams made a positive difference in the community through charitable activities and leadership opportunities. For instance, CAVC Nursing students led another record-breaking blood drive. Our KahokStrong organization, Key Club, and CHS Leadership students raised significant funds for worthy causes once again. Our athletic teams actively volunteered in the community. The CHS Student Council was designated as a Gold Council of Excellence for the fourteenth consecutive year. We also continued the “tradition” of a Kahok serving on the Student Board of Directors at the St. Louis Federal Reserve Bank. We had four students selected to participate in the Hispanic Leadership Institute in St. Louis. The bottom line is CHS students engage in numerous philanthropic and leadership opportunities outside of the traditional classroom setting. CHS is a school of leadership opportunity and excellence!

Kahok students also excelled in extracurricular activities. The Marching Kahoks, color guard, and choir were phenomenal as usual. Our concert band has been selected to perform at the Illinois Music Educators’ All-State Conference based on their audition music. Art students earned recognition at several contests and juried shows. Our thespians provided excellent stage performances. Our Boys Bowling team earned an IHSA Regional Championship. Our Boys Soccer team placed 3rd in State! Jermarion Stewart placed 2nd in State in both the 100 and 200 meter dash. The bottom line is Kahoks are competing at a high level outside of the classroom too. CHS is a school of opportunity and excellence!

In closing, I am certain you can see why I AM PROUD TO BE A KAHOK! I am optimistic our students and staff will add to this impressive list of accomplishments during the 2019-2020 school year. Moreover, I am hopeful that each student will take ownership in preparing for his or her future. Please feel free to contact me at 618-346-6320 or dsnider@cusd.kahoks.org if I can be of assistance. Go Kahoks!

Sincerely,

David G. Snider
Principal
Collinsville Homecoming 2019 “Mardi Gras Magic”

Homecoming 2019 is set and ready to go! This year’s theme is “Mardi Gras Magic.” Mark your calendars for Monday, September 30 through Saturday, October 5. Some highlights and dress-up days of the week include:

**Monday, September 30:**
- Class Distinction Day: Seniors dress as senior citizens, juniors adult life, sophomores elementary kids, and freshmen babies. Class Clash will take place immediately after school in the commons area behind the school.

**Tuesday, October 1:** Class Distinction Day: Seniors dress as senior citizens, juniors adult life, sophomores elementary kids, and freshmen babies. Class Clash will take place immediately after school in the commons area behind the school.

**Wednesday, October 2:** Western Wednesday - Come dressed like a cowboy/cowgirl, wear your plaid and don your cowboy hats! (No toy weapons allowed!) Also, the annual Mr. Homecoming Contest will take place at 7:00pm sharp in the auditorium.

**Thursday, October 3:** Throwback Thursday - Love a certain time period? Longing to live in the past? Dress up and rediscover the past! The annual Homecoming parade will wind its way through downtown Collinsville starting at 4:30pm. Please bring the little ones and watch the parade!

**Friday, October 4:** Come dressed in your purple and white best! The pep assembly will also take place 7th hour. The tailgate party will begin at 6:00pm in the AVC parking lot. Please join us for free food before the game and the first 500 people will get a purple Kahok Homecoming Game surprise! The Homecoming football game kicks off at 7:00pm.

**Saturday, October 5:** The annual Homecoming Dance will take place in Fletcher Gymnasium starting at 7:00pm and the coronation will start at 9:30pm. This is a semi-formal event.

Please join in all the fun for this year’s Homecoming festivities. We guarantee a great time will be had by all!

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**Collinsville High School Band Update**

This year's CHS Marching Band field show is entitled "One Step Closer". The Band will perform at all home football games. The Marching Kahoks will also be performing in the following competitions: O'Fallon Township High School Metro East Marching Classic, Morton High School, McKendree Preview of Champions, Belleville East Marching Invitational, Bands of America St. Louis Super Regional and will be hosting our very own Gateway Marching Classic. The concert bands will also be performing their usual concerts. They all begin at 7:00pm. First semester concerts are:

- **October 10** - Fall Concert - CHS Auditorium
- **December 5** - Holiday Concert - CHS Auditorium

-Bobby Wright, Band Director

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**Parent Teacher Conference Dates Set**

Research has shown that parental involvement is the most important factor in a student’s success in school. For many parents, that involvement begins at parent-teacher conferences. Our parent-teacher conferences will be held on October 24 and 25, 2019.

Both parents and teachers know that regular and honest communication is essential to student success. The most important strategy for parent-teacher conferences is to be prepared. The following questions may help you to identify topics to discuss during the conference:

* What general questions do you have about classroom curriculum, standards, evaluation techniques, or procedures?
* What specific concerns do you have about your child’s academic progress or behavior?
* What questions or concerns does your child have about school?
* What do you want the teacher to know about your child?
* What help can you offer the teacher?

