



# THE KAHOK CURRENT

Volume 14, Issue 1

First Quarter

## Welcome to the 2020-2021 School Year!

**Collinsville High School**

**“The High School of Champions”**

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Dear CHS Parents and Guardians,

We are deep into the 1st Quarter of the 2020-2021 school year at Collinsville High School. As always, I remain optimistic about the “High School of Champions!” Our student body has been exceptional to work with collectively during these challenging times. 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 Purple Fridays and our recent Senior Sunrise. Students and staff recently selected three key words for the 2020-2021 school year at CHS. KAH-Munity, diversity, and perseverance were chosen. Our school community certainly has a philanthropic culture that is based on mutual respect and displays an admirable work ethic.

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 can assure you that our staff is working diligently to provide students with first-rate educational opportunities whether they are participating in our Blended/Hybrid Learning Model or Remote Learning Model. Parents/guardians must submit a request in writing to me by October 16th if you want your child to be switched from remote learning to blended/hybrid learning for the 2nd Quarter.

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. Virtual tutoring sessions (math, science, and English) are provided after school (3:00-4:00 p.m.) on Wednesdays 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. Seniors currently have access to SAT training sessions Monday-Thursday until they take the exam on Wednesday, October 14th. Only seniors and designated juniors will

attend school on that day. All other students will work remotely. 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 academic highlights. The Class of 2020 was awarded a school record \$6.9 million in postsecondary scholarship awards. Approximately 85 CHS students are currently participating in the SIUE Upward Bound Program, which was implemented last school year when CHS was selected for a competitive grant funded by the U.S. Department of Education. Hannah Pettit is one of only twenty St. Louis area students selected for the Student Board of Directors of the Federal Reserve Bank of St. Louis. The aforementioned accomplishments are indicative of the exceptional academic programs and support services provided by Collinsville High School. Please follow CHS and other Collinsville Unit #10 Schools on Facebook or on our website at [www.kahoks.org](http://www.kahoks.org). GO KAHOKS!

Sincerely,  
David G. Snider @ DvdSnider,  
CHS 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 to 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.

# CHS WRITING CENTER

The Writing Center is ready for student use. Please note the following guidelines for student access to the Writing Center (some changes):

- The Writing Center is open and staffed every hour except for first.
- Students should have an e-pass to the center if they are utilizing it during study hall; otherwise, they will need a written pass.
- Students should fill out the submission form located on the Writing Center Google Classroom page in order to get help on any assignments or projects.

Students can also request a Google Meeting via the Office Hours assignment on the Writing Center Google Classroom page.

Please have students join the Google Classroom page for the Writing Center:

**epoz4x7**



## Staffing Schedule:

- 1<sup>st</sup> hour: no one in writing center
- 2<sup>nd</sup> hour: Ms. Oatman
- 3<sup>rd</sup> hour: Mr. B. White
- 4<sup>th</sup> hour: Ms. Mizel
- 5<sup>th</sup> hour: Ms. Martens
- 6<sup>th</sup> & 7<sup>th</sup>: Ms Blumberg

Students without study halls or who need additional help outside the center's hours should use the form found in the Writing Center's classroom.

We hope to see you there!



## 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 October 30 and November 2, 2020. Parents will be able to schedule a conference through Skyward either in person or virtually.

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 Chris Oatman at 618-346-6350 ext. 4286 or coatman@cusd.kahoks.org if you need assistance accessing your account.



## Math Tutoring Available



The math department is committed to helping students be successful in whatever math class they are enrolled. We offer tutoring daily during all study hall periods, as well as afterschool on Wednesdays & Thursdays from 3-4pm.

After school tutoring is virtual on google meets. Class code is 4vbfllq. On the class page is a link to the google meet.

The math tutor labs have a math teacher assigned to help students every day. For the tutor labs, students may get a pass from either their math teacher or their study hall teacher to go to the math tutor. This year the tutor labs are: 3<sup>rd</sup> hour – Mr. Nichols in Rm 317; 4<sup>th</sup> hour – Mr Glynn in Rm 312 OR Mr. Liljegren in Rm 106; and 5<sup>th</sup> hour – Mr. Blair in Rm 107 OR Mrs. Dust in Rm 316.

