



The Kahok Current

Volume 13 Issue 3

Third Quarter

Happy New Year Kahoks!

Collinsville High School Home of the Kahoks

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Dear CHS Parents, Guardians, and Students,

I hope everyone enjoyed a wonderful Winter Break with family and friends! As we start our second semester of school, I am hopeful that our students and staff are poised to build on their successes of last semester. The new semester also affords students who did not meet their academic expectations an opportunity to improve their performance.

Faculty members, support staff, and administrators are committed to ensuring that Collinsville High School is an outstanding place for our students to learn and prepare for their future. Our teachers have been actively participating in professional growth workshops and activities throughout the school year. CHS Professional Learning Communities also facilitate curriculum improvement and provide staff opportunities to review pertinent data. Such building and district level in-service directly impacts individual students. As a result, academic scholarship awards exceeded \$5.1 million at CHS last year, which eclipsed our prior record amount. We are optimistic the Class of 2020 will continue the positive trend. In addition, the graduation rate at CHS has stabi-

lized near 90%, which exceeds the state average. We continue to seek ways to improve in order to more effectively serve our students.

All juniors are required to take the SAT, which will be administered on April 14, this school year. All students are encouraged to prepare for the SAT and PSAT by using www.khanacademy.org/sat, which is a free online preparation tool available to all students. In addition, CHS will be providing exam practice sessions to juniors. Freshmen will take the Preliminary SAT 9 (PSAT 9) and sophomores will take the Preliminary SAT 10 (PSAT 10) on April 14. Seniors should plan to take a college, career, or job shadow day as they will not be in attendance at CHS on April 14, 2019.

Planning and preparation for next school year is underway. We recently hosted an 8th Grade Student and Parent Night in order to provide pertinent information to future Kahoks. Our school counselors are also diligently collaborating with current students regarding academic schedules. Many of our seniors have already made their post-secondary plans. Parents are encouraged to

discuss possible pathways (university, junior college, technical school, or military) with their children. Furthermore, I recommend that students work closely with their parents and respective school counselor in developing a rigorous schedule in order to prepare for future academic challenges, as well as career goals. CHS utilizes a comprehensive college and career readiness solution, Naviance, which assists in aligning student strengths and interests to post-secondary goals, improving student outcomes and connecting learning to life. I encourage students and parents to review our counseling website and contact the CHS Counseling Department if you have any questions.

In closing, our students and staff have been awesome to work with collectively and individually. I encourage you to share your positive CHS experiences with friends, community members, and others. As always, it is an honor and privilege serving as your principal. Please contact me at dsnider@cusd.kahoks.org if I can be of assistance. Go Kahoks!

Sincerely,

David G. Snider
Principal

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

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

quate rest may:

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

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

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

For more information, visit the National Sleep Foundation at: www.sleepfoundation.org.

Illinois State Scholars Announced

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

**Jaret Aylsworth
Kylie Baker
Emma Barham
Evan Capecchi**

**Brett Cates
Grace Crowe
Julia Eversmann
Paul Falbe
Grant Goodson
Mitchell Harris
Hannah Herman
Bailey Hollingshead
Rebecca Howard
Destiny Johnson
Melanie Johnson
Hunter Juengel
Lena Juenger
Makenzie Kell
McKenna Laing
Faith Liljegen
Maxwell Meseke
Kristyn Mitchell
Jeremy Ovalle
Corbin Powell
Claire Ross
Jakob Schreiber
Hannah Scrum
Krysta Swartz**

**Darby Tarrant
Spencer Vlasak**

“These students personify excellence,” said IASC Executive Director Andrew Davis. “Illinois State Scholars are among the best and the brightest in our state’s high schools. We salute them, along with their parents in reaching the stars; their families and the teachers and staff at CHS for this stellar achievement.”

Congratulations to these outstanding seniors for all of their hard work that lead to this prestigious honor.

State Testing Coming Soon!

