



The Kahok Current

Volume 15 Issue 3

Third Quarter

Happy New Year Kahoks!

**Collinsville
High School
Home of the
Kahoks**

Inside this issue:

Math Tutoring	2
2021-2022 Year-book Information	4
State Testing Information	3
Illinois State Scholars Named	6
Having A Growth Mindset	8

Greetings Kahoks,

I hope everyone enjoyed a fantastic Winter Break and is ready for another excellent semester at CHS. Semester 2 provides many students who did not meet academic expectations an opportunity to improve and start anew.

Something that everyone should be aware of is the state testing day for students in grades 9-11, on April 13. On that date, juniors will take the SAT while freshman and sophomores will take the PSAT. This is an important test for everyone. Students are encouraged to prepare for the SAT and PSAT by using www.khanacademy.org/sat, which is a free online preparation tool available to all stu-

dents. In addition, CHS will offer SAT tutoring beginning in February. Seniors should plan to take a college, career, or job shadow day April 13 since they are not currently scheduled to be in attendance due to our testing schedule.

Preparation for next school year is already underway. We recently hosted 8th Grade Student and Parent Night virtually in order to provide information to future Kahoks. Our school counselors are also collaborating with current students regarding academic schedules. Many of our seniors have already made their post-secondary plans. Parents and guardians are encouraged to discuss

possible pathways (university, junior college, technical school, or military) with their students. We recommend that students work closely with their parents and respective school counselors in developing a schedule in order to prepare for future challenges. We encourage students and parents to review our counseling website and contact the CHS Counseling Department if you have any questions.

It is an honor to be part of the Kahok family. Please contact me if I can help you in any way.

Sincerely,
Daniel Toberman
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.

The Math Department

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, teachers may be available before school or at the end of the school day. Have your child check with their teacher to see how to schedule extra help before/after school.

The tutoring Schedule for 2020-2021 school year is:

3A: Mr. Nichols in Rm 317

4A: Mrs. Stengel in Rm 101

4B: Mr. Glynn in Rm 312

5A: Mr. Liljegren in Rm 106

5B: Mrs. Dust in Rm 316

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 CHS Library. A math department teacher is available during this time.

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!



Registration for Courses for the 2022-23 School Year

Collinsville High School is finalizing course registration for the 2022-23 school year. If your student still needs to select courses for next year they can still turn in their registration worksheet to the CHS Counseling Office. We recommend you visit the [Registration](#)

[Portion of the Counseling Website](#). In this folder you will find resources such as blank and sample registration worksheets for each grade level, the Course Guide which provides course descriptions, videos on how to complete their registration sheets, and more. If you

have any other questions regarding registration or courses, please contact the Counseling Department at 346-6320 ext. 1137.



The Kahok Closet



The Kahok Closet is open! If there are items your student needs or your family needs, feel free to request them from the closet (it's free). We have paper, pencil, pens and other school supplies, as well as soap, shampoo and other toiletries. We also have some clothing items, including coats, hats and scarves. We have lots of donated items! Have your CHS

student login to their school Gmail account and click the link below to review the available items and place an order. Contact Mrs. Elliff at celliff@cusd.kahoks.org or Ms. Gattuso at rgattuso@cusd.kahoks.org if you have any questions.

<https://forms.gle/kAtaWNEsXob9V3SD9> or scan the QR code:



Seniors who purchase the 2022 yearbook will have it automatically mailed to their home address in August/September, 2022. This is for seniors only!

Dear Parents/Guardians:

Make your son's/daughter's senior year one to remember by placing a *congratulatory ad* in the yearbook. This will be a wonderful way to say "Congratulations and good luck" while showing off those sweet baby photos or fun memories you want to showcase of your senior. You may include a picture of your senior at any age along with a few "words of wisdom" or encouragement. Keep in mind that the yearbook staff has the right to edit any words, phrases, and/or pictures that are deemed inappropriate or will not fit the layout.

There are various sizes of ads in which you can honor your senior.

Size	Recommended # Words	Recommended # Photos	Price
1/8 Page	30	1	\$40.00
1/4 Page	60	2	\$60.00
1/2 Page	100	4	\$100.00
Full Page	120	6	\$200.00

The *Kahokian* staff needs to receive all the information and photos that you want in the ad by **Friday, March 11, 2022.**

You can either:

1. Detach the bottom portion of this letter and return it with your script, payment, and photos; Detach the bottom portion of this letter and return it with your payment, then email your script and high resolution photos as a jpeg file to kahokian@cusd.kahoks.org.

*Digital photos via email are preferred. Please use Senior Ad as your subject line and call if you do not receive a confirmation email of receiving it within 5 days;

Your son/daughter can drop off all information in the main office or vocational office in an envelope marked with your child's name and "Attention: Shawn Geppert-Senior Ad."