Math Tutor Labs
3A: Rm 317 – Mr. Nichols
4: Rm 312 – Mr. Glynn
OR Rm 106 – Mr. Liljegren
5: Rm 107 – Mr. Blair
OR Rm 316 – Mrs. Dust

# Future Health Professionals Club

# CHS HOSA



What a year! The 2019-2020 school year brought many challenges, but HOSA members accepted each challenge and strived under pressure. Even though the annual Illinois State HOSA conference was held virtually, several CHS HOSA members placed in the top 10 in the state of Illinois. Congratulations on your accomplishments!

## CHS HOSA Mission 2020

\*Leadership

\*Community

\*Health Care

If your student is interested in the healthcare industry, HOSA is the organization for them!

Please contact advisors listed below!

Ms. Perry - [aperry2@cusd.kahoks.org](mailto:aperry2@cusd.kahoks.org)

Mrs. Wegener-[kwegener@cusd.kahoks.org](mailto:kwegener@cusd.kahoks.org)

Top 10 HOSA State Winners 2020
Dental Terminology - Amber Gassman
CERT - Jaden Willis, Nyah Crockett
Medical Reading - Rylee Mesnier
Job Seeking Skills - Kayla McCain, Julia Meeks
Dental Science - Julianna Sotelo
Nursing Assisting - Celeste Hager
Pharmacy Science - Jaden Willis
Interviewing Skills - Makenzie Schoellman*
*National Finalist!







## Erin's Law Presentation



The week of October 5, During Study Halls , Kahok Talk, CHS's Video Production Class, will air a special 15 minute episode on Erin's Law. Erin's Law is a sexual assault education program signed into law by Governor Quinn in January, 2013. The law requires age appropriate sexual abuse 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.erinlaw.org/erins-law/>

Parent Tips for Preventing and Identifying Child Sexual Abuse:

<https://www.aap.org/en-us/about-the-aap/aap-press-room/news-features-and-safety-tips/Pages/Parent-Tips-for-Preventing-and-Identifying->

Child-Sexual-Abuse.aspx

5 Tips to Protect Your Child from Sexual Abuse (RAINN – Rape, Abuse, Incest National Network)

<https://www.rainn.org/protect-your-children>

Call For Help Sexual Assault Victims Care Unit

<http://callforhelpinc.org/our-services/sexual-assault-victims-care-unit/>

618-397-0975

If you have questions or concerns about the video that will be shown or do not want your student to view the video, please contact Micki Fedorchak, CHS Social Workers at [mfedorch@cusd.kahoks.org](mailto:mfedorch@cusd.kahoks.org) (with Erin's law in the subject line) or 618-346-6320 X 1170 by 12:00pm on Monday, September 28, 2020..

-Mrs. Micki Fedorchak

CHS Social Worker



## Yearbook Information for 2021 Graduating Seniors...

Don't forget to submit your senior picture to [ka-hokian@cusd.kahoks.org](mailto:ka-hokian@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](mailto:kahokian@cusd.kahoks.org) if you have any questions.



# Suicide Prevention Awareness

September is National Suicide Prevention Awareness Month—a time to share resources in an effort to shed light on this highly taboo and stigmatized topic. We use this month to reach out to those affected by suicide, raise awareness and connect individuals considering suicide to treatment services. It is also important to ensure that individuals, friends and families have access to the resources they need to discuss suicide prevention.

It can be frightening if someone you love talks about suicidal thoughts. It can be even more frightening if you find yourself thinking about dying or giving up on life. Not taking these kinds of thoughts seriously can have devastating outcomes, as suicide is a permanent solution to (often) temporary problems.

According to the CDC, suicide rates have increased by 30% since 1999. Nearly 45,000 lives were lost to suicide in 2016 alone. Comments or thoughts about suicide — also known as suicidal ideation — can begin small like, “I wish I wasn’t here” or “Nothing matters.” But over time, they can become more explicit and dangerous. Know the warning signs and the steps you can take.