The state of Illinois is requiring all 9th, 10th, and 11th grade students to participate in standardized testing on Tuesday, April 14, 2020. Juniors will be taking the SAT, Sophomores will be taking the PSAT 10, and Freshmen will be taking the PSAT 9. Seniors will be released for the day to attend a college visit, job shadow, or explore a career option. Seniors do not report to CHS on April 14, 2020. Several incentives will be provided for Juniors to do their best on the test. These incentives will be announced in March at an assembly for Juniors in the auditorium. All Junior families will receive a mailing regarding testing later this spring. Please help us impress on our students that these tests

are important for not only their future but for CHS and our community! Together we can all proudly say 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 will issue one pizza per grade level each week starting February 7th. Students who spend over 20 hours preparing to test from the beginning of

the school year to April 14th will be eligible for a field trip.

ZAPs:

CHS is also offering free ZAPS test prep classes on Tuesdays and Thursdays starting January 21st. Each week teachers will offer a predetermined lesson that covers strategy and content. A schedule of weekly lessons will be available in the coming weeks. As an incentive for attending ZAPs sessions students will receive a ZAPs Punch Card. Every student who receives ten punches on their card for attendance will receive a pizza and their name will be entered into a drawing to win a cash prize!

CHS Athletics Update

Spring sports are right around the corner. Boys Tennis, Girls Soccer, Baseball, and Softball all begin on March 2nd. Track and Field for both boys and girls will begin on January 20th, but all those interested can join anytime. The first ever Kahok Boys

Volleyball Team will begin practice on March 9th. On-line Athletic Registration needs to be completed as well as a valid physical on file to be able to participate in the tryout. There is also a \$100 activity fee to participate in a Spring Sport. You can contact coaches

by following this link:

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



Running Start Program

Around January 16th, eligible students and their families will be receiving letters inviting them attend an informational meeting about the **Running Start Program at SWIC**. Running Start allows highly-qualified high school juniors to earn a high school diploma from their local high school while simultaneously earning a transfer degree from Southwestern Illinois College (SWIC). While courses are offered at all SWIC campuses (Belleville, Sam Wolf Granite City, and Red Bud), specific programs and courses may be available only at the Belleville Campus. Running Start 1.0 allows highly qualified high school seniors to earn one year of college credit while simultaneously earning credit to earn their high school diploma from their local high school. At the

end of the year, high school graduates may choose to return to SWIC to complete an associate degree or they may transfer to another college or university. Running Start students will be integrated into existing college classes with advanced rigor and subject matter. Students will have the opportunity to work in a challenging educational environment and to excel academically while completing high school and college requirements.

Additional information about this program may be found at: <https://docs.google.com/document/d/1dzoaREOPmYt03rbJHCRQ1ZeRTz9QIeBiBatQ6lPjONY/edit?usp=sharing> and <https://www.swic.edu/students/high-school-students/running-start/>

Help Your Child Prepare for Standardized Testing

The Illinois State Board of Education requires all Juniors to take the SAT (Scholastic Aptitude Test) in order to meet graduation requirements. On **April 14, 2020** all CHS students grades 9 through 11 will take the PSAT (Preliminary SAT) or SAT depending on grade level. Freshman will take the PSAT 9, Sophomores will take the PSAT 10, and Juniors will take the SAT. The great news is that these college readiness tests are being administered during the school day at no cost to families, and the results will help 9th and 10th grade students prepare for future SAT testing. The PSAT 9 and the PSAT 10 are vertically aligned so they are great indicators of how well your freshman or sophomore student would score on the SAT if they took it at that particular time.

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

Have conversations about the test:

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

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

Remind your child to stay positive during the test and to think positive thoughts like "I can do this!" Tell your child if he or she is feeling stressed or freezes up, to take a few deep breaths or to imagine a peaceful place like the beach or park. If you are anxious about your child's test, don't let them know it. Help your child learn how to relax. Have realistic expectations about your child's performance while encouraging their best efforts. Emphasize that the test is only one measure of academic performance, and does not determine a person's intelligence or worth. Tell your child that you will love them just the same, no matter how they do on their test, but that it is important to do their best. Encourage your child to study, and make sure they have a well-lit and quiet area to do so. Regular study time can help your child prepare for the test and develop a routine to feel comfortable on test-taking day.

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

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

On **April 14, 2020** make sure your child is rested, eats a good breakfast, and arrives to school on time. Testing begins promptly at 7:55 a.m.

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

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

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

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

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



Counseling Department Spotlight: Why Go To College?

