



The Kahok Current

Volume 15 Issue 4

Fourth Quarter

Greetings From Mr. Toberman

Collinsville High School
Home of the Kahoks



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Hello Kahok Families,

We have entered the final quarter of the year. That means state testing is right around the corner. On April 12, all freshmen and sophomores will take the PSAT and all juniors will take the SAT. Seniors will not be in attendance that day. We encourage them to schedule a college visit or a job shadow. The test is important for our students and our school. In order to help them prepare,

we offer all students tutoring after school on Tuesdays and Thursdays. In addition, there is SAT specific tutoring offered to juniors during those same times.

After testing, the schedule gets pretty busy. Graduation is scheduled for May 13. The last day for seniors exempt from final exams is May 3 and May 5 for all other seniors. As of now, the final day of school is scheduled May 18

for freshmen, sophomores, and juniors who are exempt from finals and May 23 for everyone else. Honors Convocation is May 11, and the prom is April 29. There are other important dates to remember in April and May including plays, concerts, sports, and more. Please visit the district calendar at kahoks.org for more information.

Win the Day!



STATE TESTING COMING IN APRIL!

The State of Illinois is requiring all 11th grade students to participate in standardized testing on April 12, 2023. Juniors will take the SAT on Wednesday, April 12th. Freshmen and Sophomores will take the PSAT and Seniors will not report to school this day. They have a college visit/job shadowing day.

CHS is providing multiple incentives for Juniors to do their best on these tests. These incentives will be announced later 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 of 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 in the library. Each week teachers will offer a predetermined lesson that covers strategy and content.

Guidance Department Spotlight

Positive Parenting Tips for Teenagers

During the teen years, it is a time of changes for how teenagers think, feel, and interact with others, and how their bodies grow. During this time, your teen is developing his or her unique personality and opinions. Relationships with friends are still important, yet teens have other interests as they develop a more clear sense of who they are. This is also an important time to prepare for more independence and responsibility.

Here are some tips you, as a parent, can do to help your teen during this time:

Show interest in your teen's school and extracurricular interests and activities and encourage them to become involved in activities such as sports, clubs, music, theater, and art.

Encourage your teen to volunteer and become involved in civic activities in the community.

Compliment your teen and celebrate efforts and accomplishments.

Show affection for your teen. Spend time together doing things you enjoy.

Respect your teen's opinion. Listen to your teen without playing down concerns.

Encourage your teen to develop solutions to problems or conflicts. Help your teenager learn to make good decisions. Create opportunities for them to use their own judgment, and be available for advice and support.

If your teen engages in interactive internet media such as games, chat rooms, and instant messaging, encourage him or her to make good decisions about what they post and the amount of time spent on these activities.

If your teen works, use the opportunity to talk about expectations, responsibilities, and other ways of behaving respectfully in a public setting.

Talk with your teen and help them plan ahead for difficult or uncomfortable situations.

Talk with your teen about his or her concerns and pay attention to any changes in his or her behavior. Ask your teen if he or she has had suicidal thoughts, particularly if they seem sad or depressed. Asking about suicidal thoughts will not cause teens to have these thoughts, but it will let them know that you care about how they feel. Seek professional help if necessary.

Discuss what they can do if they are in a group and someone is using drugs or under pressure to have sex, or is offered a ride by someone who has been drinking.

Respect your teen's need for privacy.

Encourage your teen to get enough sleep and exercise, and to eat healthy, balanced meals.

Talk with your teen about the dangers of drugs, drinking, smoking, and risky sexual activity. Ask your teen what they know and think about these issues, and share your feelings with them. Listen to what your teen says and answer their questions honestly and directly.

Keep television sets out of your teen's bedroom.

Know where your teen is and whether a responsible adult is present. Make plans with your teen for when they will call you, where

you can find them, and what time you expect them home.

Most teens want to have a good relationship with their parents and being a good listener can help build the foundation of trust, respect and care. You may hear things that surprise you or you may uncover something your teen has been uncomfortable talking about. In these instances, know that you are not alone. There are many agencies in the community that are available to assist and support families. Don't hesitate to talk with your child's doctor, your insurance company or use local agencies like the counseling resource page: <https://sites.google.com/cusd.kahoks.org/cusd-virtual-calming-room/area-counselorsagencies>, the United Way to access resources to help your teen and your family at <https://www.stl.unitedway.org/people-we-help/united-way-2-1-1/> or by calling 211. The Madison County Mental Health Board is available to provide information and referrals at http://www.co.madison.il.us/departments/mental_health/index.php or by calling 618-877-0316. The St. Clair County Mental Health Board also offers resources at <http://stc708.org/resources/>. The National Suicide Prevention Lifeline is available 24 hours a day to provide confidential support and resources at 800-273-8255. With patience and understanding, you can make this confusing time in your child's life easier. You can help build resilience in your teen by providing guidance in a safe, supportive and positive way.