We at CHS also encourage you to be a Skyward parent. Please log-in and become a user of this program that allows you 24 hour access to your child’s grades in all of his or her classes. Please contact Christopher Oatman at 618-346-6350 ext. 4286 or coatman@cusd.kahoks.org if you need assistance accessing your account.
Dear Kahoks,

The CHS Writing Center has great things in store for the 2019-2020 school year. Housed in the CHS Library, we offer students and teachers expert guidance when it comes to the art of writing. Students can bring in any writing assignment or project, and we will help writers develop techniques to come up with ideas, integrate outside research, or revise rough drafts. We have five computer stations for students, two Chromebook charging stations, a printer, a large collection of articles, handouts, and books for student and teacher use, and information on scholarships, writing contests, and publication opportunities. Students can visit during study hall and during class time with a pass from their teacher. Students and teachers can also make appointments either in person or by emailing one of the tutors. The Writing Center is available to everyone and helps students and teachers become more confident in their abilities. Our success is measured by yours!

The Writing Center also sponsors the CHS Writing Club. Students meet the first Friday of each month to share their creative works with each other. Our first meeting is Friday, Sep 6 after school in the Writing Center. This year the Writing Club will once again be sponsoring the production of Kahok Ink, our school publication featuring CHS’s finest creative writing and art, awarding top writers/artists in the categories of fiction, nonfiction, poetry, and art. Students are welcome to submit their work if they go to classroom.google.com and enter in the code 26eob1. The Kahok Ink Google Classroom site offers more information about Kahok Ink and a location for students to submit their pieces. The deadline is January 31, 2020.

Also, the Writing Club hopes to send performers to compete against area high schools in Verb Quake, a local youth poetry slam competition sponsored by UrbArts in St. Louis. More information about this exciting opportunity will be coming soon.

As you can see, the CHS Writing Center is excited about this upcoming year. You can find more information about the services and programs we offer at our website https://sites.google.com/a/cusdkahoks.org/chs-writing-center. There is also a link to our website from the CHS Library Homepage. If you have any questions about the Writing Center, feel free to email me at cmartens@cusd.kahoks.org.

Sincerely,
The Writing Center Staff

Kahoks Fall Sports Update

Welcome back Kahoks! We are looking forward to a great Fall Season of Athletics! Collinsville High School Athletics will have teams in the following sports this semester:
Boys Sports: Football, Cross Country, Golf, and Soccer
Girls Sports: Cheer, Cross Country, Dance, Golf, Tennis, and Volleyball

*All Kahok sports have a fee of $100 dollars and require a valid physical to try out for the team.

*Parents and Fans are encouraged to check out the CHS athletics website:
http://il.8to18.com/Collinsville
This site has the entire athletic calendar for all Kahok sports teams.

-Clay Smith, Athletic Director
Erin’s Law Presentation

During Study Halls on Tuesday, October 1, 2019, Kahok Talk, CHS’s Video Production Class, will air a special 15 minute episode on Erin’s Law. Erin’s Law is a sexual assault education program signed into law by Governor Quinn in January, 2013. The law requires age appropriate sexual abuse and assault awareness and prevention education in grades PK-12 along with the training for school staff on the prevention of sexual abuse.

Erin’s Law is named after childhood sexual assault survivor, author, speaker and activist Erin Merryn. Erin shares on her website, http://www.erinnerryn.net/erins-law.html, that through her education, she was educated on what to do in case of a tornado, fire, or bus evacuation, but was never taught what to do to keep herself safe from sexual abuse/assault. It is her mission to have a bill passed in all fifty states. Illinois is one of 31 states that have already passed the law. Kahok Talk’s episode will cover the following topics: What Erin’s Law is, Erin’s story, statistics about sexual abuse/assault, ways people can protect themselves, and where to go for help.

Unfortunately, sexual abuse and assault are a reality for many young people. Statistics show that 1 in 4 girls and 1 in 6 boys will be victims of sexual assault by their 18th birthday and approximately 2/3 of assaults are committed by someone known by the victim (www.http://www.erinnerryn.net/erins-law.html). The websites listed below give some information about ways to try to prevent sexual abuse/assault, warning signs of sexual abuse/assault and what to do if someone you know becomes a victim of sexual abuse/assault.