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

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

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

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

*The Free Application for Federal Student Aid (FAFSA), the key to unlocking your student's financial aid opportunities, becomes available January 1 for the 2020–2021 school year. Because aid is handed out on a first-come, first-served basis, *graduating seniors* and their families will want to get this form completed and submitted as soon as possible. Visit the official FAFSA website for a list of what you need to complete the form and to com-

plete it at www.fafsa.ed.gov (Be careful that you choose the .GOV website and NOT the .COM site)

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

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

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

NEW Math Tutoring: **DAILY**

3A: Room 316 with Mrs. Dust
4A: Room 312 with Mr. Glynn
4B: Room 101 with Mrs. Forshee
5A: Room 103 with Mrs. Schmidt
5B: Room 315 with Mrs. Thompson

Tues & Thurs
3-4pm: Library

2020 Organizations

Tentative Photo Schedule

Please look over the following list to make sure your club/organization is listed. If it is not, please respond to this email with the club name, sponsor name, and approx. size of group. If it is listed and no longer active, please let me know so we can remove your group from the schedule. Let me know by Jan. 31 and I will send out a revised schedule before the Feb. 11 & 12 scheduled dates.

Tuesday, February 11--All pictures taken in the gym

Student Council Seniors	8:15
Student Council Juniors	8:20
Student Council (Fresh/Soph)	8:25
KAHOKstrong	8:30
Skills USA	8:35
Sign Language Club	8:40
Leo Club	8:55
Saturday Scholars	9:00
Key Club	9:05
GSA	9:10
Speech and Dramatic Arts	9:15
Thespians Society	9:20
Tri-M	9:25
Art Club	9:30
Multicultural Kahoks	9:35
Model U.N.	9:40
Writing Club	9:50
Pep Club	9:55

Spanish Club (Fresh/Soph)	10:05
Spanish Honor Society	10:10
German Club (and German HS)	10:15
French Club (and French HS)	10:20
Latin Club	10:25
Latin Honor Society	10:30
Video Game Club	10:35
Anime Club	10:45
DECA	10:50
Conversation for a Brighter Future	10:55
Kahoks United	11:00
Math Team	11:05
Mu Alpha Theta/Math Club	11:10
Table Tennis Club	11:15
Girl Up	11:20
Administration	11:25

Wednesday, February 12—Pictures taken in the gym unless stated otherwise

Kahok Cafe	8:10 Library
Kahoks on the GO	8:30
FBLA	8:35
Swim & Dive Team	8:40
Kahoki (Newspaper)	8:45
Tomahawk Studios	8:50
HOSA	9:05
Senior Exec Board	9:10
Junior Exec Board	9:15
Sophomore Exec Board	9:20
Freshman Exec Board	9:25
Recycling Company	9:30
Friends For Life	9:35

Chess Club	9:40
STEP	9:45
Kahok Trap Team	9:50
PAL	10:05
Book Club	10:10
National Honor Society	10:15
Gardening Club	10:20
FCA	10:25
Speech, Debate, & Ethics Bowl Team	10:30
Scholar Bowl Team	10:35
STEM Club	10:40
Secretarial Staff	10:45

GROWTH MINDSET at home



What Kind of Mindset Do You Have?



I can learn anything I want to.
When I'm frustrated, I persevere.
I want to challenge myself.
When I fail, I learn.
Tell me I try hard.
If you succeed, I'm inspired.
My effort and attitude determine everything.



I'm either good at it, or I'm not.
When I'm frustrated, I give up.
I don't like to be challenged.
When I fail, I'm no good.
Tell me I'm smart.
If you succeed, I feel threatened.
My abilities determine everything.

Created by Reid Wilson @wayfaringsh @ @ @ @ Icon from: thecraigoaktree.com

WHAT DOES 'PROCESS PRAISE' SOUND LIKE?

- That work is really good. Tell me about it and how you did it
- I love the colours in your artwork. What techniques have you tried?
- Well done! You're learning to...
- Every time you practise that, you're making the connections in your brain stronger
- I'm so proud of how hard you tried in that game

WHAT DOES IT SOUND LIKE WHEN WE PRAISE A CHILD'S TALENT OR INTELLIGENCE?

