



THE KAHOK CURRENT

Volume 12, Issue 1

First Quarter

Welcome to the 2018-2019 School Year!

Collinsville High School

“The High School of Champions”

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Welcome to Collinsville High School, The High School of Champions, for the 2018-2019 school year. I hope everyone enjoyed a wonderful summer and looks forward to an exceptional school year at CHS. I am optimistic our students and staff will build upon the positive momentum they have created at CHS. I would like to share a few highlights from last school year with you.

Academically, our students excelled as evidenced by approximately \$4.4 million in scholarship awards being allocated to our Class of 2018 graduates. Those graduates definitely set the bar high for our current students. Kahoks made an imprint regionally and throughout the state academically. For example, CHS students placed in state competitions in the areas of business, math, science, social studies and vocational education. Our foreign language students excelled in competitions such as the National Latin Exam, National German Exam and National Spanish Exam. English students continued to be highly competitive in several poetry and writing competitions. The list of academic achievements goes on and on! The bottom line is Kahok students are being challenged academically on a daily basis and performing exceptionally well under the guidance of our caring and talented faculty. Several staff members received prestigious teaching awards. Mr. Stark was se-

lected as Illinois Latin Teacher of the Year and Mrs. Fuhrhop was named Econ Illinois Outstanding Economic Educator of the Year. CHS is a school of academic opportunity and excellence!

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

Kahok students also excelled in extracurricular activities. The Marching Kahoks, color guard, and choir were phenomenal as usual. Our concert band performed at

Carnegie Hall in New York based on their audition music. Art students earned recognition at several contests and juried shows. Our thespians provided excellent stage performances. Boys Bowling and Boys Soccer earned IHSA Regional Championships. CHS had IHSA State Qualifiers in Girls Bowling and Boys Track. Jermarrion Stewart placed 3rd in both the 100 and 200 meter dash. The bottom line is Kahoks are competing at a high level outside of the classroom too. CHS is a school of opportunity and excellence!

In closing, I am certain you can see why I AM PROUD TO BE A KAHOK! I am optimistic our students will add to this impressive list of accomplishments during the 2018-2019 school year. Moreover, I am hopeful that each student will take ownership in preparing for his or her future. Please feel free to contact me at 618-346-6320 or dsnider@cusd.kahoks.org if I can be of assistance. Go Kahoks! Sincerely, David G. Snider Principal



Important Procedure Reminders

Collinsville High School has adopted procedures you and your child may want to familiarize yourself with as the school year begins:

REPORTING STUDENT ABSENCES: To report your child absent, you must call the school at 346-6320 and push 3. Messages may be left 24 hours a day. Please be sure to call your child in by 10am at the very latest. If a call is not received by 10:00 a.m. a parental note must be given to the Attendance Office within five days upon the child's return.

STUDENTS ARRIVING LATE TO SCHOOL: All students arriving late must report the Book Room by 8:05am to sign the Late Arrival Sheet. Parents

should notify the school via telephone if they know their child will be arriving late.

REQUESTING AN EARLY DISMISSAL: Students must have parental permission to leave campus. Parents, please call in advance to request the early dismissal. In the event that it is a last minute issue, please send your child to the Attendance Office in the morning with written permission for the early dismissal. Once an administrator grants permission to leave, your child will be issued a pass to leave campus.

*The determination of an excused or unexcused absence/tardy is based upon the reason and ad-

ministrative approval.

DRESS CODE:

Before your child leaves for school please be sure that he/she is dressed appropriately for school. Students not dressed according to the dress code will be sent home to change clothes. For additional school policies, please refer to the CHS Handbook.

ENTERING CHS:

In order to enter Collinsville High School as a visitor you must use the single point entry doors for security purposes. You must also have a valid picture ID to enter Collinsville High School and will have to present the ID at the window before being buzzed into the building. Thank you for your cooperation in this matter that will help ensure the safety of our campus.

Collinsville Homecoming 2018 "Enchanted Atlantis"

Homecoming 2018 is set and ready to go! This year's theme is "Enchanted Atlantis" Mark your calendars for Monday, October 8 through Saturday, October 13. Some highlights and dress-up days of the week include:

Monday, October 8: No School due to Columbus Day. Sleep in Kahoks and get some rest for the week!