If you choose to send in your actual photos, they will not be returned unless you enclose a self-addressed, stamped envelope. Please use "Forever" stamps to assure adequate postage. Pictures will not be returned until the 2022 book arrives.

Do not send pictures printed from a computer printer.

If you have any questions, call: 346-6320 ext. 1226.

**Did you order your senior's yearbook yet? You can order at: <http://jostensyearbooks.com/?REF=A01738000>

Please return this portion with your order. Please print and use ink.

Student Name _____

Name of person ordering the ad _____ Contact Phone Number _____

Please check ad size: 1/8 (\$40) 1/4 (\$60) 1/2 (\$100) Full Page (\$200)

of Photos Enclosed _____ Amt. enclosed \$ _____ Please check if this will be a surprise:

Please mail information to:
 Collinsville High School
Kahokian
 c/o Shawn Geppert
 2201 South Morrison
 Collinsville, IL 62234

Childhood Cancer Awareness Club!

Hey guys! We are a new club here at CHS! We're a club that specializes in childhood cancer. Our goal is to do Fundraisers and by the end of the year we'll be donating the majority of the money to St Jude Children's Research Hospital. We will also be donating some money to one child that really needs it. The money we donate to them may help with various things the child may need or want. Anything can make a change! The fee to be in this club is \$5. If you don't have the money please feel free to email one of the presidents or Mrs. Lobb

If you're interested please email us!

President-

hgonzal1@cusd.kahoks.org

Co President-

mzellerma@cusd.kahoks.org

Sponser-

klobb@cusd.kahoks.org

Email one of us for a link to the Google Classroom!



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 SAT scores and/or GPA at the end of the junior year. We are proud to announce this year's honorees:

Nathan M Austin

Narayeli G Cardenas

Madison R Cawvey

Emma G Clark

Matthew S Clark

Maya Clark

Anna L Falbe

Nicholas C Fowler

Shelby E Franklin

Mazie J Gilland

William M Grieb

Alyssa M Herman

Kaiden L Hollerbach

Dayton A Horras

Megan A Houberg

Melina R Huckelberry

Destiny A Jones

Aiden J Kaufman

Alexander J Lorsbach

Jacob T McChristian

James A Metcalf

Tyler J Morgan

Chelsea P Nott

Kathryn D Roeck

Rose A Scott

Jake O Sebesta

Sydney V Sommer

Cassandra E Stirling

Christopher F Thilman

Lillian H Vallina

Alaina L Vickery

Danielle Webb

“These students personify excellence,” said IASC Executive Director Eric Zarnikow. “Illinois State Scholars are 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.



State Testing is Coming Soon!

The State of Illinois is requiring all 9th, 10th, and 11th grade students to participate in standardized testing on April 13, 2022. Juniors will take the SAT. Sophomores will take the PSAT 10 and Freshmen will take the PSAT 9. Some students will have to come a second or third day due to testing accommodations. Seniors will not report to school for the day to attend college visits, job shadows, or explore career options. Juniors have a second required test on March 31, 2022 for the State of Illinois Science Assessment.

CHS is providing multiple incentives for Juniors to do their best on the SAT. These incentives will be announced in March in an assembly. Please help us impress upon our students that these tests are important for not only their future but for CHS and our community! Together we can all proudly say that we are Kahok Strong!

Collinsville High School is offering a variety a test preparation options:

Official SAT Practice

Khan Academy recently partnered with the College Board to create a free Official SAT Practice website: www.satpractice.org. Students can use this website to increase their test scores. The CHS counseling department will monitor who uses Khan Academy's Official SAT practice the most and students will be able to earn incentives based on how many hours they complete.

SAT Tutoring

CHS is also offering free test prep classes on Tuesdays and Thursdays starting at the end of January. Look out for an announcement in the next couple weeks. Each week teachers will offer a predetermined lesson that covers strategy and content. A schedule of weekly lessons will be available in the coming weeks. Attendance will be taken and students will be entered into Cash Prize drawings based on how many sessions they attend.

Registration for Courses for the 2022-23

Collinsville High School is finalizing course registration for the 2022-23 school year. If your student still needs to select courses for next year they can still turn in their registration worksheet to the CHS Counseling Office. We recommend you visit the [Registration Portion of the Counseling Website](#). In this folder you will find resources such as blank and sample registration worksheets for each grade level, the Course Guide which provides course descriptions, videos on how to complete their registration sheets, and more. If you have any other questions regarding registration or courses, please contact the Counseling Department at 346-6320 ext. 1137.

