



The Kahok Current

Volume 16 Issue 4

Fourth Quarter

Greetings From Dr. Toberman

Collinsville High School
Home of the Kahoks



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Hello Kahok Families,

We have reached the end of the third quarter. That means state testing is right around the corner. On April 16, 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 calendar is full up to the end of the year. Graduation is scheduled for May 11. The last day for seniors exempt from final exams is May 3 and May 7 for all other seniors. As of now, the final day of school is May 14 for freshmen, sophomores, and juniors who are exempt from finals and May

17 for everyone else. Honors Convocation is May 8, and the prom is April 27. 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. As always, if your student needs assistance in class or with anything else, please contact your student's teacher or counselor.

Win the Day!

Dr. Dan Toberman



STATE TESTING COMING IN APRIL!

The State of Illinois is requiring all 11th grade students to participate in standardized testing on April 16, 2024. Juniors will take the SAT on Wednesday, April 16th. 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 2024 Summer School Program – Informational Packet

Collinsville High School accepts summer school registration on a first-come, first-served basis. The dates for this year's summer school program are from May 21, 2024 to June 12, 2024 with two different time slots, a morning session/time slot: 8:00-11:00 a.m and an afternoon session/time slot: 11:30 a.m. – 2:30 pm. Registration for summer school opens April 29, 2024 and closes Friday, May 10, 2024. **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.**

Summer School Registration:

Registration takes place April 29-May 10, 2024.

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 10, 2024. Payment will be accepted through May 15, 2024 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.

THIS YEAR, NO OUT OF DISTRICT STUDENTS WILL BE ABLE TO ENROLL IN CHS SUMMER SCHOOL.

2024 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 12, 2024 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 2023-2024 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.

Course Offerings, Dates & Times:

*Please note: Math, English, Science and US History courses cannot be taken for advancement purposes and may be taken **only** as make-up courses resulting from a failure during the regular school year.*

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 12, 2024. All coursework and exams must be completed and submitted in Edgenuity by 2:30 pm that day. If work is not submitted when the course closes, an F will be assigned. No exceptions or extensions.

Attendance dates/times:

May 21, 22, 23, 24, 28, 29, 30, 31

June 3, 4, 5, 6, 10, 11, 12

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 April 29, 2024 - May 10, 2024.**
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. **Payment of the summer school registration fee will be accepted through May 15, 2024, however students will not be placed on a class roster until 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.

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 poster features a word cloud on the left side with terms such as 'stigma', 'depression', 'anxiety', 'distress', 'embarrassed', 'avoided', 'discrimination', 'shame', 'blame', 'opinion', 'myths', 'difficult to discuss', 'reaction', 'judgemental', 'obstacles', 'worry', 'difficult to discuss', 'reaction', 'judgemental', 'obstacles', 'worry', 'difficult to discuss', 'reaction', 'judgemental', 'obstacles', 'worry'. A large green ribbon is positioned in the center, and a speech bubble contains the text 'Break the Silence Break the Stigma'. The background is white with 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 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





CHS HOSA Future Health Professionals Club



Ribbon Roses & IL HOSA SLC

CHS HOSA members started making ribbon roses in early January to help off-set the cost of members attending the IL HOSA State Leadership Conference in late March along with the monthly meeting activities and treats budget. Thank you to everyone who came to help make these ribbon roses. Members had a lot of fun making the ribbon roses and talking with other members about their future careers in the healthcare field!



Summer Dates To Remember:

***July 23 and 24: CHS Registration 12pm to 6pm**

***August 1: Freshmen Orientation 4pm to 7pm**

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 2023-2024 school year is:

3A: Mrs. Stengel in Rm 101

4A: Mr. Lackey in Rm 103

4B: Mr. Blair in Rm 106

5A: Mrs. Munzert in Rm 317

5B: Mr. Glynn 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!





Erin's Law Presentation



The week of April 22, 2024, during Study Halls, 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, 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 web site, <http://www.erinmerryn.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 37 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 birth day and approximately 2/3 of assaults are committed by someone known by the victim ([www.http://www.erinmerryn.net/erins-law.html](http://www.erinmerryn.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 Resources:

<http://www.erinslaw.org/erins-law/>

Parent Tips for Preventing and Identifying Child Sexual Abuse:

<https://www.aap.org/en-us/about-the-aap/aap-press-room/news-features-and-safety-tips/Pages/Parent-Tips-for-Preventing-and-Identifying-Child-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 Micki Fedorchak, CHS Social Worker at mfedorch@cusd.kahoks.org (with Erin's law in the subject line) or 618 -346-6320 X 1170 by 12:00pm on Monday, April 15, 2024.