- You learned that so quickly!
- Fantastic work- you didn't make any mistakes at all
- You're a natural at [insert skill]

GROWTH MINDSET PRINCIPLES

INTELLIGENCE CAN BE GROWN

Everything we know and can do is learned

EFFORT IS MORE IMPORTANT THAN OUTCOME

Learning to persist using our own, independent strategies is a skill that will be beneficial throughout our lives

MISTAKES ARE VALUABLE

Without mistakes and failure new learning cannot happen

THE TYPE OF PRAISE WE GIVE IMPACTS ON A CHILD'S MINDSET

Praising a child's intelligence, ability or talent sends messages that can encourage a fixed mindset

10 GROWTH MINDSET TIPS FOR PARENTS



1. Model Growth Mindset Thinking

Explain how you deal with challenges and continue to learn. Don't label yourself in a way that demonstrates a fixed mindset e.g. 'I'm a terrible cook' or 'I've always been bad at maths.'

3. Set high standards but give help when it's needed

We should have high expectation of children's habits, effort and ability to grow. Making things too simple in order to give them an 'easy win' is counter-productive in the long run. If children need support, for example equipment or to talk homework through, this help will support their success.

5. Present failure as an opportunity to grow

Our instinct is to protect our children from the disappointment of failure, but this doesn't help them cope with setbacks. Don't allow your child to label themselves or shelter from the realities of failure by placing the blame on others. Instead ask, 'What will you do differently next time?'

7. Praise the process

Celebrate the effort or practise children have put into something, to help them see that persevering is worth it. When your child succeeds, talk about the work that went into that success.

9. Provide honest, constructive criticism

Try not to focus on your child's shortcomings or past mistakes. Work with your child to identify strategies that would help improve them in an area they find difficult. Comparing children to their peers or siblings either favourably or unfavourably, can encourage children to think of their abilities as fixed e.g. 'Her brother has always been better at writing.'

2. Encourage them to enjoy learning for learning's sake

Tests may give you snapshots of what your child has learned so far, but over-focusing on scores and performance can encourage a fixed mindset. Talk to them about which areas of the curriculum have engaged them and foster their interest in these.

4. Set realistic goals

Be mindful of the goals you set for your children and the messages they may hear. Goals should focus on the growth of a skill or the expanding of knowledge, rather than the end result.

6. Highlight the growth mindset of people your child admires

If your child has a favourite singer or footballer, find out about their daily habits, goal-setting and commitment. There are some great videos about famous people who experienced early failures, including Michael Jordan, J.K.Rowling and Einstein.

8. Take reasonable risks and encourage your child to do so

Growth mindset is about being a life-long learner. Accepting a certain amount of risk and failure is part of that process.

Is there something that you always wanted to try but were afraid you'd fail? Make a plan to do it and ask your child to do the same.

10. Find out about the brain together

Children are fascinated by brain facts. Learning about the brain's incredible capacity for growth can help them see that their abilities are not predetermined. There are some lovely websites devoted to explaining neuroscience for kids.

Seniors who purchase the 2020 yearbook will have it automatically mailed to their home address in August/September, 2020. This is for seniors only!

Dear Parents/Guardians:

Make your son's/daughter's senior year one to remember by placing a *congratulatory ad* in the yearbook. This will be a wonderful way to say "Congratulations and good luck in all your endeavors." When you choose to place an ad in the yearbook, you have many options from which to choose. You may include a picture of your senior at any age. You may also choose to include a few "words of wisdom" or encouragement. Keep in mind that the yearbook staff has the right to edit any words, phrases, and/or pictures that are deemed inappropriate or will not fit the layout. There are various sizes of ads in which you can honor your senior.

Size	Max. # Words	Max. # Photos*	Price
1/8 Page	30	1	\$40.00
1/4 Page	60	2	\$60.00
1/2 Page	100	3	\$100.00
Full Page	120	4	\$200.00

***Photos will not be returned unless you enclose a self-addressed, stamped envelope.
Please use "Forever" stamps to assure adequate postage.
Pictures will not be returned until the 2020 book arrives in August/September.
Do not send pictures printed from a computer printer.**

The Kahokian staff needs to receive all the information and photos that you want in the ad by Friday, Feb. 28, 2020. Detach the bottom portion of this letter and return it with your script, payment, and photos. If you have any questions, call: 346-6320 ext. 1226.

Please mail information to: Collinsville High School
Kahokian
c/o Shawn Geppert
2201 South Morrison
Collinsville, IL 62234

You can also drop off the information in the main office or vocational office. Mark envelopes with your son's/daughter's name and "Attention: Shawn Geppert--Senior Ad."