## Warning Signs

Here are a few warning signs of suicide:

- Increased alcohol and drug use

- Aggressive behavior
- Withdrawal from friends, family and community
- Dramatic mood swings
- Impulsive or reckless behavior

Suicidal behaviors are a psychiatric emergency. If you or a loved one starts to take any of these steps, seek immediate help from a health care provider or call 911:

- Collecting and saving pills or buying a weapon
- Giving away possessions
- Tying up loose ends, like organizing personal papers or paying off debts
- Saying goodbye to friends and family

## Support In A Crisis

When a suicide-related crisis occurs, friends and family are often caught off-guard, unprepared and unsure of what to do. The behaviors of a person experiencing a crisis can be unpredictable, changing dramatically without warning. There are a few ways to approach a suicide-crisis:

- If you or someone you know is in an emergency, call **911** immediately.
- Talk openly and honestly.

Don’t be afraid to ask questions like: “Do you have a plan for how you would kill yourself?”

- Remove means such as guns, knives or stockpiled pills
- Calmly ask simple and direct questions, like “Can I help you contact your doctor?”
- If there are multiple people around, have one person speak at a time
- Express support and concern
- Don’t argue, threaten or raise your voice
- Don’t debate whether suicide is right or wrong
- If you’re nervous, try not to fidget or pace
- Be patient

Licensed mental health professionals can help. You can reach out to the National Suicide Prevention Lifeline at 800-273-8255 (24 hours a day), the Southwestern Illinois National Alliance on Mental Illness at (618) 798-9788 or your health insurance provider for a list of local mental health providers.

Adapted from:

<https://www.nami.org/Learn-More/Mental-Health-Conditions/Related-Conditions/Risk-of-Suicide>

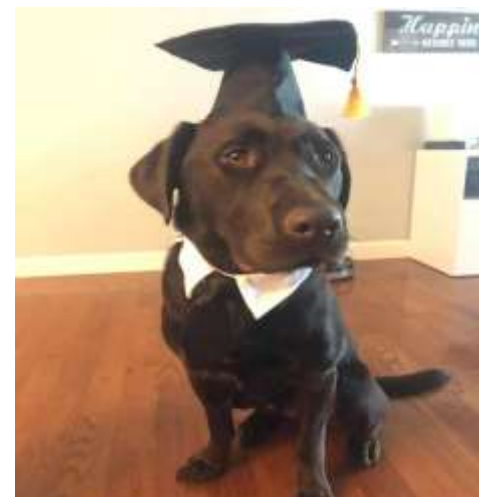


## Gunner Graduated!



Gunner graduated! Gunner is a PTSD Service Dog that was trained by Mrs. Rachael Wright, a CHS teacher. He walked the halls of CHS up until Tuesday, 9/15/20, when he graduated from his program. Gunner is part of Got

Your Six Support Dogs, which places PTSD service dogs with veterans and first responders with PTSD at no cost. Gunner met his veteran on Tuesday, and is spending his days making a difference in his veteran's life.







# 'Puertas' College Prep Program at Washington Univ.

An Online Washington University Program for Latino Youth



## OUR GOAL

*Our goal is to assist Hispanic 11<sup>th</sup> -12<sup>th</sup> graders & high school graduates to access higher education, regardless of the student's immigration status. We assist college students to transfer and to obtain scholarships as well!*

## WHEN & WHERE

*Online Program starts on October 13<sup>th</sup> on Tues & Thurs from 4:30 to 6:30pm*

## SERVICES

**\*GAIN SKILLS TO APPLY FOR COLLEGE**  
Informational workshops, requisites, and academic support classes.

**\* IMPROVE YOUR ACT SCORES**  
ACT instruction and practice.

**\* LEARN HOW TO WRITE COLLEGE STATEMENTS, SCHOLARSHIP ESSAYS & RESUMES**

**\*HOW TO CHOOSE THE RIGHT SCHOOL FOR YOU**  
Personalized advice.

**\*HOW TO PAY FOR COLLEGE**  
Individualized strategies according to the student's immigration status. Assistance with Scholarship & FAFSA applications.

**\*ASSISTANCE WITH COLLEGE SEARCHES & COLLEGE APPLICATIONS**  
Personalized advice.

**ALL SERVICES FREE**

## **IMPROVE YOUR ACT SCORE & ACCESS TO COLLEGE REGARDLESS OF YOUR IMMIGRATION STATUS**

The goal of the Washington University 'Puertas' College Prep Program is to empower Latino students with tools, educate parents, and open access to higher education to Hispanic youth regardless of their legal status. We meet twice a week, on Tues and Thurs from 4:30pm to 6:30pm online through Zoom from the Washington University in St. Louis campus. Washington University student tutors and college professors assist Latino students with ACT English, Math & Science prep, as well as college mentoring. Register online before the deadline on October 16<sup>th</sup>, 2020. To obtain more information, schedule an appointment with Prof. Virginia Braxs.

