



THE KAHOK CURRENT

Volume 13, Issue 2

Second Quarter

The High School of Champions Roars Into Second Quarter

Collinsville High School
“The High School of Champions”

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Dear CHS Parents and Guardians,

We are well into the 2019-2020 school year at Collinsville High School and I am definitely optimistic about the “High School of Champions!” Our student body has been exceptional to work with as usual. I anticipate that will continue throughout the school year as I am very proud of our students. While we cannot formally recognize every student, our Character Education program focuses on promoting essential character traits on a daily basis. As a staff, we strive to model those important attributes. We also recognize Students of the Month and Departmental Achievement Award recipients for outstanding work. Kahok Pride is alive and well at CHS as evidenced by our tremendous Homecoming Week, Purple Fridays, and various student activities.

Your parental support is appreciated as our students prepare for their future. Skyward provides an excellent opportunity to monitor your son or daughter’s progress. Do not hesitate to contact your child’s teacher if you have any questions. I appreciate the parents and guardians who took time out of their busy schedule to attend Parent-Teacher Conferences on October 24-25. I can assure you

that our staff is working diligently to provide students with first-rate educational opportunities. CHS students are afforded opportunities to take Advanced Placement Courses, dual-credit classes, and vocational courses. We continually review our course offerings to ensure students have access to a top-notch education at CHS.

CHS is proud to provide numerous academic support systems. Math and World Language Labs are available during study halls. The CHS Writing Center is available throughout the school day. Formal tutoring sessions are provided after school on Tuesdays and Thursdays. Supports are definitely in place to assist students of all ability levels. Our staff is working diligently to prepare students for the SAT Exam. Students are encouraged to utilize Khan Academy in order to further prepare for that important test. Please discuss these educational opportunities with your student in order to maximize academic performance. In addition, parents are encouraged to contact their child’s respective school counselor for educational planning assistance.

In closing, I will mention a few Kahok highlights. CHS was se-

lected through a competitive process to collaborate with Southern Illinois University Edwardsville (SIUE) in a pre-collegiate program funded by the United States Department of Education. Approximately 70 CHS students have already applied for the SIUE Upward Bound Program. Anna Grace Weil serves as State Convention Secretary for the Illinois Association of Student Councils. Ryan Lanier is one of only twelve St. Louis area students selected for the Student Board of Directors of the Federal Reserve Bank of St. Louis. Mrs. Kristin Trapp, CHS social worker, recently earned an Award of Excellence from the Illinois State Board of Education through their Those Who Excel Program. The aforementioned accomplishments are indicative of the exceptional academic programs, support services, and extracurricular opportunities provided by Collinsville High School. Please follow CHS and other District #10 schools on Facebook at <https://www.facebook.com/pages/Collinsville-Community-Unit-School-District-10/114375208911675> or get daily news at www.kahoks.org at the CHS link. GO KAHOKS!

Sincerely,
 David Snider @ DvdSnider, CHS Principal

Congratulations Coach Smith and Brady O’Neill!



Leader of Tomorrow

CHS Senior Brady O’Neill

The 2019 Collinsville Community Collaboration (C3) Community Awards will honor Collinsville High School Senior Brady O’Neill and CHS Athletic Director Clayton Smith at the annual dinner on November 7, 2019. Brady O’Neill was named the 2019 recipient of the Leader of Tomorrow Award. The award honors “those youth who are involved in the communi-

ty of Collinsville in constructive and positive ways, that have impacted the lives of others that reside here and inspired others to make a difference through their actions.” Athletic Director Clayton Smith will receive the Stan Schaeffer Education Community Leadership Award. This award “is given to an employee within the CUSD 10 district who not only has furthered education within the community, but gone above and beyond to serve the Collinsville community.” The award is named for late Collinsville mayor and educator Stan Schaeffer.

The awards will be presented during the 2019 Community Awards Banquet on November 7. The C3 Community Awards are presented by the City of Collinsville and Collinsville Chamber of Commerce, in partnership with Collinsville CUSD 10.



Stan Schaeffer Education Community Leadership Award

Athletic Director Clayton Smith

The Importance of Being Involved at CHS

For a long time, student activities have been the subject of a curious chicken-or-egg style debate: Do student activities improve student performance, or do better-performing students participate in student activities? The implications of this debate have left stakeholders scrambling for answers.