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.



2024 SOLAR ECLIPSE SAFETY

On April 8, 2024, a solar eclipse will cross North America, passing over Mexico, United States, and Canada. An eclipse is a celestial event that drastically changes the appearance of the sun and moon. People can experience solar eclipses when Earth, the moon, and the sun line up. Safety is the number one priority when viewing a solar eclipse.

- ✓ Never look directly at the sun without proper eye protection.
- ✓ Use safe solar viewing glasses (eclipse glasses).
- ✓ Eclipse glasses are NOT the same as regular sunglasses, which are not safe for viewing the sun.
- ✓ Your regular sunglasses are not safe for viewing the sun.
- ✓ Only view for a short time when the moon completely obscures the sun (period of totality).
- ✓ If you don't have eclipse glasses, you can use an indirect viewing method, such as a pinhole projector, which projects an image of the sun onto a nearby surface. Do NOT look at the sun through the pinhole!
- ✓ Viewing any part of the sun through a camera lens, binoculars, or a telescope without a special-purpose solar filter will instantly cause severe eye injury.
- ✓ Safe solar viewers are thousands of times darker and ought to comply with the ISO 12312-2 international standard. IEMA-OHS does not approve any particular brand of solar viewers.
- ✓ Inspect your eclipse glasses or handheld viewer before use; if torn, scratched, or otherwise damaged, discard the device.
- ✓ Always supervise children using solar viewers or eclipse glasses.



The next total solar eclipse visible in the United States won't be until 2044.

[Ready.Illinois.gov](https://www.readyillinois.gov)



State of Illinois
Illinois Emergency Management Agency and Office of Homeland Security



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Springfield, Illinois 62703
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APRIL 8, 2024 SOLAR ECLIPSE



The April 2024 solar eclipse is will be a large event for many in southern Illinois. With a wide viewing area, it is expected that thousands will partake in the events leading to the solar eclipse. Aside from the Illinois Emergency Management Agency and Office of Homeland Security (IEMA-OHS), many public safety partners are involved in planning including local, county and state agencies.

It is estimated that 43 million people live in the path of totality for the 2024 total solar eclipse, not counting those who will travel to experience the event.

- ✓ The only safe way to look directly at the sun during an eclipse is through special-purpose solar filters (eclipse glasses or handheld solar viewers)
- ✓ Homemade filters or ordinary sunglasses, are not safe for looking at the sun
- ✓ Make sure you update/refresh your vehicle emergency preparedness kit
- ✓ Do not stop in random locations along the interstate or shoulder lanes
- ✓ Exit the highway to view or photograph the event
- ✓ Do not take pictures while driving
- ✓ Turn on your headlights
- ✓ Keep a full gas tank before traveling
- ✓ Watch out for pedestrians
- ✓ Expect heavy traffic congestion the day before, the day of, and the day after the eclipse



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APRIL 12 @ 7PM



APRIL 13 @ 7PM



APRIL 14 @ 2PM

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Zero-Rate-Change

BALLOT INITIATIVE

**VOTE
MARCH 19**



ZERO-RATE-CHANGE

kahoks.org/schools/ballot-initiative

Kahok Pride UPDATE

March 1, 2024

Update from the Superintendent

Kahok Families:

Each year, some students leave a legacy in the record books. This year, multiple Kahok winter athletes earned a place in school history for their outstanding performances.

Kahok Basketball: Senior Jamorie Wysinger reached 1,000 career points and broke the season 3-point record. Senior Nick Horras reached 1,000 career points.

Lady Kahoks Basketball: Junior Talesha Gilmore reached 1,000 career points and broke the blocks-in-a-season record. Senior Ella Guerrero broke the career and single-season 3-point records.

Girls Bowling: The team finished fourth in the IHSA State Finals. Team Members: Livia Montgomery, Caici Buckman, Kellen Stephens, Laila Jaoko, Taylor Mordis, Alayna Lange and Autumn Morley.

Girls Wrestling: Leann Cory qualified for IHSA State Wrestling as a freshman. Junior Taylor Dawson placed second at IHSA State. Dawson's performance made her the most decorated wrestler in Kahok history by placing three-times at state.

In addition to these athletic accomplishments, our Kahok Math Team recently earned top awards at regionals: Elliott Schusky - First Place Precalculus; Jack O'Hara - Fourth Place Precalculus; Calculator Team - First Place; Lucas Brown and Johnny Heinz - First Place Oral Competition.

Please join me in congratulating these outstanding Kahoks. Their achievements are among the many positive things happening in our district.

Wishing
you a
great
summer!