SUMMER PLANNING GUIDE:

School is almost over and summer break is fast approaching. To get the most out of your summer break do something productive such as working, volunteering, or planning for college. Also, use this guide to start planning your summer experience.

Plan for College: The summer is a good time to research schools and narrow down your options, especially if you are going into your senior year of high school. Search various college and university web sites for general information about schools, admissions requirements and tuition costs. You can use your Naviance account to research majors and colleges and begin making a list of what interests you. Just go to this website: <https://student.naviance.com/collinsvillehs> (as long as you are logged in to your CUSD gmail you click single sign on and you will be in to your personalized Naviance account). Another website is <https://bigfuture.collegeboard.org/>. The College Comparison Worksheet can help keep you organized and give you ideas about what to consider when thinking about college. (Locate a copy of this worksheet at: <https://www.act.org/content/dam/act/unsecured/documents/CollegeComparisonWorksheet.pdf>) Or simply make a list of your top choices, by name, or classify them any other way you desire. Keeping a portfolio or notes on each school will help keep you organized and in good shape once it is time to apply.

Visit college campuses: If possible, visit your top choice schools to learn more about their academics, student and campus life, financial aid options and to get a more intimate experience. If your top-choice schools are too far, or not having in-person visits or you aren't able to visit due to financial constraints you can visit them online at a variety of virtual tour platforms. Some of the best are:

- <https://www.campusreel.org/> - CampusReel is the only College review website with

Campus & Dorm video reviews and video walkthroughs from real students.

- <https://www.campustours.com/> - View thousands of virtual college tours and interactive maps.
- <https://www.youvisit.com/collegesearch/> - 360 degree and virtual reality tours.

Visit schools in your state (even if you are not interested in staying in state) so that you will get a glimpse into the overall collegiate experience.

Take a class: Get a head start on college, fulfill some needed requirements, and improve in a subject where you need help or even acquire a new skill. Community colleges or nearby state universities may have summer learning opportunities available for a relatively low cost. Talk with your counselor or contact your local colleges for information about summer academies, classes and camps.

Find a job: If possible, find a job that you enjoy and will help you with your long term career aspirations. For example, if your long-term career goal is to teach, look for jobs that will allow you to work with students in some capacity like a student tutor or camp counselor position. Visit local businesses to inquire about job openings or visit websites such as www.snagajob.com or www.careerbuilder.com

Job Shadow: Summer is an excellent time to explore careers you are considering. One way to do this is through job shadowing. Call a local business, doctor's office, hospital, or other organization that has the job you're interested in to schedule an appointment to talk about the career and what it involves. Some organizations may even allow you to "work" with or job shadow an employee for the day. See your counselor if you have any questions about job shadowing.

Volunteer: Volunteering is a great way to help your community, enhance your skills, improve your resume, and beef up your college and scholarship applications. You can find opportunities at food banks, homeless shelters, hospitals or anywhere else in your community. For example, organizations like the United Way may be able to help you find volunteer opportunities: <http://www.volunteermatch.org/search/index.jsp>

Collinsville High School 2023 Summer School Program – Informational Packet

Collinsville High School will be having summer school this summer. Registration for summer school opens May 1, 2023 and closes Friday, May 12, 2023 and it will be on a first-come, first-served basis. Please direct questions to the CHS Counseling Department. Office hours are 7:15 a.m. to 3:45 p.m. or call (618) 346-6320 ext. 1122. Below is the specific information:

Registration Information:

Summer School Registration:

Registration takes place May 1- May 12, 2023.

Families complete an online Google form to register for summer school courses.

Once the registration form is completed, a summer school fee is placed on the student's Skyward account.

Summer school registration is complete only when the form has been submitted AND payment has been received in Skyward.

Only students with complete registrations (completed form and payment) will be added to a class roster.

Those who register for a class that is canceled may choose to be reimbursed, or to enroll in another class after the registration deadline, if space is still available.

The summer school registration form must be completed before the end of the day on Friday, May 12, 2023. Payment will be accepted through May 17, 2023 on Skyward, however, students will NOT be added to a class roster until BOTH the registration form and full payment are received. Classes are filled on a first-come, first-served basis.

Cost:

Summer School courses are \$150.00 per .5 credit session regardless of reason (credit recovery or to get ahead). Students may take a maximum of two .5 credit courses (\$300.00 total). THERE ARE NO REFUNDS OF SUMMER SCHOOL FEES! (EXCEPT AS NOTED ABOVE)

In-person/remote instruction:

Summer school instruction will be using the online educational platform Edgenuity. Summer school is scheduled to be in-person. However, CHS administration reserves the right to change that to hybrid/remote at any time based on the safety of the students and staff. Students will not have the option to choose to be remote.