Let X = Student Activities, a program developed by the Alliance for Student Activities in partnership with the National Association of Secondary School Principals, proves that the answer to both of these questions is an emphatic yes! A wealth of rigorous, peer-reviewed research indicates that activities are the spark that ignites measurable improvement in student performance. The results are even more pronounced among students with previously low GPA's or discipline concerns.

Studies have shown:

- *Student activities boost academic performance.
- *Student activities reduce dropout risks.
- *Student activities lead to college and career success.
- *Student activities build social and emotional skills.
- *Student activities set students up to make better choices and reduce high risk behaviors.

The studies cited here represent only a fraction of the more than one hundred studies that prove whatever your desired outcome, participation in student activities benefits students of all academic levels and backgrounds.

Here at CHS there is something for everyone! Please encourage your child to get involved!

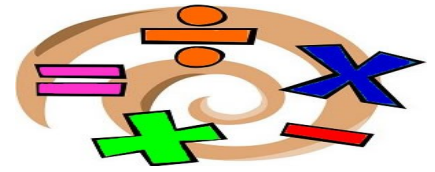
Organization	Sponsor/Sponsor
Anime Club	Mrs. Flannigan and Mrs. Thomas Room 221
Art Club	Mrs. Darlin Rooms 513/514
Band Program	Mr. Wright Room 502
Baseball	Mr. Warneke Room 104
Basketball (boys)	Mr. Lee Main Office
Basketball (girls)	Ms. Billy Lbilly@cusd.kahoks.org
Book Club	Mr. Neuber & Ms. Tracey Schmidt Room 301/Library
Bowling	Mr. Hay Room 125
Cheerleading	Ms. Hassamear Gym
Chess Club	Mrs. Johnson Room 228
Chorus	Mrs. Cleveland Room 508/519
Christians in Action	Mr. Lugge Room 209
Class of 2020	Ms. Cary and Ms. Cook Room 213A
Class of 2023	Ms. Geisen & Ms. Ponce Room 203/ 226
Class of 2022	Mrs. Bosetto and Mr. Nichols Room 309 / 317
Class of 2021	Mrs. Fedorchek Main Office
Cross Country	Mr. Frerker Gym
CPR Club	Mrs. Gresh Room 517
Dance Team	Mrs. Smith Gym
Distributive Clubs of America (DECA)	Ms. Ponce Room 226
Drama Club	Mrs. Ledford Auditorium
Drum Line	Mr. Arnold Room 502
Fellowship of Christian Athletes (FCA)	Mr. Bilyeu Room Gym
Football	Mr. Popovich Gym
French Club	Mrs. Blair Room 227
Future Business Leaders of America (FBLA)	Mrs. Reed Room 230
Garden Club	Mrs. Lobb Gym
Gay/Straight Alliance (GSA)	Mrs. Kulupka & Mrs. Furlow Rooms 320 & 211A
German Club	Ms. Oatman Room 215
German Honor Society	Ms. Oatman Room 215
Golf (boys)	Mr. Moore Room 109