Tuesday, October 9: Class Color Day: Seniors wear purple, juniors blue, sophomores red and freshmen green. Class Clash will take place immediately after school in the commons area behind the school.

Wednesday, October 10: Squad Day- Get a partner or a group of friends and

come dressed as your favorite group (real or imaginary). Also, the annual Mr. Homecoming Contest will take place at 7:00pm sharp in the auditorium.

Thursday, October 11: Tacky Tourist Day - Come dressed as a tacky tourist! The annual Homecoming parade will wind its way through downtown Collinsville starting at 4:30pm. Please bring the little ones and watch the parade!

Friday, October 12: Come dressed in your purple and white best! The pep assembly will also take place 7th hour. The tailgate party will begin at 6:00pm in the AVC parking lot. Please join us for free food before the game and the first 500 people will get a purple Kahok Homecoming Game surprise! The Home-

coming football game kicks off at 7:00pm.

Saturday, October 13: The annual Homecoming Dance will take place in Fletcher Gymnasium starting at 7:00pm and the coronation will start at 9:30pm. This is a semi-formal event.

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



Parent Teacher Conference Dates Set



Research has shown that parental involvement is the most important factor in a student's success in school. For many parents, that involvement begins at parent-teacher conferences. Our parent-teacher conferences will be held on November 1 and 2, 2018.

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

identify topics to discuss during the conference:

*What general questions do you have about classroom curriculum, standards, evaluation techniques, or procedures?

*What specific concerns do you have about your child's academic progress or behavior?

*What questions or concerns does your child have about school?

*What do you want the teacher to

know about your child?

*What help can you offer the teacher?

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



This year's CHS Marching Band field show is en-

titled "What Dreams May Come" The Band will perform at all home football games. The Marching Kahoks will also be performing in the following competitions: O'Fallon Township High School Metro East Marching Classic, Ed-

wardsville Tiger Ambush Classic, McKendree Preview of Champions, Illini Marching Band Championships, Bands of America St. Louis Super Regional and the Bands of America Grand National Competition.

The concert bands will also be performing their usual con-

certs. They all begin at 7:00pm. First semester concerts are:

October 4 - Fall Concert - CHS Auditorium

December 6 - Holiday Concert - CHS Auditorium

-Bobby Wright, Band Director

Collinsville High School Band Update

Veteran's Memorial Dedication

Throughout the past two years, The Democracy School Network together with the students and community of Collinsville Unit 10 raised funds to erect a Veterans Memorial in front of Collinsville High School. The Veterans Monument was erected in the Spring of 2018 and the dedication cere-

mony for the memorial will be held on Tuesday, September 11th at 4:00 p.m. in the front lawn of the high school. Collinsville Mayor John Miller and U.S. Congressman John Shimkus will be the guest speakers at this event.



Thank You To Our Memorial Donors!

Thank you to the following sponsors who helped make the Veteran's Memorial possible:

- *Barbara Lindauer
- *Multicultural Kahoks
- *Robert R. McCormick Foundation
- *Mary Sue Schusky
- *Collinsville Township Democratic Precinct Committeeman
- *Delta Epsilon
- *PEO Chapter ML
- *IBEW Local 309
- *VFW Ladies Auxiliary

- *Mr. and Mrs. Francis Souffle
- *Mr. and Mrs. Gerald Soehlke
- *Mr. and Mrs. Richard Rehg
- *Mr. and Mrs. John Miller
- *Mr. and Mrs. Dale Dust
- *Mr. and Mrs. Gary Peccola
- *Mr. and Mrs. Gerald Weil
- *Ms. Patty Smith
- *Mr. and Mrs. Gordon Hayes
- *Kelly Fleming-in honor of Chris Fleming
- *Collinsville Senior Citizens Club
- *Mrs. Lois Metzger
- *Larry and Vicki Reulecke

- *Volunteers for Shimkus
- *Mr. and Mrs. James Conn
- *Matthew E. Slovinski III
- *Collinsville Junior Service Club
- *Marine Corp League
- *CHS Varsity Softball Team 2017
- *VFW Post 5691
- *Collinsville Garden Club District V
- *American Legion Post 365 Home Town Heroes
- *Collinsville Progress, INC.
- *Collinsville High School Class of 2017- Sponsors: Chris and Tara Glynn
- *Home Depot

Kahoks Fall Sports Update



Welcome back Kahoks, looking forward to a great Fall Season

of Athletics!