**Register online at this URL:**

[https://docs.google.com/forms/d/e/1FAIpQLSewQ41PI2ekr72kr-SvIE48wNPJf8sq9UrZnmw1eQUZv7iNw/viewform?usp=pp\\_url](https://docs.google.com/forms/d/e/1FAIpQLSewQ41PI2ekr72kr-SvIE48wNPJf8sq9UrZnmw1eQUZv7iNw/viewform?usp=pp_url)

**WHEN: TUESDAYS & THURSDAYS 4:30PM TO 6:30PM**

**WHERE: Online Program through Zoom**

**WHO: Tutors are Wash Univ students & college professors**

**PROGRAM STARTS ON OCTOBER 13<sup>th</sup> & 15<sup>th</sup> 2020**

Make an individual appointment, in English or Español to receive more information

**CONTACTE A / CONTACT: PROF. VIRGINIA BRAXS**  
mvbraxs@wustl.edu or (314) 863-0570





# Programa 'Puertas' al College de Washington Univ.

Un Programa Online Gratis de Washington University para Estudiantes Latinos



## **OBJETIVO**

*Nuestro objetivo es asistir a los estudiantes hispanos de la escuela secundaria de los grados 11 y 12 y a graduados a acceder a la educación universitaria, sin importar el estatus migratorio del estudiante ¡Ayudamos también a estudiantes universitarios a transferirse de universidad y a obtener becas!*

## **DÓNDE Y CÓMO**

*Programa online comienza el 13<sup>th</sup> de octubre los martes y jueves de 4:30 a 6:30hrs de la tarde.*

## **SERVICIOS**

### **\*APRENDE CÓMO SOLICITAR A LA UNIVERSIDAD.**

Talleres informativos, requisitos y clases de apoyo académico.

### **\* MEJORA TUS PUNTAJES**

Instrucción y práctica de ACT

### **\* APRENDE CÓMO ESCRIBIR ENSAYOS UNIVERSITARIOS, ENSAYOS PARA BECAS Y HOJAS DE VIDA.**

### **\*CÓMO ELEGIR LA UNIVERSIDAD CORRECTA PARA TI.**

Asesoramiento personalizado.

### **\*CÓMO PAGAR LA UNIVERSIDAD**

Estrategias individualizadas de acuerdo al estado migratorio del estudiante. Asistencia con solicitudes de beca y FAFSA.

### **\*AYUDAMOS A LOS ESTUDIANTES A SOLICITAR A COLEGIOS COMUNITARIOS, UNIVERSIDADES DE 4 AÑOS O INSTITUCIONES PÚBLICAS O PRIVADAS.**

**TODOS LOS SERVICIOS GRATUITOS**

## **MEJORA TU PUNTAJE ACTUAL DEL ACT Y ACCEDE A LA UNIVERSIDAD SIN IMPORTAR TU ESTATUS MIGRATORIO**

El objetivo del Programa 'Puertas' al College de Washington University es capacitar a los estudiantes latinos con herramientas para acceder a la Universidad, educar a los padres sobre el sistema y abrir el acceso a la educación superior a los jóvenes hispanos, independientemente de su estatus migratorio.

Nos reunimos dos veces por semana, los martes y jueves de 4:30 a 6:30hrs de la tarde en sesiones online a través de Zoom desde el campus de Washington University en St. Louis. Los tutores, quienes son estudiantes de la Washington University y profesores universitarios, asisten a los estudiantes hispanos con la preparación del examen de admisión ACT en inglés, matemáticas y ciencia, así como con asesoría para ingresar a la Universidad. La inscripción en el programa se debe realizar online antes de la fecha límite del 16<sup>th</sup> de octubre de 2020. Para obtener mayor información, haga una cita con la Prof. Virginia Braxs. Se habla español.