Erin’s Law

Sexual-Abuse.aspx
5 Tips to Protect Your Child from Sexual Abuse (RAINN – Rape, Abuse, Incest National Network) https://www.rainn.org/protect-your-children
Call For Help Sexual Assault Victims Care Unit http://callforhelpinc.org/our-services/sexual-assault-victims-care-unit/618-397-0975

If you have questions or concerns about the video that will be shown or do not want your student to view the video, please contact Kristin Trapp or Micki Fedorchak, CHS Social Workers at ktrapp@cusd.kahoks.org or mfedorchak@cusd.kahoks.org (with Erin’s Law in the subject line) or 618-346-6320, ext. 1169 (Kristin) 1170 (Micki) by 12:00pm on Monday, September 23, 2019.

-Mrs. Kristin Trapp
CHS Social Worker

Math Tutoring Available During Study Halls

The Math Department of Collinsville High School is committed to providing all students with the chance to receive extra help with their math courses.

If your child is struggling or needs a little extra help with their math, he or she can take advantage of the tutoring sessions available during the school day. Tutoring is offered during all study halls by teachers within the department. Additionally, many teachers are willing to come before school or stay after to help struggling students. Have your child check with their teacher to see if this is a possibility as well.

The tutoring Schedule for 2018-2019 school year is:
3A-Mr. Mrs. Dust in room 316
4A-Mr. Glynn in room 312
4B-Mrs. Forshee in room 101
5A-Mrs. Schmidt in room 103
5B-Mrs. Thompson in room 315

Passes can be obtained from any math teacher OR from your child’s study hall teacher to be a part of the tutoring program.

Also, tutoring is available every Tuesday and Thursday from 3pm to 4pm in the library. There typically is a math department teacher available during this after school tutoring.

These tutoring opportunities are a great resource for students who need extra help in math and our math teachers are waiting to help your child any way they can. So please encourage your child to take advantage of these great opportunities!
September is National Suicide Prevention Awareness Month—a time to share resources in an effort to shed light on this highly taboo and stigmatized topic. We use this month to reach out to those affected by suicide, raise awareness and connect individuals considering suicide to treatment services. It is also important to ensure that individuals, friends and families have access to the resources they need to discuss suicide prevention.

It can be frightening if someone you love talks about suicidal thoughts. It can be even more frightening if you find yourself thinking about dying or giving up on life. Not taking these kinds of thoughts seriously can have devastating outcomes, as suicide is a permanent solution to (often) temporary problems.

According to the CDC, suicide rates have increased by 30% since 1999. Nearly 45,000 lives were lost to suicide in 2016 alone. Comments or thoughts about suicide—also known as suicidal ideation—can begin small like, “I wish I wasn’t here” or “Nothing matters.” But over time, they can become more explicit and dangerous. Know the warning signs and the steps you can take.

**Warning Signs**

Here are a few warning signs of suicide:

- Increased alcohol and drug use
- Aggressive behavior
- Withdrawal from friends, family and community
- Dramatic mood swings
- Impulsive or reckless behavior

Suicidal behaviors are a psychiatric emergency. If you or a loved one starts to take any of these steps, seek immediate help from a health care provider or call 911:

- Collecting and saving pills or buying a weapon
- Giving away possessions
- Tying up loose ends, like organizing personal papers or paying off debts
- Saying goodbye to friends and family

**Support In A Crisis**

When a suicide-related crisis occurs, friends and family are often caught off guard, unprepared and unsure of what to do. The behaviors of a person experiencing a crisis can be unpredictable, changing dramatically without warning. There are a few ways to approach a suicide-crisis:

- If you or someone you know is in an emergency, call 911 immediately.
- Talk openly and honestly.

Licensed mental health professionals can help. You can reach out to the National Suicide Prevention Lifeline at 800-273-8255 (24 hours a day), the Southwestern Illinois National Alliance on Mental Illness at (618) 798-9788 or your health insurance provider for a list of local mental health providers.

Adapted from: [https://www.nami.org/Learn-More/Mental-Health-Conditions/Related-Conditions/Risk-of-Suicide](https://www.nami.org/Learn-More/Mental-Health-Conditions/Related-Conditions/Risk-of-Suicide)

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**Spanish Study Hall Help Is Now Available!**

The Foreign Language Department will be continuing its tutoring program during study halls at CHS this school year. The Spanish teachers at CHS offer tutoring to any student that needs assistance with their Spanish course work or help for English Language Learners enrolled at CHS. Students studying Latin, French and German are also more than welcome to get help from their peers during this time.

Students in a 3a study hall may see Mrs. Barr in room 222. Students in 4a or 4b study halls may see Mrs. Kettler in room 223. Students that have a 5a or 5b study hall can see Mrs. Harres in room 229 for assistance. Students do not need a pass from their teacher to take advantage of this service. Any study hall teacher may issue a pass to a student to see the tutors. All your child needs to do is ask!
REPORTING 101

HAVE A CONCERN? LET US KNOW. IT'S ANONYMOUS.
You can report any type of concern or situation by using the P3 Campus mobile app or by going to P3Campus.com. You will set up your secure pin, ensuring your identity is unknown.