Collinsville High School Athletics will have teams in the following sports this semester:

Boys Sports: Football, Cross Country, Golf, and Soccer

Girls Sports: Cheer, Cross Country, Dance, Golf, Tennis, and Volleyball

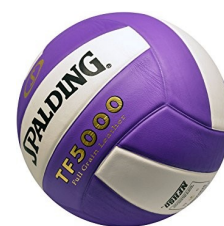
*All Kahok sports have a fee of \$100 dollars and require a valid physical to try out for the team.

*Parents and Fans are encouraged to check out the CHS athletics website:

<http://il.8to18.com/Collinsville>

This site has the entire athletic calendar for all Kahok sports teams.

Saturday, August 18th will be our 1st Annual Fall Kahok Kickoff... Hope to see everyone there!



-Clay Smith, Athletic Director





Erin's Law Presentation



During Study Halls on Tuesday, October 2 2018, Kahok Talk, CHS's Video Production Class, will air a special 15 minute episode on Erin's Law. Erin's Law is a sexual assault education program signed into law by Governor Quinn in January, 2013. The law requires age appropriate sexual abuse and assault awareness and prevention education in grades PK-12 along with the training for school staff on the prevention of sexual abuse.

Erin's Law is named after childhood sexual assault survivor, author, speaker and activist Erin Merryn. Erin shares on her website, <http://www.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 31 states that have already passed the law. Kahok Talk's episode will cover the following topics: What Erin's Law is, Erin's story, statistics about sexual abuse/assault, ways people can protect themselves, and where to go for help.

Unfortunately, sexual abuse and assault are a reality for many young

people. Statistics show that 1 in 4 girls and 1 in 6 boys will be victims of sexual assault by their 18th birthday and approximately 2/3 of assaults are committed by someone known by the victim ([www. http://www.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 -

<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 Kristin Trapp or Micki Fedorchak, CHS Social Workers at ktrapp@cusd.kahoks.org or mfedorch@cusd.kahoks.org (with Erin's law in the subject line) or 618-346-6320, ext. 1169 (Kristin) 1170 (Micki) by 12:00 on Monday, September 24, 2018.

-Mrs. Kristin Trapp

CHS Social Worker

Math Tutoring Available During Study Halls

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

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

The tutoring Schedule for 2018-2019 school year is:

3A-Mr. Tayloe in room 102

4A-Mr. Glynn in room 312

4B-Mr. Liljegren in room 106

5A-Mrs. Schmidt in room 103

5B-Mr. Warnecke in room 104

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

Also, tutoring is available every Tuesday and Thursday from 3pm to 4pm in

the library. There typically is a math department teacher available during this after school tutoring.

These tutoring opportunities are a great resource for students who need extra help in math and our math teachers are waiting to help your child any way they can. So please encourage your child to take advantage of these great opportunities!

Suicide Prevention Education Event

September is National Suicide Prevention Awareness Month. During September, CHS is partnering with local agencies to share resources and information to shed light on this important topic. **CHS and the American Foundation for Suicide Prevention will be presenting the program More Than Sad: Suicide Prevention Education for Parents at Collinsville High School Auditori-**

um, September 13, 2018 from 6:30-8:00 pm. This program will help parents and community members learn how to recognize the signs of depression and other mental health problems, initiate a conversation with their child and how to get help. If you have questions about this event, please contact CHS Social Workers, Kristin Trapp or Micki Fedorchak @ 346-6320. If you have concerns about your child, you can contact

their school counselor, social worker, doctor, community counseling agencies, or the Suicide Prevention Life-line - 1-800-273-8255. If it is an emergency, you may contact your local police department or hospital for assistance. More information and resources can be found at: <http://afsp.org> and <http://www.nami.org/Get-Involved/Awareness-Events/Suicide-Prevention-Awareness-Month>.