Digital photos via email are preferred, you may send them to: kahokian@cusd.kahoks.org Please use Senior Ad as your subject line and call if you do not receive a confirmation email of receiving it within 5 days.

Please return this portion with your order.

Please print and use ink

Student Name _____

Name of person ordering the ad _____

Contact Phone Number _____

Please check ad size: 1/8 (\$40) 1/4 (\$60) 1/2 (\$100) Full Page (\$200)

Number of Photos Enclosed _____ Amount enclosed \$ _____

Please check if this will be a surprise:

Illinois Youth Survey

During the week of March 24-26th, 10th and 12th grade students at Collinsville High School will be invited to participate in the Illinois Youth Survey. The purpose of the Illinois Youth Survey is to better understand youth attitudes and behaviors that can impact student problems and academic success and is offered free of charge to schools across the state. It will ask about topics including nutrition, physical activity, bullying, tobacco, alcohol, and other drug use. Students will be asked to complete a survey (with no names or identification numbers) that will be confidentially administered during either their English classes (10th grade) or World Geography or World History classes (12th graders) one day during the above-mentioned week. The Illinois Youth Survey is funded through the Illinois Department of Human Services and is coordinated by the Center for Prevention Research and Development at the University of Illinois. It is completely voluntary and privacy will be strictly protected. Approximately one month before the survey is administered, parents/guardians of 10th and 12th grade students will be emailed a notification form officially informing you that the survey is being conducted at your school. This form will allow you to exclude your child from participation and only needs to be returned if you DO NOT want your child to participate. Even if you allow your child to participate, every student will also be given the choice to participate or not. Alternative assignments/activities will be provided for students who do not participate in the survey. The Illinois Youth Survey will provide Collinsville High School with a local report of the combined student results which will help to determine which programs may be needed to keep students safe and healthy. For more information, please visit the Illinois Youth Survey website at <http://iys.cprd.illinois.edu> or contact Kristin Trapp, Collinsville High School School Social Worker, at ktrapp@cusd.kahoks.org or 618-346-6320, ext. 1169.

COLLINSVILLE NIGHT WITH THE ST. LOUIS CARDINALS

Mark your calendars for Monday, April 20, 2020! That's when Collinsville Night at Busch Stadium will take place. The CMS Band will be performing "God Bless America". We will have an entire right field box section for the game. The game starts at 6:45pm and is against the Cincinnati Reds!

The cost of each ticket is only \$20. Tickets must be purchased **in advance!** Tickets can be purchased via the order form below. For more information about getting tickets for the game, please contact Kyle Gordon at kgordon@cusd.kahoks.org.

We hope to see Collinsville at the ball park on April 20 to support the CMS Band as the St. Louis Cardinals play the **Cincinnati Reds!**

Collinsville Night At The Ball Park Order Form

Name: _____
Street Address: _____
City: _____ State: _____ Zip Code: _____
Telephone Number: _____
E-Mail Address: _____

Number of Tickets Ordered: _____ x \$20 per ticket = _____ Total Amount Enclosed

Please make all checks payable to **CUSD 10**

Please return order form and payment to:

Collinsville High School
Attention: Cardinal Game Tickets
2201 South Morrison Avenue
Collinsville, Illinois 62234



CAVC Update

8th Grade Day at CAVC

On December 10th, CAVC hosted approximately 500 8th graders from Collinsville Middle School for the first annual CMS day at CAVC. The day was designed to build on the experience students received in 6th grade where they got to do hands-on activities in two of the thirteen programs available at CAVC. Since the 8th graders are in the process of picking classes for



their journey to the high school next year, it was a

great opportunity to give them a more in-depth picture of what actually happens in the various CAVC classes on a daily basis. Additionally, they were all given a tour of every program. With the increased focus on the need for both the trades



as well as degreed professions, it is essential that we make students aware of all potential career options and their importance to our society.

