



# The Kahok Current

Volume 10 Issue 3

Third Quarter

## Happy New Year Kahoks!

### Collinsville High School Home of the Kahoks

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Dear Parents, Guardians, and Students, I hope everyone had a tremendous winter break with family and friends! As we start our second semester of school, I am hopeful that our students and staff are poised to build on their successes of last semester. The new semester also affords students who did not meet their personal expectations an opportunity to improve their academic performance. Faculty members, support staff, and administrators are committed to ensuring that Collinsville High School is a great place for our students to learn and prepare for their future. Numerous teachers have been actively participating in professional growth workshops throughout the school year. Vertical alignment teams in core subject areas such as English, math, science, and social studies enhance our curriculum development. CHS Professional Learning Communities also facilitate curriculum improvement and afford staff opportunities to review pertinent data. Building and district level articulation directly impacts individual students. For example, academic scholarship awards are at an

all-time high at CHS. We are optimistic the Class of 2017 will continue the positive trend. Our building has also successfully implemented our 1:1 Technology Initiative. All juniors will be required to take the SAT this year as a new state mandated test. This test will be administered on April 5, 2017. All students are encouraged to prepare for the SAT using [www.khanacademy.org/sat](http://www.khanacademy.org/sat), which is a free online preparation tool for all students. On that date, freshmen will take the Preliminary SAT 9 (PSAT 9) and sophomores will take the Preliminary SAT 10 (PSAT 10) for preparation and practice. Seniors should plan to take a college, career, or job shadow day as they will not be in attendance on April 5th. Planning and preparation for next school year is underway. Our school counselors are diligently collaborating with students. Many of our seniors have already made their post-secondary plans. Parents are encouraged to discuss possible pathways (university, junior college, technical school, or military) with

their children. Furthermore, I recommend that students work closely with their parents and school counselor in developing a rigorous schedule in order to prepare for future academic challenges, as well as career goals. Please review our counseling website and contact the CHS Counseling Department if you have any questions. In closing, our students and staff have been tremendous to work with collectively and individually. I encourage you to share your positive CHS experiences with friends, community members, and others. As always, it is an honor and privilege serving as your principal. Please contact me at [dsnider@cusd.kahoks.org](mailto:dsnider@cusd.kahoks.org) if I can be of assistance. Go Kahoks! Sincerely, David G. Snider Principal

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

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

important for teens as it is for adults. In fact, adequate rest may:

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

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

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

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

## Illinois State Scholars Announced

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

**Emily Baima**  
**Andrew Bird**  
**April Burns**  
**Elizabeth Bushey**  
**Tyler Callahan**  
**Benjamin Carlson**  
**Anna Chambers**  
**Cayla Christopher**  
**Tiffany Coats**  
**Kyle Crome**  
**Mason Eads**

**Sarah Edrington**  
**Kate Fischer**  
**Andrea Frerker**  
**Robert Frisbee**  
**Dylan Hall**  
**Emily Hendricks**  
**Emily Holten**  
**Alyssa Huckins**  
**Paige Hume**  
**Joseph Jackstadt**  
**Masen Kane**  
**Meghan Kleeb**  
**Aidan Latham**  
**Lydia Latham**  
**Emily Lautz**  
**Mackenzie Meni**  
**McKenna Miller**  
**Williams Morris**  
**Zacahry Otero**  
**Chase Pauley**  
**Owen Reiser**  
**Rhett Romanik**  
**Jose Sanchez**  
**Claire Schuessler**  
**Alexis Taylor**  
**Alec Votoupal**

“These students personify

excellence,” said IASC Executive Director Andrew Davis. “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 Coming Soon!

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

The SAT assessments is replacing the PARCC as the accountability measure in schools. All Juniors will take the SAT at Collinsville High School on Wednesday, April 5,

2017. On that testing day all Freshmen and Sophomores will take a PSAT test.

Seniors will be released for the day to attend a college visit, job shadow or explore a career option. Seniors do not report to CHS on April 5, 2017. Several incentives will be provided for Juniors to do their best on the test. These incentives will be announced on March 24 at an

assembly for Juniors in the auditorium. All Junior families will receive a mailing regarding testing later this Spring.

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

## CHS Athletics Update

\*Parents and Fans are encouraged to check out our high school athletic website. This has the entire athletic calendar for all Kahok sports teams along with all forms. The website is: <http://il.8to18.com/Collinsville/>

\*The Winter Sports Award night will be held on Wednesday, March 15, 2017 at 7 pm in Fletcher Gymnasium on the

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

\*Spring sport practices will begin on Monday, February 27th, 2017 in Girls Soccer, Baseball, Softball, and Boys Tennis. On-line Athletic Registration needs to be completed as well as a valid physical on file to be able to participate in the tryouts by February

27th, 2017. Athletes must pay a \$75 activity fee to participate in a spring sport. Waivers are available for free and reduced lunch students.



## Upcoming Kahok Events

\*Choir students are preparing solos and ensembles for IHSA competition this quarter. The competition is March 4th at Alton High School.

\*The Choir Parent Association is hosting their 3rd Annual GloBingo at the Firemen's Hall on St. Louis Road on Saturday, March 11th. Doors open at 6:00; games begin at 7:00. Tables for up to 8 people are available in advance for \$160. Individual seats and tables purchased at the door are \$25 per person. Two sets of ten game cards, a dauber, and GloHat are included in the

price. All proceeds go toward CHS Choir expenses such as costumes, equipment, and competition fees. Email Mrs. Cleveland at [lclevela@cusd.kahoks.org](mailto:lclevela@cusd.kahoks.org) or leave a detailed message on 618-346-6320, extension 1235 for tickets or information.