Spanish Study Hall Help Is Now Available!

The Foreign Language Department will be continuing its tutoring program during study halls at CHS this school year. The Spanish teachers at CHS offer tutoring to any student that needs assistance with their Spanish course work or help for English Language Learners enrolled at CHS.

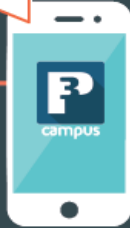
Students studying Latin, French and German are also more than welcome to get help from their peers during this time.

Students in a 3a study hall may see Mrs. Barr in room 222. Students in 4a or 4b study halls may see Mrs. Harres in room 229. Students that have a 5a or

5b study hall can see Ms. Kettler in room 223 for assistance. Students do not need a pass from their teacher to take advantage of this service. Any study hall teacher may issue a pass to a student to see the tutors. All your child needs to do is ask!

REPORTING 101

REPORT



HAVE A CONCERN? LET US KNOW. IT'S ANONYMOUS.

You can report any type of concern or situation by using the P3 Campus mobile app or by going to P3Campus.com. You will set up your secure pin, ensuring your identity is unknown.

WE'RE HERE TO TAKE YOUR REPORTS 24/7.

A team of adults will respond to your report around the clock and will make sure to notify the appropriate authorities.



YOU CAN CHAT WITH US IN REAL TIME.

Once you have submitted your report, you can engage in a live 2 way dialogue with the responder. You will also be notified when an action is taken on your report.



WE'LL LOOK INTO THINGS.

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



WE'LL TAKE CARE OF THINGS.

The team of adults works together to disrupt behaviors or situations and get help to those who need it. The diversity of these experts ensures every report is handled properly and responsibly.



P3campus



Parents/Guardians of Collinsville High School juniors and seniors are invited to a free college and financial aid seminar on Wednesday, August 29, 2018 at 6:30 pm in the CHS Auditorium. The event is presented by the [CHS Counseling Department](#).

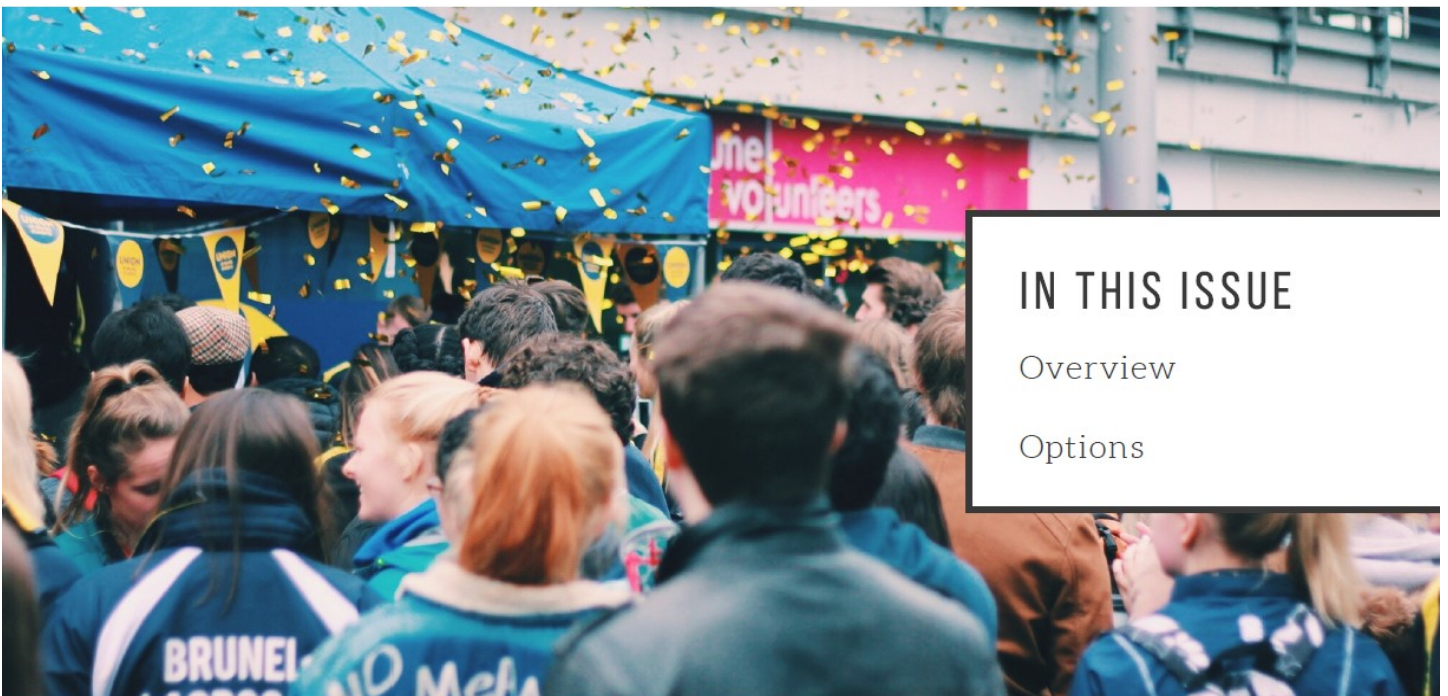
“We have a financial aid advisor from [St. Louis Scholarship Foundation](#) coming to speak on the financial aid process and answer questions,” said CHS Counseling Department Co-chair Karen Olsen. “Students going to any college can benefit. Everyone is welcome to attend this event. There is no required RSVP.”