Golf (girls)	Mr. Schneider Email: sschneider@cusd.kahoks.org
Gospel Choir	Mrs. Cleveland Rooms 508/519
Health Occupations Student Association (HOSA)	Mrs. Weggener Room 219
Jazz Choir Ensemble	Mrs. Cleveland Rooms 508/519
Junior Engineering Technical Society (JETS)	Ms. Szpila Room 128
Kahoki Newspaper	Mrs. Westphal Room 318
Kahokian Yearbook	Ms. Geppert & Ms. Fuhrhop Rooms 154/155
Kahoks Against Drugs and Alcohol (KADA)	Mrs. Gresh Room 517
Kahok Ambassadors	Mrs. Elliff & Mr. Kee Counseling Office
Kahoks on the GO!	Mrs. Reed Room 230
Kahok Sound Show Choir	Mrs. Cleveland Rooms 508/519
KAHOKstrong	Mr. Post and Ms. Geisen Rooms 141/203
Key Club	Ms. Geisen Room 203
Knitting Club	Ms. Reese Rooms 108
Latin Club	Mr. Stark Room 225
Latin Honor Society	Mr. Stark Room 225
LEO Club	Ms. Gattuso Room 142
Marching Band	Mr. Wright Room 502
Math Club – Mu Alpha Theta	Ms. Tesdall Room 220
Math Team	Mr. Gottschalk Room 314
Model United Nations	Mrs. Lindauer Room 206
Multicultural Kahoks Club	Mrs. Lindauer Room 206
National Arts Honor Society	Ms. Darlin Rooms 512/514
National Honor Society	Mr. Neuber & Ms. Reich Rooms 302/120
National Technical Honor Society	Ms. Geppert Room 154
People Against Littering (PAL)	Mr. Kemp & Ms. Federico Rooms 309/131
Pep Club	Mrs. Hartle Room 209
Quill & Scroll	Ms. Westphal, Ms. Geppert & Ms. Fuhrhop Room 318/ 154
Robotics Club	Mrs. Hankins Room 137
Saturday Scholars	Mr. Gordon Room 218
Scholar Bowl Team	Mr. Ashby Room 204
Science Club	Mrs. Szpila Room 128
Science Olympiad	Mrs. Szpila Room 128

Skills USA	Ms. Geppert Room 154
Soccer	Mr. Lugas Room 209
Softball	Mr. Toberman Main Office
Spanish Club	Mrs. Barr & Mrs. Kettler Rooms 222/223
Spanish Honor Society	Mrs. Barr Room 222
Speech & Debate Team	Ms. Lewis Room 313
Speech & Dramatic Arts Club	Ms. Darlin Room 512
STEM Club	Mrs. Bednara Room 128
Student Council	Mr. Gordon Room 218
Swimming and Diving	Mrs. Butler margaretmath@hotmail.com
Table Tennis	Mrs. Hankins Room 134
Tennis	Taylor Cox Rooms 513/514
Thespian Society	Ms. Darlin Room 512
Track & Field (boys)	Mr. Frecker Gym
Track & Field (girls)	Mr. Kee Counseling Dept.
Tri M – Music Honor Society	Mr. Stack Rooms 502
Video Game Club	Mrs. Trapp and Mr. Stark Counseling Dept. and Room 227
Volleyball	Mrs. Hanger Gym
Winter Guard	Mr. Perigo Rm. 502
Wrestling	Mr. Joe Bevis Gym
Writing Club	Ms. Bruno Room 303
Young Americans for Freedom	Mr. Schusky Room 201



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. Mrs. Dust in room 316

4A-Mr. Glynn in room 312

4B-Mrs. Forshee in room 101

5A-Mrs. Schmidt in room 103

5B-Mrs. Thompson in room 315

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!



SIUE Upward Bound Program Comes to Collinsville High School

For the first time, pre-collegiate programming is being offered at Collinsville High School (CHS), under the direction of the Southern Illinois University Edwardsville East St. Louis Center (ESLC) Upward Bound (UB) program. The new offering also creates a partnership between SIUE and Collinsville Community Unit School District #10 that has not previously existed.

“SIUE is excited to work with Collinsville High School for the betterment of students in the area,” said Timothy Staples, EdD, ESLC director. “When I came to the school, it was clear that everyone is vested in the success of the students.”

“Collinsville Community Unit School District #10 and the Board of Education are excited about the Upward Bound partnership with SIUE, and the positive impact the program will have on first-generation college students,” said Dr. Mark B. Skertich, CUSD #10 superintendent.

The ESLC will operate an UB and an Upward Bound Math and Science (UBMS) program at Collinsville, which will begin Monday, Nov. 18. The programs are for first-generation and or low-income students. The program directors are Desiree Tyus (UBMS) and Yvonne Hart (UB). Some programmatic offerings include:

Advising and one-on-one homework during school hours.

Local college tours on the first Wednesday of each month. Students will visit SIUE Dec. 4.

Workshops, guest speakers, hands-on activities, and career placement on Tuesdays and Thursdays after school.

Workshops and cultural field trips on the second and fourth Saturdays of the month.

“I was not familiar with the Upward Bound program initially,” said CHS Principal David Snider. “The SIUE team did a wonderful job educating us. I know this is going to be a successful and rewarding program for the students and the school.” CHS has a student population of more than 1,850.