2023 CHS Summer School Rules & Regulations

Schedule:

- *Student schedules and room assignments will be accessible on Skyward. Additionally, room/teacher assignments will be posted on door number 33 of the main building on the first day of summer school.
- *Student Attendance is required on the first day of summer school.
- *There are two time slots for summer school. The first time slot is 8 am to 11 am. The second time slot is from 11:30 am to 2:30 pm
- *Students who are taking one class will come during the first time slot; if students are signed up for two classes, they will attend both time slots.
- *Students can take up to two classes in summer school.
- *All coursework must be completed by June 20, 2023 at 2:30 p.m., or an F will be assigned. There will be no exceptions or extensions.

Discipline:

- *Any disciplinary referrals could result in dismissal from the Summer School program.
- *All rules in place for the 2022-2023 school year, reflected in the student handbook, are in effect for Summer School.
- *Any student caught smoking, using or possessing tobacco/substances/look-alikes will be dropped from program.
- *Students may not use lockers during summer school.
- *Some sections of the building and campus will be closed to students during the summer. These areas are being cleaned and prepared for the opening of school in the fall and cannot be used for summer school. Students who are in these sections without proper authorization will be dropped from the program. This includes the parking lot.

Transportation and Lunch:

- *Students are responsible for providing their own transportation to and from summer school.
- *Any student possessing a valid driver's license may drive to school. There is no cost. Please be advised that all school policies regarding search of vehicles on school property will apply to any student who drives to school.
- *Lunch will not be offered during summer school. A beverage vending machine will be available to students.
- *Students planning to attend the full day should bring lunch to school. Students are allowed to leave during their lunch break, but the tardy policy applies if the student returns late from lunch.

*Summer school courses will be taught through an accredited online program called Edgenuity. There will be a teacher in the room to help facilitate the online program and answer questions. The average Edgenuity course takes approximately 40 hours of work to complete. Students should plan to complete at least 7% of the course each day to finish on time.

*Summer school ends June 20, 2023. All coursework and exams must be completed and submitted in Edgenuity by 2:30pm that day. If work is not submitted when the course closes, an F will be assigned. No exceptions or extensions.

Attendance dates/times:

May 25, 26, 30, 31

June 1, 2, 5, 6, 7, 8, 12, 13, 14, 15, 20

Morning session/time slot: 8:00-11:00 a.m.

Afternoon session/time slot: 11:30 a.m. – 2:30 pm

How to Register:

1. Go to <http://www.kahoks.org/schools/collinsville-high-school/>
2. Click on the Summer School Rotating Graphic OR Click on Summer School under the Information banner on the right side of the screen.
3. You will be directed to the Summer School Information Page which will include links to the Summer School Information Packet and Online Registration Google Form.
4. Fill out Summer School Registration Google Form during the registration window between May 1, 2023 - May 12, 2023.
5. After the registration form is completed, the summer school fee will be placed on your Skyward account within one business day. You will pay the summer school fee through Skyward. Students will not be placed on a class roster until both the form is completed AND full payment is received.
6. Payment of the summer school registration fee will be accepted through May 17, 2023, however students will not be placed on a class roster until full payment is received.

2023 CHS Summer School Edgenuity Courses Offered

Courses for make up credit:

Algebra 1 Semester 1 (021021)
Algebra 1 Semester 2 (021022)
Algebra 2 Semester 1 (023031)
Algebra 2 Semester 2 (023032)
Biology I Semester 1 (031021)
Biology I Semester 2 (031022)
Consumer/Career Education (10110)
English 1 Semester 1 (011011)
English 1 Semester 2 (011012)
English 2 Semester 1 (012011)
English 2 Semester 2 (012012)
English 3 Semester 1 (013011)
English 3 Semester 2 (013012)
Geometry with Math Models Semester 1 -(023011)
Geometry with Math Models Semester 2 -(023012)
Government (041011)
Health (082012)
PE (081011)
Physical Science Semester 1 (031011)
Physical Science Semester 2 (031012)
Senior Composition (014021)
Senior Literature (013092)
U.S. History Semester 1 (04301G)
U.S. History Semester 2 (04301G)
World Geography Semester 1 (042021)
World Geography Semester 2 (042022)

Courses for Advancement:

Consumer/Career Education (10110)
Government (041011)
Health (08201)
PE (08101)
World Geography Semester 1 (042021)
World Geography Semester 2 (042022)
World History Semester 1
World History Semester 2

Driver's Education:

Private and parochial school students who reside within the geographic boundaries of Collinsville CUSD 10 and CHS students also have the opportunity to take Driver's Education. This class costs \$250. If you are interested, please contact Mrs. Gresh at 618-346-6320 ext. 1117 or cgresh@cusd.kahoks.org.

May is Mental Health Awareness Month

We recommend being aware of early warning signs and symptoms of mental illness.