\*CHS Drama Club and Thespian Troupe 643 will be presenting "Game of Tiaras" by Don Zolidis on April 6-8 at 7pm in the CHS Auditorium. Tickets are only \$5 and can be purchased at the door or in advance from a drama club member.

## Help Your Child Prepare for Standardized Testing

Beginning this year, the Illinois State Board of Education requires all Juniors to take the SAT (Scholastic Aptitude Test) in order to meet graduation requirements. **On April 5, 2017 all CHS students grades 9 through 11 will take the PSAT (Preliminary SAT) or SAT depending on grade level.** Freshman will take the PSAT 8/9, Sophomores will take the PSAT 10, and Juniors will take the SAT. The great news is that these college readiness tests are being administered during the school day at no cost to families, and the results will help 9th and 10th grade students prepare for future SAT testing. The PSAT 8/9 and the PSAT 10 are vertically aligned so they are great indicators of how well your freshman or sophomore student would score on the SAT if they took it at that particular time.

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

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

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

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

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

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

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

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

**On April 5th, make sure your child is rested, eats a good breakfast, and arrives to school on time. Testing begins promptly at 8 a.m.**

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

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

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

**Juniors, with the help of the counselors, have already created Khan Academy SAT prep accounts and they will attend an assembly on March 24th where they will be given additional information about test day, incentives, etc.**

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





# Counseling Department Spotlight: Why Go To College?

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

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

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

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

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

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

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

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

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

## Decision-Making Skills Key To Surviving Teen Years

The one thing that sets the quality and ability of youth apart, more than anything else, are their decision-making skills, according to Jeremy Elliott-Engel, a 4-H youth development specialist with University of Missouri Extension.

“The teen years bring a real shift in decision making and parents often wonder just what their child can be thinking,” said Elliott-Engel. “While it's little comfort, there are real, medical reasons why teenagers think they're invincible and discount the consequences of their choices.”

Recent research on brain development indicates that the part of the brain that influences decision making and problem solving doesn't fully develop until early adulthood. In calm situations, teens can reason as well as adults, but pressure or stress hijacks a teenager's ability to make good decisions. “The frontal lobes, which help put the brakes on the desire for thrills and risk-taking, are among the last areas of the brain to develop,” said Elliott-Engel.

There are steps parents can take to help their teens make better decisions. After helping them define the problem, parents should teach teens that there are six primary steps to decision making:

- \*List the choices
- \*Think about the pros and cons of each choice
- \*Assess the likelihood of the consequences actually happening
- \*Compare the consequences and their importance
- \*Decide and act
- \*Evaluate the consequences, both expected and unexpected

For teens, the first step can be the most difficult because they often only see either/or choices. Inexperienced teens may have a tough time seeing that there are other options. Teens also worry about their friends' reactions.

The bottom line is that sometimes a parent needs to make the final decision — that is something that even most young people will admit. But it's important to involve teens in decisions on matters that directly affect them.

“Teens feel that fairness has more to do with being treated equitably than simply getting their way. They want parents to take them seriously, ask for their opinions and listen to them instead of criticizing. If teens feel they have no control or power in the decisions important to them, they are more likely to feel angry and rebellious and to make rash decisions,” said Elliott-Engel.

From: <http://www.missourifamilies.org/features/adolescentsarticles/adolesfeature23.htm>

# Collinsville Community Unit School District No. 10

201 West Clay Street  
Collinsville, Illinois 62234  
(618) 346-6350

## RE: Illinois' New Physical Fitness Assessment

Dear Parents,

Starting this school year, all Illinois public schools are required to administer a physical fitness assessment to students in grades 3-12. Illinois has selected *FITNESSGRAM*, a health-related fitness test that is intended to help students acquire lasting habits of regular physical activity.

The four required areas of fitness assessment are as follows:

- For **Aerobic Capacity**, grades 4-12 will be take the PACER test (recommended) or Mile Run Test (alternate) or Brockport test (adapted);
- For **Flexibility**, grades 3-12 will take the Back-Saver Sit and Reach test (recommended) or Trunk Lift test (alternate) or Brockport test (adapted);
- For **Muscular Endurance**, grades 3-12 will take the Curl-Up test or Brockport test (adapted); and
- For **Muscular Strength**, grades 3-12 will take the Push-Up test or Brockport test (adapted).

For each fitness area of the *FITNESSGRAM*, a student's performance is classified into the Healthy Fitness Zone (HFZ) or Needs Improvement (NI). The desired performance goal for each test option is the HFZ, which represents a level of fitness that offers some protection against the diseases related to physical inactivity. The NI designation indicates an area of fitness where a student would benefit from activities designed to improve performance in that area.

Our students will receive their results upon completion which will help them understand their individual levels of fitness. Students are encouraged to talk about these results with their parents or guardians and their physical education teacher to plan appropriate fitness activities.

If you have any questions about these assessments, videos are available on-line through YouTube or you may contact your building principal at 618-346-6350, or [lcoleman@cusd.kahoks.org](mailto:lcoleman@cusd.kahoks.org).

Sincerely,

*LaToya Berry-Coleman*

LaToya Berry-Coleman  
Director of Curriculum and Assessment

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<sup>1</sup> The *FITNESSGRAM* and Healthy Fitness Zone (HFZ) are registered trademarks of The Cooper Institute.