For additional information please call the Counseling Department at 346-6320 x 1137.

AUGUST 2018

SKOOLLIVE

50/50 DIGITAL ADVERTISING OPTIONS



IN THIS ISSUE

Overview

Options

Help our fundraising efforts as we prepare for another great season by advertising your business with us. Your business, specials, support and company messages are viewed by thousands of people every year. Make sure your business takes advantage of this incredible opportunity. It's a win-win! You get increased advertising exposure and we meet our fundraising goals!

Our 7ft tall, Full Screen, Interactive displays capture 400% more views than traditional static displays!!

SkoolLive will work with you to tailor a partnership package to your company or organization's exact marketing and advertising objectives. Depending on which elements will be included in your partnership, an overall cost for the package will be determined. Pricing for each element will remain consistent for all companies and organizations. As a convenience, payment plans can be customized.



OPTIONS

SEASON ADVERTISING - \$750

Giant Full Screen Advertisement

Free Art Support

Free Monthly Ad Changes

Supporter Page Recognition

Access to Deals Page

Free Student Job Postings

FULL YEAR ADVERTISING - \$1,000

Giant Full Screen Advertisement

Free Art Support

Free Monthly Ad Changes

Supporter Page Recognition

Access to Deals Page

Free Student Job Postings

CHOOSE FROM THE FOLLOWING SPORTS:

Fall Season: Football, Boys/Girls Soccer, Boys/Girls Cross Country, Girls Volleyball

Winter Season: Boys/Girls Basketball

Spring Season: Baseball, Boys/Girls Track

From the Counseling Department

Developing a Growth Mindset

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

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

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

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

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

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

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

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

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

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

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

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

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

Adapted from: <https://www.mindsetkit.org/growth-mindset-parents>

Tyme Sampson selected to serve on the 2018-2019 The Federal Reserve Bank of St. Louis Student Board of Directors