Early Warning Signs And Symptoms:

Being aware of early warning signs and symptoms of mental illness can save a life. Having a combination of symptoms (not just one symptom) indicates that someone might be showing signs of a mental health condition. Be aware of these symptoms when they last longer than a few weeks and start to affect school, work, relationships, or your everyday activities:

*Problems With Concentration, Memory, Or Ability To Think Clearly

*Changes In Eating Such As Loss Of Appetite Or Overeating

*Not Being Able To Complete School Or Work Tasks

*Feeling Overly Worried

*Feeling Sad, Empty, Hopeless, Or Worthless

*Sensitivity To Sounds, Sight, Smell, Or Touch

*Irritability And Restlessness

*Loss Of Interest In Activities That Are Normally Enjoyable, Withdrawal From Others, Or Disconnection

*Feeling Like Your Brain Is Playing Tricks On You. Hearing Knocking, Scratching Sounds, Voices, Or Your Name Being Called. Seeing Things That Other People Do Not See, Like Shadows, Changes In Light, Figures.

*Changes In Energy Level And Sleep Patterns. Often Someone Will Sleep During The Day And Be Up At Night.

Signs And Symptoms That Require Immediate Attention

- *Thoughts or plans of killing or hurting one's self or another person
- *Hearing voices or seeing things that no one else can hear or see
- *Unexplainable changes in thinking, speech, or writing
- *Being overly suspicious or fearful
- *Serious drop in school or work performance
- *Sudden personality changes that are bizarre or out of character

If you or someone you know is in crisis, call 1-800-273-TALK (8255), call 911, call 988, or go to your local Emergency Room.

Adapted from :<http://www.mentalhealthamerica.net/b4stage4-get-informed>



May is

Mental Health Awareness Month

1 in 4 people will suffer from some form of mental illness in any given year

Break the Silence
Break the Stigma

Not all pain is physical and not all wounds are visible

Out of the Ashes / FB

The graphic features a word cloud on the left side with terms such as 'stigma', 'depression', 'anxiety', 'distress', 'embarrassed', 'shame', 'blame', 'myths', 'opinion', 'reaction', 'difficult to discuss', 'patronising', 'vulnerable', 'negative attitude', 'weakness', and 'judgemental'. A large green ribbon is draped over the text '1 in 4 people will suffer from some form of mental illness in any given year'. The entire graphic is enclosed in a green border.

A Note from the Health Office

Planning for next school year:

Medications At School

New Medication Forms must be completed by the parent/guardian and health care provider each school year. All medication administration requests must be written on the Student Medication Authorization Form and signed by the guardian and the physician before any medication can be administered.

Medication authorization forms expire at the end of each school year. Make sure you make your request to the health care provider before August. Clinics get very busy and may not be able to complete your request if submitted after mid- August.

Medication Authorization Forms can be found on the Kahoks website. Start with the link below. Go to resources, health and wellness, then Related Documents listed in the right column.

<https://www.kahoks.org/parents/health-wellness/>

Students with Life Threatening Conditions



Please provide fully completed medication/treatment forms, all supplies, and a health care plan to your school nurse for any potentially life threatening conditions. Please contact your school nurse with any questions or concerns.

Phone 618-346-6320 X 1140 akimbrel@cusd.kahoks.org

HEALTH EXAMINATIONS AND IMMUNIZATIONS

A student's parent/guardian must present proof that the student was examined by a licensed physician and received the immunizations and screenings for preventable communicable diseases as required by the [Illinois Department of Public Health](#) within one year prior to:

- ***Entering 9th grade - School Physical**
- ***Entering 12th grade - Proof of second Meningitis (MenACWY) vaccination.**
- ***Enrolling in an Illinois school, regardless of the student's grade, when transferring into Illinois from out-of-state or out-of-country - School Physical and a current vaccination record.**

The State of Illinois Certificate of Child Examination can be found on this website can be found on the Kahoks website. Start with the link below. Go to resources, health and wellness, then Related Documents listed in the right column.

<https://www.kahoks.org/parents/health-wellness/>

If you have any questions regarding physicals or immunizations please contact the Health Clerk at 618-346-6320 x 1141 or kgorka@cusd.kahoks.org



Be our guest!

Childhood Cancer Awareness club is having their first ever trivia night on Saturday, April 22nd at the Collinsville VFW! If you, or anyone you know who may want to attend this fun event, please contact Mrs. Lobb for more information!

Great Rubber Duck Race

Do you want to be a part of Childhood Cancers Awareness Club's first ever Great Rubber duck race? Join us, Thursday, April 25th at Collinsville Aqua Park as we race our ducks! We will have a bunch of fun things set up and would love for you to come join us!

2023 Golden Game!

CCAC is having a Strike Out Cancer softball game! On April 11th 2023 at the Collinsville Sports Complex against O'fallon. Game time is 4:30, and please DRESS IN GOLD!