“Parents are emailing me nonstop about the program,” said CHS Counselor TaRael Kee. “They want in. We have many students here who have need, and we have limited resources in the form of counselors to help them.”

“That is one of the great things about the Upward Bound program,” interjected Latoya Berry Coleman, CHS director of curriculum and instruction. “The Upward Bound staff will be able to give students one-on-one counseling, meet their individual needs and expose them to college opportunities.”

More than 500 teenagers came to UB’s first student orientation, according to Tyus.

“We received more than 65 applications,” she continued. “We then hold interviews after looking at the applications to see who will be the best fit. My program can enroll a total of 60 students, and Mrs. Hart’s program can have 60 students, totaling 120 students.”

“We will expose our UBMS students to STEM (Science, Technology, Engineering and Mathematics) careers and encourage, as well as prepare them, to acquire degrees in these fields,” said Tyus. “Also, in our intensive six-week summer residential program on the SIUE campus, students will work closely with faculty, graduate assistants and external partners to deepen their interest and knowledge in STEM-related subjects.”

“I’m excited about all the things we are going to accomplish,” said Hart, “because Collinsville High School has a culture of teamwork and student success.”



KAHOKstrong KRAZY BINGO!



GLOW Bingo is our Biggest fundraiser of the year. This year it will be held on January 11th, 2020 starting at 7:00 pm. at the VFW in Collinsville, IL. Reserve a table in advance, the cost is \$160 (Maximum of 8 people per table).

To make a reservation please email Jacob Post at jpost@cusd.kahoks.org.

**CHS DRAMA CLUB
PRESENTS**



**OCTOBER 27TH AT MINER'S THEATRE
NOVEMBER 1ST-3RD AT
CHS AUDITORIUM
2019**

CHS - Nov. 1st & 2nd @ 7:00 Nov. 3rd @ 2:00

Tickets \$5.00 in advance, \$8.00 at the door

Tickets may be purchased in the main office, from all cast members, Mrs. Lindauer, and at the door

Miner's - Oct. 27 @ 2:00 All Tickets \$10

Miner's tickets may be purchased at CHS, any Cast Member, The Old Herald, Chamber of Commerce, at Miner's during the Chili Cook-Off, and at the door.

Positive Parenting Tips for Teenagers

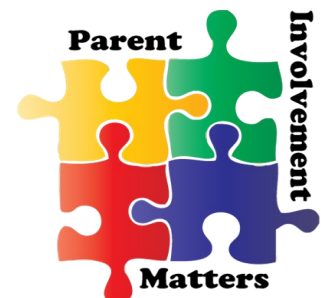
During the teen years, it is a time of changes for how teenagers think, feel, and interact with others, and how their bodies grow. During this time, your teen is developing his or her unique personality and opinions. Relationships with friends are still important, yet teens have other interests they 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 your teen without playing down their 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.

Adapted from: <https://www.cdc.gov/ncbddd/childdevelopment/positiveparenting/adolescence2.html>

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 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.

Mental Health Awareness

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

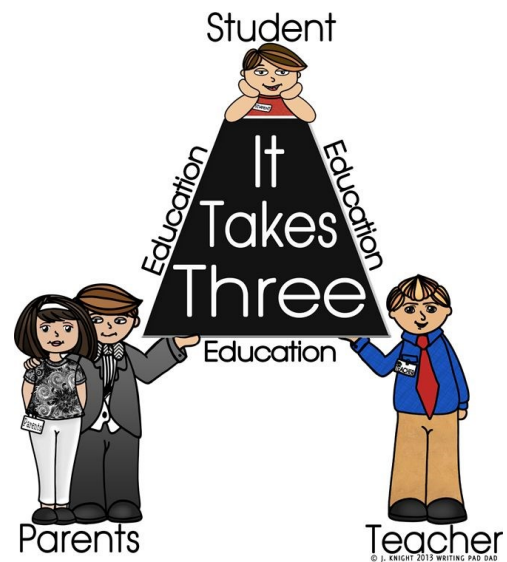
- Problems with concentration, memory, or ability to think clearly
- Changes in eating such as loss of appetite or overeating
- Not being able to complete school or work tasks
- Feeling overly worried
- Feeling sad, empty, hopeless, or worthless
- Sensitivity to sounds, sight, smell, or touch
- Irritability 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 & 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), go to your local Emergency Room or call 911.