GROWTH MINDSET

at home



What Kind of Mindset Do You Have?



I can learn anything I want to.
When I'm frustrated, I persevere.
I want to challenge myself.
When I fail, I learn.
Tell me I try hard.
If you succeed, I'm inspired.
My effort and attitude determine everything.



I'm either good at it, or I'm not.
When I'm frustrated, I give up.
I don't like to be challenged.
When I fail, I'm no good.
Tell me I'm smart.
If you succeed, I feel threatened.
My abilities determine everything.

Created by Rod Wilson www.rodwilson.com © 2015. All rights reserved.

WHAT DOES 'PROCESS PRAISE' SOUND LIKE?

- That work is really good. Tell me about it and how you did it
- I love the colours in your artwork. What techniques have you tried?
- Well done! You're learning to...
- Every time you practise that, you're making the connections in your brain stronger
- I'm so proud of how hard you tried in that game

WHAT DOES IT SOUND LIKE WHEN WE PRAISE A CHILD'S TALENT OR INTELLIGENCE?

- You learned that so quickly!
- Fantastic work- you didn't make any mistakes at all
- You're a natural at [insert skill]

GROWTH MINDSET PRINCIPLES

INTELLIGENCE CAN BE GROWN

Everything we know and can do is learned

EFFORT IS MORE IMPORTANT THAN OUTCOME

Learning to persist using our own, independent strategies is a skill that will be beneficial throughout our lives

MISTAKES ARE VALUABLE

Without mistakes and failure new learning cannot happen

THE TYPE OF PRAISE WE GIVE IMPACTS ON A CHILD'S MINDSET

Praising a child's intelligence, ability or talent sends messages that can encourage a fixed mindset

10 GROWTH MINDSET TIPS FOR PARENTS



1. Model Growth Mindset Thinking

Explain how you deal with challenges and continue to learn. Don't label yourself in a way that demonstrates a fixed mindset e.g. 'I'm a terrible cook' or 'I've always been bad at maths.'

3. Set high standards but give help when it's needed

We should have high expectation of children's habits, effort and ability to grow. Making things too simple in order to give them an 'easy win' is counter-productive in the long run. If children need support, for example equipment or to talk homework through, this help will support their success.

5. Present failure as an opportunity to grow

Our instinct is to protect our children from the disappointment of failure, but this doesn't help them cope with setbacks. Don't allow your child to label themselves or shelter from the realities of failure by placing the blame on others. Instead ask, 'What will you do differently next time?'

7. Praise the process

Celebrate the effort or practise children have put into something, to help them see that persevering is worth it. When your child succeeds, talk about the work that went into that success.

9. Provide honest, constructive criticism

Try not to focus on your child's shortcomings or past mistakes. Work with your child to identify strategies that would help improve them in an area they find difficult. Comparing children to their peers or siblings either favourably or unfavourably, can encourage children to think of their abilities as fixed e.g. 'Her brother has always been better at writing.'

2. Encourage them to enjoy learning for learning's sake

Tests may give you snapshots of what your child has learned so far, but over-focusing on scores and performance can encourage a fixed mindset. Talk to them about which areas of the curriculum have engaged them and foster their interest in these.

4. Set realistic goals

Be mindful of the goals you set for your children and the messages they may hear. Goals should focus on the growth of a skill or the expanding of knowledge, rather than the end result.

6. Highlight the growth mindset of people your child admires

If your child has a favourite singer or footballer, find out about their daily habits, goal-setting and commitment. There are some great videos about famous people who experienced early failures, including Michael Jordan, J.K.Rowling and Einstein.

8. Take reasonable risks and encourage your child to do so

Growth mindset is about being a life-long learner. Accepting a certain amount of risk and failure is part of that process.

Is there something that you always wanted to try but were afraid you'd fail? Make a plan to do it and ask your child to do the same.

10. Find out about the brain together

Children are fascinated by brain facts. Learning about the brain's incredible capacity for growth can help them see that their abilities are not predetermined. There are some lovely websites devoted to explaining neuroscience for kids.

CHS Chess Club Back In Play!