We are also having our second annual Golden Football game on September 22nd! Be on the lookout for t shirts to paint the stadium Gold!!!



Summer Dates To Remember:

- *July 25 and 26:
CHS Registration
12pm to 6pm**
- *August 1: CHS
Make Up
Registration 8am to
2:30pm**
- *August 3:
Freshmen
Orientation
12pm-3pm or 4pm
to 7pm**

ART NEWSLETTER INFORMATION

SIUE High School Art Show

CHS had two students, **Maria Robles** and **Leona Hunke**, get selected to display their artwork in the high school art show at SIUE. The artworks chosen were hand selected by a juror. This is a wonderful experience for students to see their work in a professional setting. We encourage staff to come and support the students as well!

The juror selected six monetary awards ranging from \$50 to \$200 which will be awarded at the closing event.

Exhibition dates: March 15 - March 23

Closing Reception: March 23rd 5 -7 pm, Award Ceremony at 5:30 pm

Collinsville Women’s Club Art Show

The Collinsville Women's Club offers an art competition for CHS students every year. This competition includes all different types of artworks. Students from the following classes have had works selected: Craft, Drawing, Intro Art, Painting, Photography and Sculpture. The students are awarded prizes for 1st, 2nd, and 3rd place in each category.

Students selected for the Women's Club Art Show:

Craft/Sculpture	Drawing	Intro Art	Painting	Photography
Horlando Santos-Melo Bryana Nichelson Aden Boyer Kiley Belobraydic Jessica Jeronimo	Lily Jurgena Joseph Zucha Estrella Velazquez Lorelei Brown	Paulie Scheiber Joseph Rauk Katelyn Reininger Madelyn Zika Lily Manley	Aspen Hoffmann Thalia Mills Maria Robles Leona Hunke Mikayla Atwood	Angelica Harris Corbyn Smart Heidi Duque Paige Bierma

SWIC High School Art Show

CHS has 10 students whose work is being displayed at the Schmidt Art Center at the SWIC Belleville Campus. This is a wonderful experience for students to see their work in a professional setting. We encourage staff to come and support the students as well!

Students selected for the SWIC High School Show:

2D Artwork:	Estrella Velazquez, Kassandra Tesillos-Solis, Thalia Mills, Starr Spells, Annalia Dunn, Lily Jurgena, Angelica Harris
3D Artwork:	Emma Miller, El Warren, Dafne Perez

Exhibition Dates: Thursday, April 13th - Wednesday, May 10th, 2023

Opening Reception: Thursday, April 13th from 6-8 pm, Award Ceremony at 7 pm



CHS HOSA—Future Health Professionals Club

The 2022-2023 school year is coming to a close, but CHS HOSA always makes a point to work hard until the end. 10 dedicated CHS HOSA members traveled to Springfield, Illinois March 1st - 3rd to compete in health care related events. Among those 10 individuals, the following members placed in the top 10!

Top 10 HOSA State Winners 2023

Health Informatics - Grey L.

Job Seeking Skills - Darnell J.



If your student is interested in the healthcare industry, HOSA is the organization for them! Please contact advisors listed below!

Ms. Perry - aperry2@cusd.kahoks.org

Mrs. Wegener -

kwegener@cusd.kahoks.org



WHEN SHOULD I SEND MY CHILD TO SCHOOL?

The suggestions below are for children 5 to 18 years of age.
Recommendations may be different for infants and younger children.