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



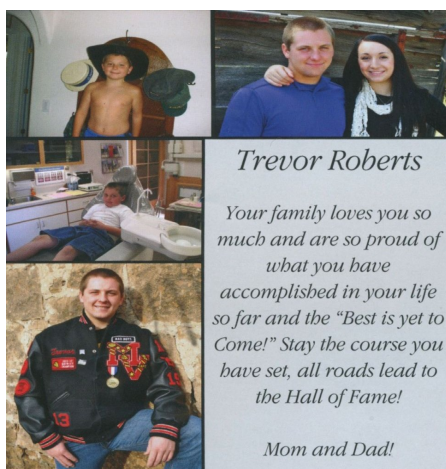
Yearbook information for 2020 graduating seniors...

Don't forget to submit your senior picture to kahokian@cusd.kahoks.org by November 1.

It must be submitted by the photographer and sized at 3" x 3.5" with 300-resolution, jpg format.

The yearbook no longer requires photos to be head & shoulders only. The senior can select a photo that represents their personality, as long as it is school appropriate.

Contact Shawn Geppert at 618-346-6320 ext. 1226 or email kahokian@cusd.kahoks.org if you have any questions.



Athletic Department Update



*Boys Basketball Season Ticket Applications are now being taken for the upcoming season. We will have ten regular season home games and four sessions in the Prairie Farms Holiday Classic Tournament in this year's season package. The cost will be \$50.00 for an adult season ticket. Please contact the Collinsville High School Athletic Department at 618-346-6320 ext. 1122 All applications need to be turned in by November 13, 2018. Past season ticket holders will be receiving an application in the mail.

*Winter sport practices will begin on Monday, October 28th, 2019 for Boys Bowling, Monday, November 4th, 2019 for Girls Basketball, Monday, November 11th, 2019 for Boys Basketball, and Wrestling. Girls Bowling will start on Monday, November 18th, 2019. The on-line athletics form needs to be filled out in Skyward and a valid physical on file to be able to participate in the tryout.

*Just a reminder of the IHSA Academic standards that have been passed and applied to all high schools in the state of Illinois. All student-athletes must be passing at least 5 courses each week to be eligible to participate in athletics here at CHS. Also when the spring semester starts all student-athletes must have passed at least 5 courses from the previous semester to be eligible to participate in the spring.

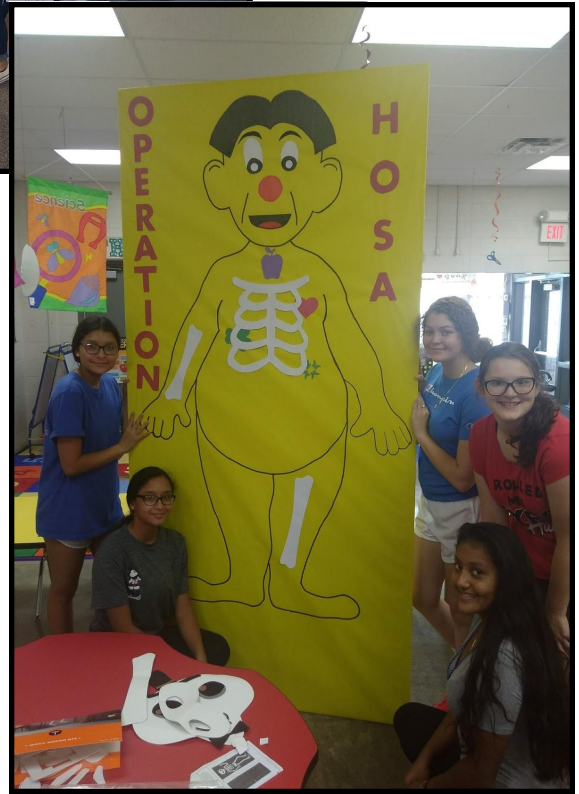
Parents and Fans are encouraged to check out: <http://il.8to18.com/Collinsville/>

This has the entire athletic calendar for all Kahok sports teams along with announcements and pictures.