Criminal Justice Students Earn Certification

The CAVC Criminal Justice classes are gearing up for a new experience this year. Ryan Ziliak and his partner, U.S. Customs and Border Protection Officers and Firearms Instructors are coming in to provide training to the students on Stop the Bleed. Stop the Bleed is a national awareness campaign and call-to-action. Stop the Bleed is intended to cultivate grassroots efforts that encourage bystanders to become trained, equipped, and empowered to help in a bleeding emergency before professional help arrives. No matter how rapid the arrival of professional emergency responders, bystanders will always be first on the scene. A person who is bleeding can die from blood loss within five minutes, therefore it is important to quickly stop the blood loss. Those nearest to someone with life-threatening injuries are best positioned to provide first care. Students who receive this certification will be better prepared to not only enter the field of law enforcement but also to be more prepared in the event of any crisis.



Edwardsville High School Joins CAVC

We are proud to welcome Edwardsville to the CAVC family for the 2020-2021 school year. Dr. Henderson, Superintendent of Edwardsville CUSD #7 stated, "Edwardsville District 7 is excited to offer EHS students the opportunity to participate in programs through CAVC. Our Board of Education and community have seen the need to offer additional opportunities to our students in the area of Career and Technical Education, and CAVC has an outstanding reputation. We are proud to be able to reinstate our partnership and have EHS students attend beginning in the fall of 2020." Edwardsville is the 9th district to participate in the programs offered by CAVC. Participating districts include Collinsville, Civic Memorial, Dupo, East Alton Wood River, Highland, Lebanon, Mascoutah, and Triad.



CAVC Breaks Ground on the 22nd Building Trades House

CAVC Building Trades class broke ground on their latest project in October. The City of Collinsville generously donated a vacant lot located on Seminary St. The first year of the project typically includes all exterior aspects of home construction from framing and roofing to windows and siding.

The second year of the project will focus on interior finishing.

This home project will be a three-

bedroom, three-bathroom home with approximately 1,700 square feet. CAVC strives to not only provide real work-related experiences for our students but also to give back to the community by improving neighborhoods and increasing property values. Stay tuned for more pictures as the project progresses.



Edward Jones Teacher of the Month Justin Cann

Machining and Building Trades Teacher Justin Cann was awarded the Edward Jones Teacher of the Month Award in November. Mr. Cann has been a valuable member of the CAVC staff for many years. His dedication and commitment are evident in everything he does. Mr. Cann recently completed his 2nd residential home with his Building Trades class and is set to break ground on his 3rd home this fall. These projects take considerable organization and a large time commitment beyond the regular school day. Additionally, Mr. Cann has been an incredible Machining instructor for both CAVC and SWIC. In that role, he has continually integrated the newest technologies into his curriculum so he can prepare his students to continue their education or even directly enter the job market.

Southwestern Conference Social Studies Meeting Catered by CAVC's Native Grill

Every year members of the Southwestern Conference meet by department to share ideas and collaborate about content, trends in education, teaching strategies, etc. Each year a school is chosen to host the meeting so teachers have the opportunity to see firsthand how each school operates and the facilities they have available for teachers and students. This year, the Social Studies meeting was held at Collinsville High School. Typically, a lunch is ordered from a local restaurant but the Native Grill (CAVC Food Services Class) was able to provide an outstanding meal consisting of battered onion ring towers as an appetizer followed by parmesan Italian salad, shrimp fettuccine alfredo and a choice of caramel pecan cheesecake or raspberry drizzle cheesecake. Ms. Lindauer, Social Studies Department Chair for Collinsville High School stated, "The presentation was amazing, the food delicious, the portions abundant and you could not ask for better service!!! All the teachers present were extremely impressed."

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HOSA'S NEW YEAR MARKS

PRELIMANRY ROUND WINNERS

- | | |
|---------------------|------------------------|
| Elizabeth Denny | Herica Campos-Martinez |
| Elizabeth Valeriano | Celeste Hager |
| Ija'Nae Williams | Julia Meeks |
| Malijah McClendon | Anjelica Gonzalez |
| Nyah Crockett | Jaden Willis |
| Julianna Sotelo | Isabella Arnotti |
| Rylee Mesiner | Antwan Catchings |
| Makenzie Schoellman | Ruby Cortez-Ortiz |
| Sadie Franklin | Yarisbeth Ortega |
| Jaylynn Hall | Katie Janas |
| Rachel Pfeffer | Amber Gassman |
| Kayla McCain | Holly Veninga |
| Rachel Evans | Natalie Holliday |

STATE COMPETITIONS

In March these students receive the chance to win scholarship money and network!