Symptoms and Illnesses	Should My Child Go To School?
Parent is Sick, Stressed, Hospitalized	YES - If you are sick, your child still needs to attend school. Your illness does not excuse your child from attending. We all are sick at times so plan ahead for these days. Get a neighbor, relative or spouse to take your child to school and pick him or her up.
Chronic Diseases (Asthma, Diabetes, Sickle Cell, Epilepsy etc.) Chronic disease is a long-lasting condition that can be controlled but not cured.	YES - Your child should attend school. School personnel are trained to assist your child with his or her chronic disease and associated needs.
Child Doesn't Want to go to School Frequent crying, fear, anger, not wanting to socialize, behavior change, stomach ache, nausea (These can be signs of depression, anxiety, post-traumatic stress, or fear)	YES - You should keep your child in school, but try to determine what is causing the changes. Talk to school personnel and consult a health care provider. Your child may be experiencing bullying or trauma, may be behind in his or her school work or not getting along with others. These and other issues may require your or school personnel's attention.
Cold Symptoms Stuffy nose/runny nose, sneezing, mild cough	YES - If your child is able to participate in school activities send him or her to school.
Conjunctivitis (Pink Eye) The white of the eye is pink and there is a thick yellow/green discharge.	YES - Your child can attend school, but call a health care provider to prescribe medication/treatment.
Head Lice Intense itching of the head; may feel like something is moving	YES - Your child can be in school if he or she has had an initial treatment of shampooing of hair with a product for lice.
Strains, Sprains and Pains	YES - If there is no known injury and your child is able to function (walk, talk, eat) he or she should be in school. If pain is severe or doesn't stop, consult a health care provider.
Menstrual Issues	YES - Most of the time menstrual (periods) issues should not be a problem. If they are severe and interfering with your daughter attending school, consult with a health care provider.
Fever Fever usually means illness, especially if your child has a fever of 101 or higher as well as other symptoms like behavior change, rash, sore throat, vomiting etc.	NO - If your child has a fever of 101 or higher, keep them at home until his or her fever is below 101 for 24 hours without the use of fever reducing medication. If the fever does not go away after 2-3 days or is 102.0 or higher, you should consult a health care provider.
Diarrhea Frequent, loose or watery stool may mean illness but can also be caused by food and medication	NO - If, in addition to diarrhea, your child acts ill, has a fever or is vomiting, keep him or her at home. If stool is bloody, if the child has abdominal pain, fever or vomiting, you should consult a health care provider.
Vomiting Child has vomited 2 or more times in a 24 hour period	NO - Keep your child at home until the vomiting has stopped for 24 hours. If vomiting continues, contact a health care provider.
Coughing Severe, uncontrolled, rapid coughing, wheezing, or difficulty breathing	NO - Keep your child home and contact a health care provider. Asthma - if symptoms are due to asthma, provide treatment according to your child's Asthma Action Plan and when symptoms are controlled send your child to school.
Rash With Fever	NO - If a rash spreads quickly, is not healing, or has open weeping wounds, you should keep your child at home and have him or her seen by a health care provider.
Strep Throat Sore throat, fever, stomach ache, and red, swollen tonsils	NO - Keep your child at home for the first 24 hours after an antibiotic is begun.
Vaccine Preventable Diseases Chicken Pox - fever, headache, stomach ache or sore throat, then a red itchy skin rash develops on the stomach first and then limbs and face. Measles & Rubella (German Measles) - swollen glands, rash that starts behind ears then the face and the rest of the body, sore joints, mild fever and cough, red eyes Mumps - fever, headache, muscle aches, loss of appetite, swollen tender salivary glands Pertussis (Whooping Cough) - many rapid coughs followed by a high-pitched "whoop", vomiting, very tired	NO - Keep your child at home until a health care provider has determined that your child is not contagious.



<http://atschool.alcoda.org>

This information is based upon recommended guidelines from reliable sources to include the Centers for Disease Control (CDC), American Academy of Pediatrics, Public Health Association and has been reviewed by Alameda County Public Health Department.



Keep Your Child On Track in Middle and High School: Pay Attention to Attendance

Even as children grow older and more independent, families play a key role in making sure students access learning opportunities and understand why attendance is so important for success in school and on the job. Families can also advocate for resources to help students learn if they cannot attend in-person.

DID YOU KNOW?

- Students should miss no more than 9 days of school each year to stay engaged, successful and on track to graduation.
- Frequent absences can be a sign that a student is losing interest in school, struggling with school work, dealing with a bully or facing some other difficulty.
- By 6th grade, absenteeism is one of three signs that a student may drop out of high school.
- By 9th grade, attendance is a better predictor of graduation rates than 8th grade test scores.
- Missing 10%, or 2 days a month, over the course of the school year, can affect a student's academic success.

WHAT YOU CAN DO

Make school attendance a priority

- Talk about the importance of showing up to school every day.
- Help your teen maintain daily routines, such as finishing homework and getting a good night's sleep.
- Try not to schedule dental and non-Covid-19 related medical appointments during the school day.
- Keep your student healthy, and if you are concerned about Covid-19, call your school for advice.
- If your teens must stay home because they are sick or in quarantine, make sure they have asked teachers for resources and materials to make up for the missed learning time in the classroom.

Help your teen stay engaged

- Find out if your children feel engaged by their classes, and feel safe from bullies and other threats.
- Make sure your teens are not missing class because of challenges with behavioral issues or school discipline policies. If any of these are problems, contact the school and work with them to find a solution.
- Monitor your teen's academic progress and seek help from teachers or tutors when necessary. Make sure teachers know how to contact you.
- Stay on top of your child's social contacts. Peer pressure can lead to skipping school, while students without many friends can feel isolated.
- Encourage your teen to join meaningful after-school activities, including sports and clubs.
- Notice and support your students if they are showing signs of anxiety.

Communicate with the school

- Know the school's attendance policy – incentives and penalties.
- Check on your teen's attendance to be sure absences are not adding up.
- Seek help from school staff, other parents or community agencies if you need support.

Updated November 2022



Visit Attendance Works at www.attendanceworks.org for free downloadable resources and tools!