Senior Tyme Sampson will represent Collinsville High School (CHS) this school year as a member of [The Federal Reserve Bank of St. Louis Student Board of Directors](#). The program, which is in its seventh year, offers high school seniors a dynamic way to learn about our nation's central bank. Participants gain a thorough understanding of the Federal Reserve's role in the U.S. economy, participate in online and in-person learning experiences, and engage with employees from various areas of the Bank. St. Louis and Metro-East area students are selected based on the quality of their essay and letters of recommendation. Tyme's essay focused on the importance of saving and financial literacy. She received her recommendation from CHS business teacher Vicki Fuhrhop who serves on the educator advisory board at the St. Louis Fed. While serving on the student board, Tyme will attend monthly board meetings where students discuss issues related to economics and personal finance, participate in discussions with Bank leaders on topics ranging from professional development to career planning and progression; and prepare a presentation about the Federal Reserve to be delivered to peers at their respective high school. Bank professionals will also help students with resume writing and interviewing. After successful completion of the yearlong program, Tyme will have an opportunity to apply for a paid, summer internship within a variety of departments at the Fed. In addition to Tyme, CHS has been fortunate to have five other students serve on the board. Previous alumni include Brian Hoyt, 2012-2013; Sam Caputo, 2014-2015; Ben Frey, 2015-2016; Benjamin Carlson 2016-2017; and Venise Govan 2017-2018.



Introducing Naviance to Parents and Families

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

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

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

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

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

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

Usernames and passwords will be available in the coming weeks.



NAVIANCE

Collinsville High School 2018 SAT Scores

The 2018 SAT scores are in and we are proud to announce that 189 students qualified for incentives for meeting or exceeding state averages on the test.

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

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

Plans are underway for this coming year’s SAT test on Tuesday, April 9, 2019. If you have any ideas or would like to help, please e-mail Kyle Gordon at kgordon@kahoks.org.



Khan Academy Improves SAT Scores

Last year, 38 students who spent time working on Official SAT Practice through Khan Academy improved upon their PSAT 10 score by more than 100 points on the SAT. That is one of the main reasons the CHS staff is once again encouraging students to spend as much time practicing as possible.

Each student can link their PSAT score with Khan Academy for personalized activities that work when it comes to improving their score on the SAT.

The CHS staff is also giving incentives for students to spend time on the practice including free pizza and a field trip. Time spent on the practice will be counted now through April, so get started!

If you have any questions about Khan Academy or how to get started, talk to your counselor.



Thank You To Our Freshmen Orientation Sponsors!



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

This student led program was held during two sessions on Friday, August 3, 2018. Incoming Freshmen were lead through the program by their Kahok Ambassador, taken on tours, had a Q and A session, had lunch in the cafeteria and given their first purple CHS shirt to wear on Fridays.

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

- *Culver's of Collinsville
- *Collinsville Junior Service Club
- *McDonald's of Collinsville
- *Lenny's Carpet and Floor Center
- *Herr Funeral Home & Cremation
- *Mike's Automotive
- *Scott Credit Union
- *Abstracts and Titles, Inc.
- *A & H Mechanical Contracting, Inc.
- *Collinsville Building and Loan Association
- *Kaleidoscope of Kids, Inc.
- *First Community Credit Union
- *Collinsville Jaycees
- *Collinsville Lions Club



What you need to know about vaping?

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



Teen use

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

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

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

Harmful to teens

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

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

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



many unsafe toxic metals released with e-cigarettes

JUULing

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



Opioid Fact

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

Safety precautions if you or someone you know has an opioid prescription:

- Take medicines only as prescribed
- Keep medications in a safe place away from others
- Don't take anyone else's medication
- Properly dispose of unused medicines at local drug drop locations



“COMMUNICATE” WITH YOUTH ABOUT SUBSTANCE USE

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

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

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

ADDITIONAL RESOURCES:

www.e-cigarettes.surgeongeneral.gov/

www.drugabuse.gov/publications/drugfacts/electronic-cigarettes-e-cigarettes

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

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

2. www.cbsnews.com/news/vaping-health-effects-rising-use-among-teens/

Funding provided in whole or in part by the Illinois Department of Human Services, SAMHSA, and the Madison County Mental Health Board.

Chestnut
health systems
chestnut.org/prevention



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OUTSTANDING

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CAVC *update*

The Collinsville Area Vocational Center is a two-year, public vocational training center for high school juniors and seniors. CAVC serves the Collinsville, Dupo, Lebanon, Mascoutah and Triad school districts.