After taking a hiatus during COVID, the Collinsville High School Chess Club has resumed regular meetings. Students of different levels can come play on Thursdays after school until 4:30 pm in room 305. The atmosphere is relaxed with students playing random opponents based on open tables. Tracy Plagemann, the chess club sponsor mentioned, "We have been averaging about 10 students per week." Once a month an advanced chess player who is a member of the St. Louis Chess Club will come in and talk strategy with students then allow play to put those plans in action. The number of people playing chess increased significantly during Covid times due to online gaming and the success of the Netflix show The Queen's Gambit. We would like to grow this program and someday have enough students to compete as a team. For more information contact Tracy Plagemann at tplagema@cusd.kahoks.org



DON'T FEEL WELL? STAY HOME WHEN YOU ARE SICK

Tell your mom, dad, or caregiver before you come to school. Tell your teacher or an adult if you become sick at school



cough



Shortness of breath
or problem breathing



chills



sore throat



loss of taste
or smell



muscle pain

OTHER SYMPTOMS INCLUDE:

*fever, runny nose, diarrhea, feeling nauseous
or vomiting, feeling tired, headache,
and poor appetite*



cdc.gov/coronavirus



Collinsville High School Latin Club

Fall MMXXI

A Semester of Latinity

Salvete! Latin Club is back, and the consuls are here with the first newsletter of the year! We have had an impressive turnout at Latin Club this year! Starting off the year with homecoming, we found plenty of ways to Romanize the theme of “There’s No Place Like Homecoming”. The door looked so amazing and colorful for the door decorating contest, although Magister did have to veto the true -to-the-myth depiction of Perseus decapitating the Wicked Witch (much to the dismay of some of our members). There were so many creative posters to show off in the homecoming parade, and it only added to the Roman spirit we were feeling. At the parade itself, more people than ever were dressed up in their best, most Roman

togas! In addition to all of the festivities, **Tyler “Artifex” Morgan** represented Latin Club in the Mr. Homecoming contest.



Prior to Halloween, Latin Club hosted our annual pumpkin decorating contest. The pumpkins this year were especially creative, with everything from a Julius Caesar to a Frankenstein to a Papa John’s pumpkin. Sure, a group of our students did band together and rig the elections in their favor, but really, can you think of anything more “Roman” than that?

To prepare for thanksgiving festivities, we baked Ancient Roman cookies! We persevered through the struggles of cold sticks of butter (Magister, why didn’t you leave them out like we told you to?). At the end, we came out with honey-based cookies with a rather... *interesting taste!* We attended the Friendsgiving hosted by the Black Student Union and enjoyed the amazing variety of foods from dozens of different cultures. Latin Club especially had an amazing turnout at the event, and the food was excellent!

This is without mentioning our stupendous Saturnalia celebration and our epic—if historically inaccurate—recreation of the ancient Battle of Zama.



Upcoming Competition Opportunities

While we didn't have any competitions this Fall, we have some great opportunities coming up for us to earn awards as we move into the second half of the year. Here are a few that you may want on your radar:

- * The [National Latin Exam](#) is scheduled for March 17th. This multiple-choice exam is paid for by the school, and takes place in the auxiliary gym during the first period. Every year, various students earn medals and national certificates for their performance on this test.
- * [ILJCL North Convention](#) is tentatively scheduled for the last weekend of February. This Chicago-area convention will likely be in-person this year, though not an overnight event. Here, we'll have plenty of opportunities to compete with art projects, academic tests, dramatic performances, costume design, and so much more!
- * The [SCRIBO](#) creative writing competition is a relatively new national contest where students write a short story, poem, or other creative composition that is no longer than **250 Latin words**. Since we do so much composing in Latin I & II, this is a competition category where we can really shine as a school! Registration and entries are not due until **March 15th**.

The [ALIRA Biliteracy Exam](#) will be offered to any eligible students in Latin II, III, and IV. Strong performance on this exam will give students a seal or commendation of Biliteracy on the high school diploma, and can even award college credit at public Illinois colleges and universities!

If you're interested in any of these above competitions, make sure that you let Magister know! He'll need to have everyone signed up for the National Latin Exam or North Convention by mid-January.

Latin Club Officers:

Consuls: Madeline "Nox" Eversmann
Aiden "Fabricius" Kaufman
Historian: Olivia "Nemesis" Frawley
Secretary: Alyssa "Flavia" Herman
Art Chair: Amber "Pandora" Vargas
Praetors: Peyton "Lacertus" Beetles
Ian "Apollo" Marlow
Tyler "Artifex" Morgan



Salvēte mī amīcī! It's certainly been an unusual return to "normalcy" this semester. It's been so refreshing to see all my students in person this year, and I can't understate how delightful everybody has been as we transition back to our normal curriculum and workload. While there have certainly been struggles along the way, I've seen tremendous growth for students across the board this year. Despite all the challenges that come with a return to learning in-person, our Latin Club officers have kept up club engagement, drawing in our largest turnout for the Homecoming Parade, bringing never-before-seen activities to our club calendar, and doing all that can to ensure that the club is welcoming and accepting to all.

While I know we don't quite get a full 2 weeks off this winter, I want to encourage everyone to take a well-deserved break over these next 10 days. Enjoy your time off, stay safe, and be healthy! I look forward to seeing you all again next semester!