*Congrats to all of our Fall Athletics as we have had numerous teams and athletes excel this past fall as they have continued to prove that Collinsville High School is truly the "High School of Champions".

Operation HOSA

Health
Careers
Club



HOSA Homecoming 2019

- *Leadership
- *Community
- *Health Care



If your student is interested in the healthcare industry, HOSA is the organization for them! There is still time to join. Please contact advisors Akiya Perry and Kristin Wegener for more information.

aperry2@cusd.kahoks.org kwegen-er@cusd.kahoks.org

The CHS Co-op Class of 2019-20 has AMAZING school spirit! All 22 students are employed, doing well in school and learning to balance school and work responsibilities. They even had time to enjoy partici-

America Monday



Senior Citizen Tuesday



Western Wednesday



Throwback Thursday



Purple Pride Friday



**STRANGER
THINGS**

Harry Potter

THE LORD OF THE RINGS




**STAR
WARS**

TRIVIA

MARVEL



SCI-FI  REBOOT



**VIDEO
GAMES**



DECEMBER 7TH

Doors open at 6:30pm, Trivia starts promptly at 7pm

CATEGORIES:

Reboot Sci-Fi
Stranger Things
Harry Potter
Lord of the Rings
Star Wars
Star Trek
Marvel and DC
Retro Video Games
Modern Video Games
Soundtrack

DETAILS:

- Tables are \$100
- 8 players per table
- Cash Bar (no outside beverages)
- Bring your own snacks
- Silent Auction

LOCATION:

Collinsville Knights of Columbus
1 Columbus Plaza, Collinsville, IL 62234
(off of Illinois route 157)



To reserve a table contact:
Pat Szpila: pszpila@cusd.kahoks.org
Cindy Bednara: 618-531-3070

HEAR YE! HEAR YE! HEAR YE!

**THOU ART INVITED TO THE CHS CHOIRS' MADRIGAL FESTIVITIES ON THE 13TH OF DECEMBER IN THE CHS AUDITORIUM. DOORS OPEN AT 6:30 PM. FESTIVITIES BEGIN AT 7:00 PM. COST OF ADMISSION IS \$5. FESTIVITIES INCLUDE MUSIC, COMEDY, COSTUMES, AND ALL-AROUND MERRIMENT.
(PHOTO FROM 2017)**



Free Concert: November 7th in the CHS gymnasium, the DJS, CMS, and CHS Choirs will present a short concert at 6:30 pm.

Show your support of these students with your attendance. They will appreciate you for it.

Counseling Department Spotlight

Seniors & College Applications

Now is the time for seniors who are planning to attend college or technical schools in Fall 2020 to apply for admission. Students will simply go to the college/tech school website and click "Apply" and follow the application directions. Students may also search on the college admissions website for an application link. After applying, students should visit the CHS Counseling Department Website (below) to complete a "Transcript Release Form" to have their official transcript sent to that college/tech school.

<https://sites.google.com/cusd.kahoks.org/chs-counseling-dept/transcript-requests>

Financial Aid & Scholarships

Seniors who are planning to attend college or technical school next fall will need to complete the FAFSA (Free Application for Federal Student Aid) as soon as possible. The FAFSA is used by colleges and tech schools to determine eligibility for grants, work-study opportunities and loans. For additional information about the FAFSA visit: <https://fafsa.gov/>

Seniors should also consider applying for scholarships. Resources and links to scholarship websites can be found at:

<https://sites.google.com/cusd.kahoks.org/chs-counseling-dept/scholarships>



Registration For Next Year's Classes

Current freshmen and sophomores will register for next year's classes in November. Freshmen will select classes for the 2020-2021 school year in the library computer lab on November 21st and 22nd and Sophomores on the 25th and 26th. We recommend that you plan ahead! Please review the registration materials and complete the registration form that will be mailed home on November 4th; This information will also be distributed to freshmen and sophomore English classes on November 6th. We previously surveyed your child about which career he/she is interested in pursuing. The registration materials you will receive in the mail will include a suggested four-year course plan for your child's identified career of interest. After reviewing the list of suggested courses, please help your child select courses on the green or blue registration sheet so they are prepared to enter these classes in November. Current juniors and 8th grade students (registering for 9th) will sign up for classes in January.