### **Inscripción abierta en este URL:**

[https://docs.google.com/forms/d/e/1FAIpQLSewQ41PI2ekr72kr-SvIE48wNPJf8sg9UrZNmwl1eQUZv7iNw/viewform?usp=pp\\_url](https://docs.google.com/forms/d/e/1FAIpQLSewQ41PI2ekr72kr-SvIE48wNPJf8sg9UrZNmwl1eQUZv7iNw/viewform?usp=pp_url)

**CUÁNDO: MARTES Y JUEVES de 4:30 A 6:30hrs de la tarde**

**DÓNDE: Programa online a través de Zoom**

**QUIÉN: Los tutores son estudiantes de Wash Univ y profesores universitarios**

**EI PROGRAMA COMIENZA EL 13 & 15 DE OCTUBRE DE 2020**

Haga una cita, en inglés o español, para recibir más información

**CONTACTE A: PROF. VIRGINIA BRAXS**  
mvbraxs@wustl.edu o (314) 863-0570

# Counseling Department Spotlight

## Seniors & College/Tech School Applications

Now is the time for seniors who are planning to attend college or technical schools in Fall 2021 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>

## Mandatory Senior Testing on October 14th

This year, every senior is required to take the SAT w/ writing on October 14th. Breakfast will be offered. The exam will begin promptly at 8:00 am and dismiss around 1:00 pm. Please arrive early as students cannot enter the room after the teacher begins reading instructions. Students are expected to bring their own calculator, student ID, and wooden pencils. This exam is mandatory and seniors cannot graduate without it. You will receive a t-shirt to wear on test day. This t-shirt will allow access to campus so please wear it. Social distancing and safety measures will be in place. Students will be expected to wear a mask and follow all safety protocols.

What will October 14th look like for students who are not seniors?

Students who are in grades 9-10th grades will not be in school that day.

If you are a junior who is not registered for the PSAT/NMSQT please stay home on October 14th. However, juniors who signed up for the optional PSAT/NMSQT will be allowed on campus. Students taking this assessment will meet in the auxiliary gym by 8:00 am and the test should conclude around 12:00 pm. Students are expected to bring their own calculator, student ID, and wooden pencils. Social distancing and safety measures will be in place. Students will be expected to wear a mask and follow all safety protocols.

Collinsville High School is offering a variety a test preparation options:

## Official SAT Practice

Khan Academy partnered with the College Board to create a free Official SAT Practice website: [www.satpractice.org](http://www.satpractice.org). Students can use this website to increase their test scores.

## ZAPs

CHS is also offering free ZAPS test prep classes on Tuesdays and Thursdays. Please check your email or listen to announcements for the start date. 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.



## 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>

## 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 2021- fltwjeh

Class of 2022- h6kbhyx

Class of 2023- 343fun4

Class of 2024- 3kjxdjc

## CUSD #10 Virtual Calming Room

The school district has a new website to help you through life's events, both big and small. The CUSD #10 Virtual Calming Room is a place for students, staff, and others in the community to find tools and strategies for managing emotions and feelings in positive ways. You will also find resources to help meet the variety of challenges you may be facing from mental health to physical resources. If your student thinks they need further help in managing emotions, please reach out to your school counselor. We hope you enjoy our new website and take some time for yourself!

## NEW CHS COUNSELING VIRTUAL CALMING ROOM WEBSITE:

<https://sites.google.com/cusd.kahoks.org/cusd-virtual-calming-room/home>



## *Introducing Naviance to Parents and Families*

This year, Collinsville High School is thrilled once again 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

# CHS REMOTE Tutoring

9th -12th Grade

**Math**  
**Class Code:**  
**4vbfllq**  
**Wed & Thur**  
**3 - 4 pm**

**Science**  
**Class Code:**  
**i7tzt36**  
**Wed & Thur**  
**3 - 4pm**

**English**  
**Class Code:**  
**yceok4p**  
**Wed & Thur**  
**3 - 4pm**

**SAT Prep**  
**(Seniors only)**  
**Class Code: fltwjeh**  
**Mon - Thur**  
**3:00pm - 4:00pm**

Accept Invite in Google Class Room





## Collinsville High School 2020 SAT Thank You

The 2020 SAT was postponed last April and now will be given at CHS on Wednesday, October 14, 2020. Please see previous article for details.