WE'RE HERE TO TAKE YOUR REPORTS 24/7.
A team of adults will respond to your report around the clock and will make sure to notify the appropriate authorities.

YOU CAN CHAT WITH US IN REAL TIME.
Once you have submitted your report, you can engage in a live 2 way dialogue with the responder. You will also be notified when an action is taken on your report.

WE'LL LOOK INTO THINGS.
Your report will go to a team of diverse experts, school principal, school counselor, or law enforcement, to investigate your concern or situation. This team of adults works together to make sure no stone is left unturned.

WE'LL TAKE CARE OF THINGS.
The team of adults works together to disrupt behaviors or situations and get help to those who need it. The diversity of these experts ensures every report is handled properly and responsibly.
The CHS STEM Club sent a group of nine young men to represent them at the Technology Student Association (TSA) National Competition in Washington D.C. from June 26, 2019 to July 3, 2019. The students competed at the State level back in May to earn the place at the national level. These students worked diligently all school year, right up to departure for the competition. They competed both in individual events as well as team events throughout the week. Our STEM club earned 10th place nationally out of 52 teams in the LEAP Legacy Chapter. This is a prestigious leadership opportunity. LEAP Legacy Chapter is a comprehensive leadership recognition program offered to middle and high school chapters as an optional national TSA activity that includes a competition component. Chapters demonstrate—and are evaluated on—their involvement in LEAP activities related to "The Student Leadership Challenge: Five Practices for Becoming an Exemplary Leader (SLC-Five Practices)". Each year, based on minimum qualifying scores, teams advance as LEAP Legacy Chapter National Semifinalists and participate in the TSA Meet and Greet at the annual National TSA Conference. As well as working hard at representing our school at the competition the group found time to visit a few sites in D.C., which included Arlington National Cemetery, the Smithsonian Museums, and The Federal Bureau of Investigation.
HOSA HEADLINES

The CHS Health Occupations Students of America club is looking forward to another fantastic year filled with leadership, service and health care competition.

Under the direction of Ms. Perry and Mrs. Wegener, students interested in health care careers are able to participate in school and community service events. Members will also have the opportunity to showcase their health care skills at both the state and national level.

If your student is interested in joining HOSA, please contact Ms. Perry or Mrs. Wegener.

aperry2@cusd.kahoks.org
kwegener@cusd.kahoks.org

O’BEAR PLACES TOP 20!

Mackenzie O’Bear competed in the Pharmacy Science event at the HOSA International Leadership Conference this June in Disney World. Her dedication to HOSA throughout her high school career allowed Mackenzie to develop the skills to compete at the state and national level.

Well done Mackenzie!
Music Trivia Night

Saturday, October 12th
Collinsville American legion on Hwy 159
Silent auction and doors open at 6:30

Cash Prizes!!!
1st
2nd
3rd

$10 per person, max of 10 people per table
Mulligans, 50-50, Heads/Tails, Lottery Tree

For more information or to reserve a table, contact
Courtney Hay chay@cusd.kahoks.org or 618 520-6727
Cassie Gardner 618 477-4734
Mindy O’Donnell 618 530-6017
Kelley Hartman 618 978-1742
From the Counseling Department
Developing a Growth Mindset

Research has shown that a child’s mindset, the way they view themselves and their learning capabilities plays an important role in their overall success. The beliefs children have about intelligence, effort, and struggle impact the choices they make about learning.

People tend to hold one of two different beliefs about intelligence:

*Children with a growth mindset believe that intelligence can be developed. These students see school as a place to develop their abilities and think of challenges as opportunities to grow.

*Children with a fixed mindset believe that intelligence is fixed at birth and doesn't change or changes very little with practice. These students see school as a place where their abilities are evaluated, they focus on looking smart over learning, and they interpret mistakes are a sign that they lack talent.

Science shows the brain changes and develops throughout life – a process called neuroplasticity. Certain experiences cause new connections in the brain to form or strengthen, making the brain smarter by literally rewiring it. When students first come to understand that learning can rewire the brain and increase their intelligence, they often become more interested in learning and less afraid to do things that might make them “look dumb.” In other words, they develop a growth mindset.

Children who understand that the brain can get smarter—who have a growth mindset—do better in school because they have an empowering perspective on learning. They focus on improvement and see effort as a way to build their abilities. They see experiencing difficulty or challenges as a natural part of the learning process. In contrast, students who have a fixed mindset—those who believe that intelligence is fixed—tend to focus on judgment. They're more concerned with proving that they are smart or hiding that they're not. And that means they tend to avoid situations in which they might fail or might have to work hard.

Many studies show that children who have a growth mindset respond differently in challenging situations and do better in school over time.