Google Classroom

To receive updates from the CHS Counseling Department about programs, important deadlines, etc. please sign up for Google Classroom by adding the appropriate link:

Class of 2020- yrjx0ec

Class of 2021- y9hr5k

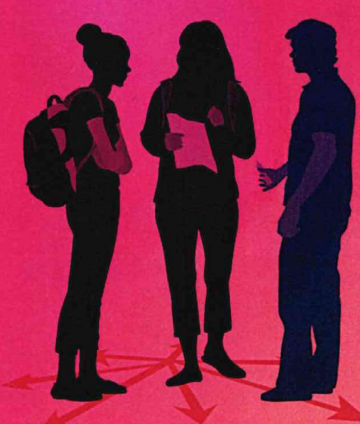
Class of 2022- snsorw

Class of 2023- ecz4ln



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

Vocational Update Quarter 2

The last 9 weeks have been especially busy for CAVC. With the addition of Civic Memorial and Highland to the other 6 schools already attending we are staying very busy. Each program has covered all safety and ethics related topics so students are ready to go. Below you will find a variety of pictures and quick notes about each program's accomplishments so far.

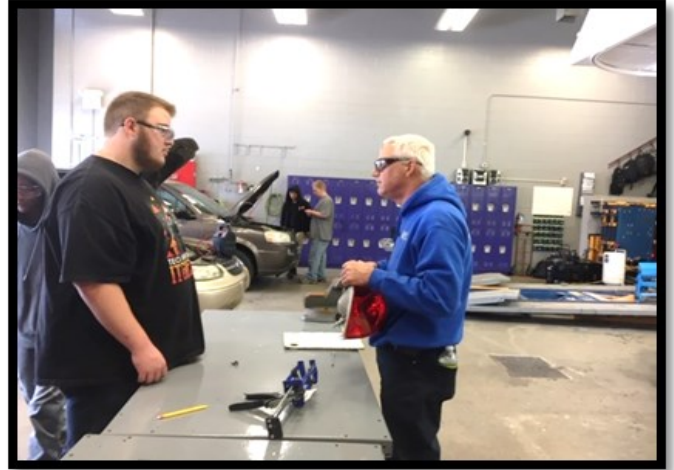
Automotive Repair

Students have covered all safety related items and started the challenging process of identifying all of the many tools and their specific uses. Additionally, students are now working on items such as brakes, suspension and tires.



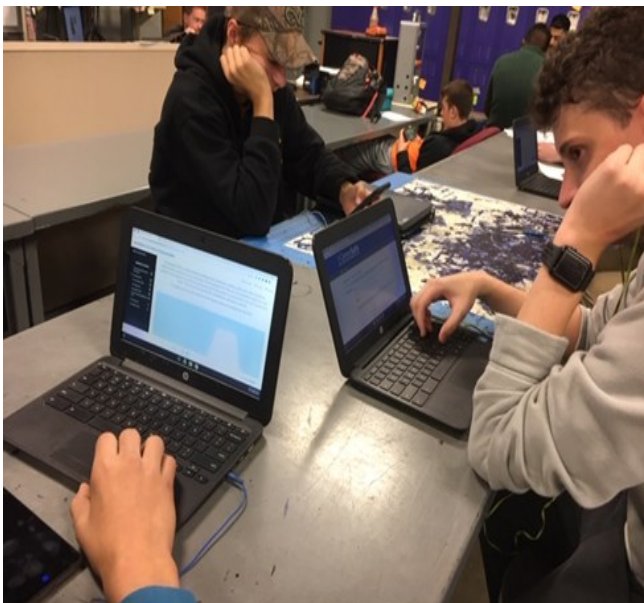
Auto Body

Students combined with Automotive Repair for the initial safety and tool identification but are now working on identifying specific parts of vehicles and removing items such as door panels and tail lights.



Building Trades

Building Trades students are completing their OSHA 10 training and certification as well as learning introductory skills such as framing, siding and roofing. They recently completed a child's playhouse they are raffling off to help cover the cost of student's program shirts, hoodies, pants and tools.



Clinical Health Occupations

Clinical Health Occupations students have been extremely busy. They completed their first uniform check, completed their CPR certification, hosted a blood drive and started their clinical experiences at Liberty Village care facility.