East Alton Wood River Joins CAVC

Starting this school year (2018-19) CAVC is proud to welcome students from East Alton Wood River. The Oilers will be attending in the afternoon session along with students from Dupo, Collinsville, Lebanon and Mascoutah. Dr. Blackard, Director of CAVC, stated "We are so pleased EAWR is joining us. We are incredibly proud of the programs and services we provide to help students prepare for careers, college and the work force. Sometimes smaller schools can't fill an entire section for a class such as nursing or welding but making classes at CAVC available to their students they have the opportunity to offer programs that only one or two of their students might be interested in. Since CAVC offers 12 programs in total, we have the

ability to expand smaller schools curricular offerings and meet the needs of many students." Currently CAVC offers programs in the following areas:

- Auto Body
- Automotive Repair
- Building Trades
- Clinical Health Occupations (C.N.A.)
- Criminal Justice
- Culinary Services and Nutrition
- Early Childhood Education
- Electronics
- Engineering (PLTW)
- Machining
- Web and Graphic Design
- Welding



CAVC Preschool Openings

If your child is 3, 4, or 5-years old, AVC Preschool has openings in the following classes:
 Friendly Frogs T/W/Th 9:15 am- 11:15 am
 Dancin' Dinos T/W/Th 11:45 am- 1:45 pm
 The cost is \$60/per semester, which is just over \$1 a day.
 Semesters run from Sept. 18- Dec. 6, then Jan. 22- May 2.



If you are interested, please call Shawn Geppert at 618-346-6320 ext. 1226. You can also email sgeppert@cusd.kahoks.org or Ms. Perry at aperry2@cusd.kahoks.org



OUTSTANDING

CAVC Outstanding Students from 2017-18

Outstanding students must demonstrate excellence in attendance, grades, effort, attitude, productivity, dependability, and finally appearance.

Front Row:

Alex Galvan – Machining,
Amberlyn Thompson-Clinical Health
Occupations,
Haleigh DeBourge – Early Childhood
Education,
Drake Marshall – Auto Collision
Technology,
Chris Howk - Electronics

Back Row:

Alonzo Skipper III – Welding
Technology,
Dustin Petty – Auto Maintenance,
Moises Romo – Building Trades



Here at CAVC we strive to prepare our students to both continue their education and training but also to enter the job market. In our minds those two areas go hand in hand. We prepare young people by exposing them to various fields such as manufacturing, the health care industry and criminal justice. We work not only on specific industry skills within the classes we teach but also life skills such as how to speak intelligently, how to put the best and most professional image forward so you are employable, the importance of showing up on time and completing tasks. The image our students put forth is how they will be judged and will contribute to their ability to get a job. All of these items are things that we consider “Pretty on the outside”. They are the criteria people will judge when they first meet you. They are the first impression and are very important.

Other areas we focus on at CAVC are knowledge, work ethic, ability to work with others, dedication and follow through. These are the areas that we see as making a person “pretty on the inside”. It is these specific areas that bring us here today. As teachers we have good and bad days just like everyone else. We get up each morning and hope to not only share our knowledge but also to make a difference in the lives of our students. We all can honestly say, the students receiving the Outstanding Student Awards are the ones who have continually made a difference not only in our lives but in the lives of every other student at CAVC. They show up every day and try to make the best of every situation. They are seen as leaders and their peers continually come to them for help. It is these kids that make our days better. They are the reason we get out of bed every day and continually try to do better so that we can continue to challenge them to be their very best. They are a valuable asset to us as teachers and we know we can continually count on them in every situation.

There are thousands of messages in our lives that tell us that being “pretty on the outside” is what is important. While that may be true, keep in mind that being “pretty on the outside” is what people will use to judge you. We believe that equally important is to be “pretty on the inside”. Being pretty on the inside is what will make people value you. While we value all of our students at CAVC, the ones who received the Outstanding Student Awards for the 2018-19 school year are truly some of the best of the best.

**NEW
CRIMINAL
JUSTICE
TEACHER
JOINS CAVC**



This year CAVC has added Ms. Rachel Gattuso as an instructor in Criminal Justice. Ms. Gattuso brings a wealth of experience and knowledge. Her enthusiasm for the content has already been noticed by the students in her class!