When people first learn about growth mindset, some think it means to believe that “you can succeed if you just try harder.” There's more to it than that. For students to have a growth mindset, they should understand that trying harder—and trying new strategies—not only helps them succeed at the current task but also helps them succeed in the future by strengthening their brain.

Parents can help children develop a growth mindset with these action ideas:

When you hear or provide praise, ask yourself "What is being praised?" Is it effort, strategy, persistence, focus, and improvement, or does it sound more like a fixed trait or ability?

When you or your child makes a mistake, ask yourself “How does my reaction influence my child’s future behavior?” Does it encourage learning and growth, or does it encourage them to avoid challenges in the future?

When something you or your child says or does signals a fixed or a growth mindset, write it down! You may be surprised how often mindset statements come up. Keep a chart on your fridge for a week then see if it changes at some later time.

“If we only did things that were easy, we wouldn’t actually be learning anything. We’d just be practicing things we already knew.” – David Dockterman, Harvard University

Adapted from: https://www.mindsetkit.org/growth-mindset-parents
Ryan Lanier selected to serve on the 2019-2020
The Federal Reserve Bank of St. Louis
Student Board of Directors

Senior Ryan Lanier will represent Collinsville High School (CHS) this school year as a member of The Federal Reserve Bank of St. Louis Student Board of Directors. The program, which is in its eighth year, offers high school seniors a dynamic way to learn about our nation's central bank. Participants gain a thorough understanding of the Federal Reserve’s role in the U.S. economy, participate in online and in-person learning experiences, and engage with employees from various areas of the Bank.

Only 18 St. Louis and Metro-East area students are selected based on the quality of their essay and letters of recommendation. Ryan's essay focused on the importance of leadership. In his essay, he discussed what leadership means to him, provided examples of his leadership of volunteering in the community and tutoring young kids at his church, and he also wrote about role models who have taught him what it means to be a leader. Ryan received his main recommendation from CHS business teacher, Vicki Fuhrhop, who serves on the educator advisory board at the St. Louis Fed. He was also responsible for having a community member outside the school serve as a recommendation.

While serving on the student board, Ryan will attend monthly board meetings where students discuss issues related to economics and personal finance, participate in discussions with Bank leaders on topics ranging from professional development to career planning and progression; and prepare a presentation about the Federal Reserve to be delivered to peers at CHS. Bank professionals will also help students with resume writing and interviewing. After successful completion of the year-long program, Ryan will have an opportunity to apply for a paid, summer internship within a variety of departments at the Fed.

In addition to Ryan, CHS has been fortunate to have six other students serve on the board. Previous alumni include Brian Hoyt, 2012-2013; Sam Caputo, 2014-2015; Ben Frey, 2015-2016; Benjamin Carlson 2016-2017; Venise Govan, 2017-2018; and Tyme Sampson, 2018-2019.
Any one can send a student for writing help during any of the staffed hours. Students need a pass to be admitted. Parents can check the sign-in log if questioning student attendance.

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Introducing Naviance to Parents and Families

This year, Collinsville High School is thrilled once again to offer *Naviance College and Career Readiness Solutions* to our students. Naviance is a comprehensive, web-based platform that is designed to help Collinsville students engage in self-discovery assessments, career exploration, college searching and post-secondary preparation throughout their high school career.

**Self-Discovery** – Through participation in a variety of Naviance assessments, students will learn more about themselves, their personalities, their inherent strengths, interests and learning styles. This personal understanding and perspective will support and engage students both in and out of school while also supporting their career exploration.

**Career Exploration** – Naviance houses an impressive database of career clusters, career pathways, and career profiles for students to discover. The platform offers a wealth of information about the types of work activities performed while also highlighting the knowledge, skills and abilities deployed in each career. With these resources at their fingertips, students may think critically about careers that may be a good fit and the plan of study required to pursue a given career.

**College Research, Application & Post-Secondary Preparation** – No matter what your student’s post high school plans are, whether it be college or a career, the Naviance tools will help them explore the possibilities. Naviance has a robust college database to facilitate the college search and scholarship search process.

*What can I do to support my student with respect to Naviance?*

Naviance is available to students, but it is also available and recommended as a tool for parents as well. Familiarize yourself with the college and career resources and have conversations with your students about what they are doing and learning from within the system. Students and parents alike are able to access Naviance here: [https://student.naviance.com/collinsvillehs](https://student.naviance.com/collinsvillehs).

Usernames and passwords will be available in the coming weeks.
Collinsville High School 2019 SAT Scores

The 2019 SAT scores are in and we are proud to announce that 168 students qualified for incentives for meeting or exceeding state averages on the test.