Mantenga a su hijo o hija en camino en la escuela intermedia y secundaria: preste atención a la asistencia escolar

Al mismo tiempo que los niños crecen y se vuelven más independientes, las familias desempeñan un papel clave para asegurarse de que los estudiantes vayan a la escuela todos los días y comprendan por qué la asistencia escolar es tan importante para el éxito en la escuela y en el trabajo. Las familias también pueden solicitar los recursos para ayudar a los estudiantes a aprender si no pueden ir a la escuela personalmente.

¿USTED SABÍA?

- Los estudiantes no deben perder más de 9 días de clases cada año para mantenerse involucrados, exitosos y encaminados hacia la graduación.
- Las ausencias frecuentes pueden ser una señal de que un estudiante está perdiendo interés en la escuela, teniendo problemas con el trabajo escolar, lidiando con un acosador o enfrentando alguna otra dificultad.
- Para el sexto grado, el ausentismo es una de las tres señales de que un estudiante puede abandonar la escuela secundaria.
- Para el noveno grado, la asistencia escolar es un mejor indicador de las tasas de graduación que los puntajes de las pruebas de octavo grado.
- Faltar un 10%, o 2 días al mes durante el transcurso del año escolar, puede afectar el éxito académico de un estudiante.

LO QUE PUEDE HACER

Haga de la asistencia escolar una prioridad

- Hable sobre la importancia de presentarse a la escuela todos los días.
- Ayude a su hijo o hija a mantener las rutinas diarias, como terminar la tarea y dormir bien por la noche.
- Trate de no programar las citas dentales y médicas no relacionadas con el Covid-19 durante el día escolar.
- Mantenga a su hijo o hija saludable y, si le preocupa que su pueda tener Covid-19, llame a su escuela para que le aconsejen.
- Si su hijo o hija debe quedarse en casa porque está enfermo/a o en cuarentena, asegúrese de que haya pedido a los docentes los recursos didácticos y materiales para compensar el tiempo de aprendizaje perdido en el aula.

Ayude a su adolescente a mantenerse involucrado/a

- Averigüe si su hijo o hija se siente involucrado/a con sus clases y si se siente protegido/a de acosadores y otras amenazas.
- Asegúrese de que su hijo o hija no falte a clases debido a desafíos con problemas de conducta o políticas de disciplina escolar. Si hay alguno de esos problemas, comuníquese con la escuela y trabaje con ellos para encontrar una solución.
- Supervise el progreso académico de su hijo o hija y busque ayuda de docentes o tutores cuando sea necesario. Asegúrese de que los docentes sepan cómo comunicarse con usted.
- Manténgase al tanto de los contactos sociales de su hijo o hija. La presión de los compañeros puede llevar a faltar a la escuela, mientras que los estudiantes sin muchos amigos pueden sentirse aislados.
- Anime a su hijo o hija a participar en actividades significativas después de la escuela, incluidos deportes y clubes.
- Observe y apoye a su hijo o hija si muestra signos de ansiedad.

Comuníquese con la escuela

- Conozca la política de asistencia escolar de la escuela: incentivos y sanciones.
- Verifique la asistencia escolar de su hijo o hija para asegurarse de que las ausencias no se sumen.
- Busque ayuda del personal de la escuela, otros padres o agencias de la comunidad si necesita apoyo.



Revisado en octubre de 2021

Visite el sitio web Attendance Works en www.attendanceworks.org para obtener recursos didácticos y herramientas descargables sin costo.

STEM Club is having a very productive semester in competitions. As a reminder, all CHS Students are invited to join and participate in the STEM Club. This has many opportunities to explore many STEM options through meetings, SNHS Talks, and competitions.

To start off, Sam Stuckey took 5th place in the U.S. Crystal Growing Competition (national competition).

The Senior Engineering Design Project team which includes Brandon Nygard, Jenna Feldmann and Peyton Beeles were named 2023 Conrad Innovators..



The Science Olympiad Team advanced to State which will be held April 22nd at U of I. The following students received medals in events:

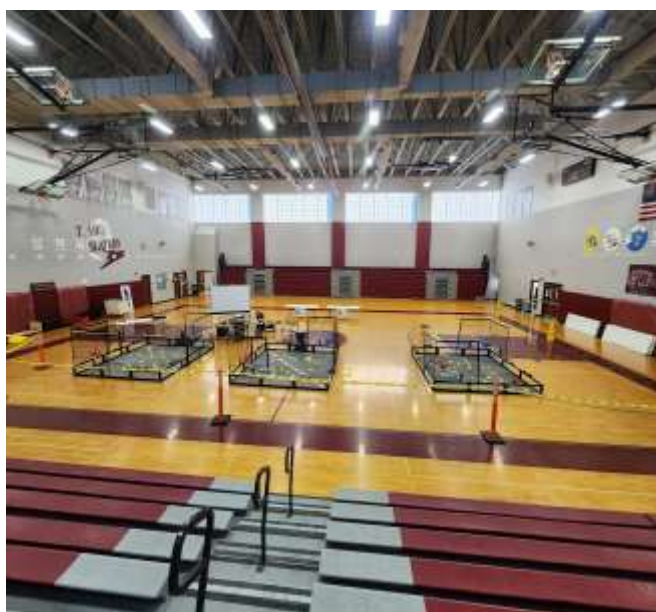
- Astronomy 2nd—Jack O'Hara and Christian Torres
- Bridge 3rd—Karen Barbosa
- Chem Lab 4th—Meonshae Boyd and Gus Dorman
- Detector Building 3rd—Sam Stuckey
- Fermi Questions 4th—Jack O'Hara and Raven Clayton
- Forensics 4th—Alexis Gassmann and Arely Onate-Trejo
- Forestry 3rd— Paulina Gutierrez and Fatima Gutierrez
- It's About Time! 1— Sam Stuckey and Raven Clayton
- Codebusters 4th—Arely Onate-Trejo, Sam Stuckey and Alexis Gassman
- Trajectory 3rd—Ryder Saak
- Scrambler 3rd—Ryder Saak
- WIFI 3rd—Sam Stuckey and Raven Clayton



Jenna Feldman, Peyton Beeles, and Brandon Nygard, Engineering Students here at CHS, and board members of STEM and State TSA, were invited to the State Illinois Board of Education Meeting on February 16th, to speak on behalf of Career and Technical Education and the importance of it in the school district. They had the opportunity to meet with the board members after the first half of the meeting prior to lunch, as well as politicians and the governor's aides.



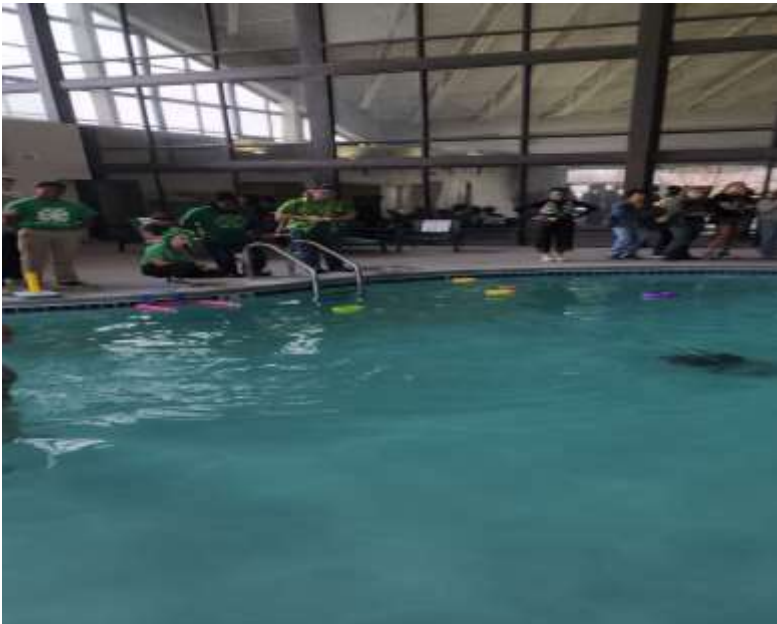
Collinsville hosted its first in person VEX Robotics Competition with teams from throughout the state of Illinois participating. The team of Kate Harris, Gabby Berarra, Sophie VanMiddendorp, and Peyton Bierma, earned a spot in the state competition.



Two of our eight teams for VEX Robotics went to state in Decatur, and competed against the best of the best teams in Illinois. They had the opportunity to visit Millikin University Science and STEM lab and had a personal tour by the



Collinsville participated in the first ever underwater robotics program offered in the state of Illinois. We had three teams go to ISU in Normal and compete against twenty other teams from throughout Illinois. It was an amazing opportunity and they had the chance to showcase their knowledge of robotics but in a different medium. They have earned a spot at the International SeaPerch Competition to be held in Maryland this year in May.



The Technology Student Association (TSA) students participated in the State Competition at ISU, and hope to secure a bid to nationals as they have the past nine years.

CHS Drama Club Presents



Thurs. 4/13/23
7pm



Sat. 4/15/23
7pm



Fri. 4/14/23
7pm



Sun. 4/16/23
2pm





COLLINSVILLE HIGH SCHOOL

Drama Club
THEATRE CAMP
FOR STUDENTS GOING INTO
5TH-8TH GRADES



ACTING, TECH, COSTUMING, MAKEUP, SET DESIGN/BUILDING, & STAGE CREW

MAY 30-JUNE 2- 8AM-12PM
PERFORMANCE-JUNE 3 @ 7:00

COLLINSVILLE HIGH SCHOOL THEATRE



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\$60 PER STUDENT
\$20 FOR EACH SIBLING

Wishing
you a
great
summer!