Cosmetology

Cosmetology students have started their training at Precision Point School of Cosmetology. They are starting their hands-on experiences out on the floor very soon!



Criminal Justice

Criminal Justice students so far this year are preparing for a mock trial, interacting with community members, discussing with Guest speakers about different criminal justice employment opportunities, examining the Amber Guyger trial, and getting ready for handcuffing, searching, and compliance techniques practical. The guest speaker pictured below with the students was Mr. Leon Alexander from Got Your Six Support Dogs. The dog's name is Bob and is a chocolate lab. Mr. Alexander spoke with students about Got Your Six Support Dogs, being a Military Police Veteran, and working as a contracted agent for security operations.



Early Childhood Education

Early Childhood Education students have started working for the CAVC preschool. Students serve children ranging from 2 to 5 years old. 2nd year students started their experiences at Caseyville Elementary School and are working with students from Kindergarten to 4th grade.



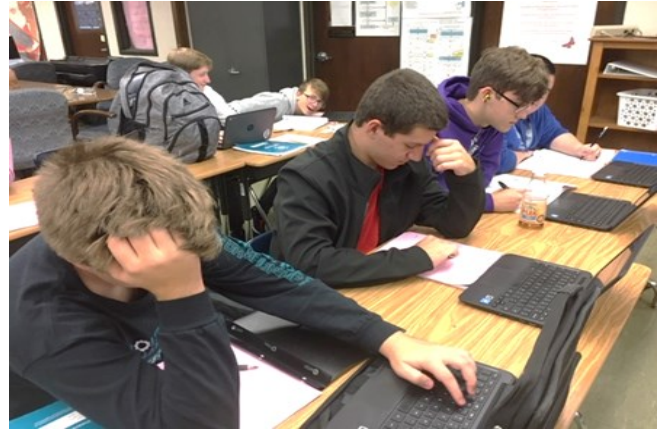
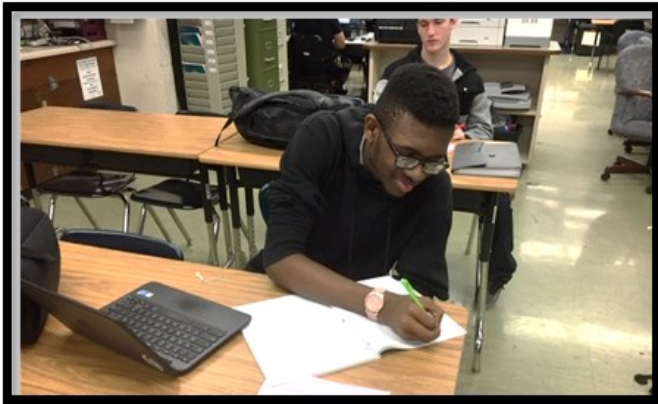
Electronics

Electronics class has completed the DC electronics chapters of the college credit class and is starting on the AC electronics and house wiring content. Additionally, they have fixed the CHS basketball teams' basketball rebounder machine with the welding class repairing the rebounders' arm.



Engineering (PLTW)

Engineering students have started working with their Inventor software and working in initial design problems. Additionally, they are solving a critical thinking problem of the day.



Food Service

Food Service students have completed all of their safety and sanitation coursework. Additionally, 3 students earned their Serve Safe Food Service Sanitation Manager license. Finally, students have reopened the Native Grill, which provides meals that are pre-measured, prepped and ready to cook.



Machining

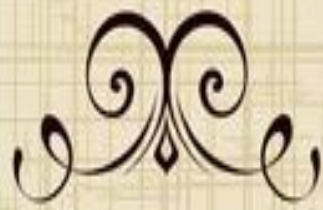
Machining students pictured below are students working on a clutch spring puller, building the mounting plate for the new 4th axis in the CNC mill and working on programming the CNC mill. Additionally, both Machining and Welding students attended Manufacturing Day at SWIC along with 3,000 other students. Both groups were able to tour Hydromat, a machining business located in St. Louis.



Welding

Welding students are well on their way with their initial projects. 1st year students are working on their technique, speed and stability to create a layered paddle. Some of the more advanced 2nd year students are starting to work on specialty projects for other classes such as Mythology.





The
Holidays
Are Coming!



Are you ready?