The SAT incentives were handed out to all who qualified during the first week of school. We will continue to strive to improve our test scores while providing a dynamic educational experience for the students of CHS.

A special thank you goes out to The Mattea Law Firm for donating $2,700 to CHS last year to purchase over 500 “I Can Dew” t-shirts.

Plans are underway for this coming year’s SAT test on Tuesday, April 14, 2019. If you have any ideas or would like to help, please e-mail Kyle Gordon at kgordon@kahoks.org.

Khan Academy Improves SAT Scores

Last year, students who spent time working on Official SAT Practice through Khan Academy improved upon their PSAT 10 score by more than 100 points on the SAT. That is one of the main reasons the CHS staff is once again encouraging students to spend as much time practicing as possible.

Each student can link their PSAT score with Khan Academy for personalized activities that work when it comes to improving their score on the SAT. The CHS staff is also giving incentives for students to spend time on the practice including free pizza and a field trip. Time spent on the practice will be counted now through April, so get started!

If you have any questions about Khan Academy or how to get started, talk to your counselor.
Thank You To Our Freshmen Orientation Sponsors!

Members of the CHS Leadership 101 class created a Freshman Orientation program they believed would provide incoming freshmen with a thorough introduction to high school. The students spent class time brainstorming content and developing the structure and organization for the program. Of utmost importance to the students was that the event be fun, engaging, meaningful, and beneficial. The goal of the program was to generate excitement and a sense of belonging when the incoming freshmen think about CHS and being a part of The High School Of Champions.

This student led program was held during two sessions on Friday, August 2, 2019. Incoming Freshmen were lead through the program by their Kahok Ambassador, taken on tours, had a Q and A session, had lunch in the cafeteria and given their first purple CHS shirt to wear on Fridays.

Thank you to the wonderful community partners who made this event possible!

* Hartmann Realtors
* Collinsville Junior Service Club
* McDonald’s of Collinsville
* Leisure World Health Club
* Anderson Hospital
* Mike’s Automotive
* Scott Credit Union
* Abstracts and Titles, Inc.
* Allen Roofing
* Collinsville Building and Loan Association
* Kaleidoscope of Kids, Inc.
* All American Storage
* Anew Perspective
* Atheltico
* Lilypad Learning Center
* Osborn Properties
TUTORING & HOMEWORK HELP

If you are feeling lost or have questions, try these steps:
1. Ask your teacher for help before school, after school or during study hall
2. Create a study group with friends in the same subject or class
3. Use the Tutoring Resources listed below

CHS Teacher/Peer Tutoring
Available Tuesdays and Thursdays from 3-4 pm in the CHS Library starting after September 3rd, 2019.
There will be certified staff and National Honor Society tutors at each session. A 4:15 bus is available to
students on these days.

Need Math Help????
Lunch/Study Math Tutors
3A: Mrs. Dust, Room 316
4A: Mr. Glynn, Room 312
4B: Mrs. Forshee, Room 101
5A: Mrs. Schmidt, Room 105
5B: Mrs. Thompson, Room 315

Need Writing Help????
Visit the CHS Writing Center located in the library (all day)
Get a pass from your study hall or classroom teacher.
Come down prepared! With your Chromebook and/or essay and the assignment description or rubric.
You can also email the writing tutor your essay beforehand.
You can also make appointments in the writing center.

Need Foreign Language Help???
Come to world Language Tutoring during your study hall!!
3A = See Sra. Barr in Room 222
4A/4B = See Sra. Kettler in Room 223
5A/5B = See Sra. Harres in Room 229

SIUE Homework Hotline
Available from Sunday-Thursday from 6-10 p.m. Just call 618-650-3072
Illinois Department of Public Health Warns of Hospitalizations Potentially Tied to Vaping

SPRINGFIELD – The Illinois Department of Public Health (IDPH) is working with local health departments to investigate the hospitalization of three young people who experienced severe breathing problems after vaping. Today, the Wisconsin Department of Health Services reported 11 confirmed and seven suspected cases of severe pulmonary disease among adolescents, some of whom had to be intubated, who reported vaping. These identified individuals experienced respiratory symptoms including cough, shortness of breath, and fatigue. Symptoms worsened over a period of days or weeks before admission to the hospital.

“Vaping among teens has increased dramatically over the last several years,” said IDPH Director Dr. Ngozi Ezike. “While the short- and long-term effects of vaping are still being researched, these recent hospitalizations heighten the need for parents talk with their teens about vaping and for both to understand the consequences and potential dangers of vaping.”

According to the American Association of Poison Control Centers, as of July 31, 2019, poison control centers have managed 2,439 exposure cases about e-cigarette devices and liquid nicotine in 2019.

The names and types of vaping products, as well as where they were obtained, are still being investigated. The three reported individuals in Illinois reside in the northeastern part of the state. In order to protect the identity of the affected individuals, additional information is not available. IDPH will continue to work with local health departments, as well as the Wisconsin Department of Health Services, to identify the cause of these severe illnesses.

People who experience any type of chest pain or difficulty breathing after vaping in the weeks or months prior to these symptoms should seek immediate medical attention. Health care providers caring for patients with unexpected serious respiratory illness should ask about a history of recent vaping.
What you need to know about vaping?

Vaping is the inhaling and exhaling of aerosol from a vaporizer or e-cigarette device. E-cigarettes and vaporizers typically use a battery-supplied electric current that passes through a metal coil to create the aerosol or vapor. The aerosol is a mix of vaporized liquid which can contain nicotine, flavors and other chemicals. Hash oil or other THC extracts can also be vaped. THC is the chemical compound in marijuana that produces the high. There are hundreds of different e-cigarette brands currently on the market with a variety of colors and devices. They can resemble traditional tobacco cigarettes, cigar, or pipes, or even pens or a flash drive.

Teen use

With over 7,000 different flavors for vaping liquids including gummy bear, cotton candy, and tutti frutti, it is not surprising it has become popular among teens. In the 2017 Monitoring the Future Study, nearly one in three 12th graders reported using a vaping device in the past year.1

Vaping is marketed as a safer alternative to cigarettes and since e-cigarettes do not contain tobacco, people (especially teens) are under the assumption they are safe.

1 in 3 12th graders reported using a vaping device in the past year

Harmful to teens

In a recent study, researchers at the Bloomberg School of Public Health at Johns Hopkins University found e-cigarettes can potentially release significant amount of toxic metals in its vapors. Scientists discovered a number of e-cigarettes released vapors with potentially unsafe levels of lead, chromium, manganese, and/or nickel. “Chronic inhalation of these metals has been linked to lung, liver, immune, cardiovascular and brain damage, and even cancers.”

Toxic chemicals, including an ingredient used in antifreeze and formaldehyde have been found in the vape liquids.

Some studies indicate that the teens who likely would not have smoked regular cigarettes are using e-cigarettes. Also teens that vape are six times more likely to begin smoking in the future than teens who have never vaped.2
JUULing

JUUL is the number one selling vape device in the country. A JUUL resembles a flash drive. Different flavored pods are inserted into the rechargeable JUUL device. One pod contains as much nicotine as a pack of cigarettes. Although JUULs cannot be sold to minors, they are very easy for teens to obtain. Because they are easy to hide and look like a flash drive, some teens are JUULing in school and sometimes even in class.

Opioid Fact

Opioids are narcotics usually prescribed to reduce severe pain. Opioids are also sometimes abused non-medically either to get high or to mask physical or emotional pain. Heroin is also an opioid. Opioids are extremely addictive.

Safety precautions if you or someone you know has an opioid prescription:
- Take medicines only as prescribed
- Keep medications in a safe place away from others
- Don’t take anyone else’s medication
- Properly dispose of unused medicines at local drug drop locations

"COMMUNICATE" WITH YOUTH ABOUT SUBSTANCE USE

Listen and be aware of what youth say about drugs and alcohol.

Talk about the consequences of using alcohol, drugs, and tobacco (including vaping).

Connect with youth to engage in conversations and explain to them what your views are on drugs and alcohol use and be a good example.

ADDITIONAL RESOURCES:

www.e-cigarettes.surgeongeneral.gov/
www.drugfree.org/parent-blog/the-teen-vaping-trend-what-parents-need-to-know/

1. www.drugfree.org/parent-blog/the-teen-vaping-trend-what-parents-need-to-know/

Funding provided in whole or in part by the Illinois Department of Human Services, SAMHSA, and the Madison County Mental Health Board.
Kahoks on the GO! is a club at CHS where students train for the GO! St. Louis Half Marathon each Spring. The group practices after school two days a week and on Saturday mornings starting in January. Over the past four years, over 60 CHS students have trained for and accomplished this goal. The great thing about this club is it welcomes athletes and non-athletes and helps them all to the finish line. Whether you already love running or have never run more than PE required, we would love to have you! Our 2019-2020 group will hold an informational meeting after school in October, with practices beginning in November. For more information, see Mrs. Reed in Room 230.
Here is the first reveal of 2018-19 yearbooks that will arrive in a few weeks!

What will this year’s yearbook look like?

Order now before prices go up!

Buy it for $50 now at http://jostensyearbooks.com/?REF=A01738000

Price increases to $55 in November; $60 in January; and $65 in March.

Additional fees if you’d like personalization.

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**Yearbook information for 2020 graduating seniors…**

Don’t forget to submit your senior picture to kahokian@cusd.kahoks.org by November 1.

It must be submitted by the photographer and sized at 3” x 3.5” with 300-resolution, jpg format.

The yearbook no longer requires photos to be head & shoulders only. The senior can select a photo that represents their personality, as long as it is school appropriate.

Contact Shawn Geppert at 618-346-6320 ext. 1226 or email kahokian@cusd.kahoks.org if you have any questions.
Choir Update! Save the Dates!

October 15th – CMS/CHS combined Choir Concert @ 7:00 pm in the Webster School Auditorium

November 7th – CHS/CMS/DIS present the Unit 10 Choral Festival at 6:30 pm in the CHS Fletcher Gym

December 13th – CHS Choirs present their Madrigal Concert at 7:00 pm in the CHS Auditorium. Doors open at 6:30 pm. $5.00 Admission to this concert only.

All other choral concerts are FREE.
Letter from Dr. Blackard,

As Director of the Collinsville Area Vocational Center I am often asked about the state of the job market in the surrounding area or what career pathways should today’s students be looking toward. As an advocate for Career and Technical Education (CTE or Vocational Education) I am always striving to bring awareness to the reality that not all jobs require a 4 year degree. Recent statistics show 40% of individuals who enroll in 4 year universities never graduate. While they may have increased overall knowledge they are also left with considerable debt and limited skills. Many of these individuals should never have started college, but were funneled into that system believing that the only way to achieve a high paying successful career is with a 4 year degree. With this in mind I was so excited to be asked to be a participant in the American Graduate Project, sponsored by Channel 9.

The American Graduate Project initially focused in increasing graduation rates in the St. Louis metro area but recently began to focus on the increased demand for a skilled workforce and how our current system is not adequately producing trained, qualified individuals to fill these positions. American Graduate is described by Channel 9 as evolving to focus on what happens after high school graduation, helping young people access pathways to gainful employment in high-demand sectors.

Through American Graduate: Getting to Work, the Nine Network is highlighting the changing world of work, the pathways into well-paying, in-demand jobs, and resources available to the St. Louis community. Specifically, high demand skilled work offers opportunities to people looking to start or change careers. These professions, require some education and training after high school, but not necessarily a four-year degree such as Biological Technician, Machinist, Solar Photovoltaic Installer, Automotive Technician and Carpenter.

On August 22, the Nine Network hosted a town-hall style event for public media’s American Graduate: Getting to Work initiative will focus on innovative solutions to the unique challenges St. Louis faces in developing a skilled workforce to fill the high-demand skilled talent pipeline. This event was attended by numerous employers and educators from all levels. Additionally politicians such as the Governor of Missouri and the Mayor of St. Louis were present and able to respond to many of the topics brought up throughout the meeting. This event will be broadcast on September 30 at 7:00 pm on Channel 9. I suggest watching this highly informative episode with your family so you and your child can learn about all of the opportunities available in high demand careers and the resources available to prepare for them.

For more information on pathways for high skill in demand jobs go to https://careers.blueprint4.com/
Soft Skills vs Power Skills

All too often as educators we hear students lack “soft skills”. Many students leave high school and college with necessary content knowledge but are lacking the soft skills necessary to be productive and contributing members to the companies in which they are hired. Soft skills can be as simple as making eye contact or properly shaking someone’s hand. As career and technical educators (CTE) this often makes us cringe as we continually integrate the importance of soft skills in everything we do. We not only discuss soft skills, we place students in work based learning situations in which they must apply those skills to be successful. Soft skills such as collaboration, communication, and problem solving are every day requirements in all CTE classes. We emphasize the need to not only finish any task started but also to complete it at a level demanded by industry standards. We emphasize being on time, putting away cell phones and wearing appropriate uniform/attire and protective clothing. However, as with many messages sent by educators, students don’t always believe us. They think that we are simply lecturing rather than preparing them for successful careers beyond school.

At the recent American Graduate town hall meeting, one audience member, Dr. Art McCoy spoke on the importance of these skills. Interestingly he stated we need to stop calling them soft skills. If we treat them as soft, they become less important and are often disregarded. Dr. McCoy called these skills “power skills”. He went on to explain how these skills are often more important than the specific professional or content skills employers are seeking. In today’s day and age, employers are aware of the need to train anyone they hire. In some cases, it is a matter of training for the specific position and in others it is a matter of training individuals in the culture of the company. Regardless, this training is wasted if the individual is unwilling to listen and learn, if they are unwilling to collaborate and communicate or work well with their peers. Today’s “power skills” make individuals stand out amongst other applicants. They give individuals the power to change their life, the power to make a difference in the world, the power to change their current financial status, as well as the power to improve the lives of themselves and their families. Nothing about those abilities can be considered soft, but rather they are truly powerful.
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2019
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