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 Wednesday, October 14, 2020. If you have any ideas or would like to help, please e-mail Kyle Gordon at [kgordon@cusd.kahoks.org](mailto:kgordon@cusd.kahoks.org).



## Khan Academy Improves SAT Scores

In 2019, 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.





**MIKE'S  
AUTOMOTIVE**



208 N Second St, Edwardsville, IL 62025 • 1-800-666-1750 • www.cat66.com



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## 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.

Due to the ongoing pandemic, we were unable to hold the program in August. However, thanks to these great Community Partners, we were able to provide each inkling Freshmen a purple Kahok class shirt that they can wear each Thursday/Friday during the school year! .

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

- \* Hartmann Realtors
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**Our Team**  
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# STUDY HABITS FOR HYBRID LEARNING

- **Get Dressed**- Avoid the temptation to stay in your PJs. Start your day by getting dressed and you'll be able to get into the mindset of heading to class.
- **Create A Workspace**- By setting up a specific place to complete your work, you will be able to stay more focused.
- **Establish A Routine**- Find a schedule that works for you to remain organized. Make a list for that day's meetings, assignments, or contact. Check your email first thing to see any new announcements or important emails. Check the Google Classrooms and complete any assignments.
- **Turn off Distractions**- Turn off your phone, tv, or webcam (if allowed). Do what you can to minimize distractions.
- **Take Breaks**- With no trek to class, take advantage of the downtime and allow yourself to step outside, exercise, or find other ways to relax and regain your focus.
- **Ask Questions**- Stumped by something? It's ok to ask for help! This situation is new for all of us, and plenty of questions will come up.





## Blended Learning Bell Schedule

Students may enter the building	7:30 AM
1 <sup>st</sup> Hour	7:55-8:35
2 <sup>nd</sup> Hour	8:40-9:18
3 <sup>rd</sup> Hour	9:23-10:01
4 <sup>th</sup> Hour	10:06-10:44
5 <sup>th</sup> Hour	10:49-11:27
6 <sup>th</sup> Hour	11:32-12:10
7 <sup>th</sup> Hour	12:15-12:55
<b>Vocational</b>	
2C	8:40-10:22
4C	10:27-12:10

## Staggered Release Times

Seniors	12:52
Juniors	12:53
Sophomores	12:54
Freshman	12:55

PARENTS AND GUARDIANS,  
PLEASE MAKE SURE YOUR CHILD IS CHECKING  
THEIR EMAIL AND GOOGLE CLASSROOMS  
MULTIPLE TIMES A DAY SO THEY CAN KEEP  
CAUGHT UP WITH CHS EVENTS, CLASSES AND  
HOMEWORK!



**Digital Safety in the Midst of COVID-19** The coronavirus pandemic has changed, and is still changing, many aspects of our lives. We need to stay vigilant and follow safety precautions, such as hand-washing, social distance recommendations, and wearing protective face masks and gloves. In addition to our health and physical well-being, we must also be aware of other safety precautions that are significant during this time. With the closure of schools, jobs, restaurants, and sites for recreation, to limit the spread of the virus many of us are turning to the internet for tools to connect. Children and teens are experiencing isolation and boredom, with a lot of additional time on their hands. Their world has been reduced to a glowing digital window (as if they weren't on the screen enough already!). Unfortunately, child predators and those who aim to exploit are well-aware of the increase in children turning to digital devices for comfort. As children are exposed to a more of users, they are even more vulnerable to online sexual exploitation, grooming, and cyberbullying. Increased screen time, without parental involvement and monitoring, can mean increased exposure to harmful content as well. There is no better time than right now to sit down with your children and have a discussion about how they use technology, who they interact with, and how to navigate safely. Set some ground rules. Good resources for families can be found at [Common Sense Media](#).



**Teens, Mental Health, and Social Media** The teen years can be a tough time. The confusion and awkwardness of being post-child, but pre-adult (along with hormonal changes), can have emotions running in many directions. In the wake of the COVID-19 pandemic teens may also be feeling the stressors that parents are enduring, whether it be economic insecurity, family tension, or the uncertainty about the future. Social media can be an outlet for some teens to express feelings and frustrations. It can prompt a dialogue between friends or it might reveal a cry-for-help that requires the intervention of family and loved ones. People can communicate in helpful and constructive ways, but the social platforms also have pitfalls. Vague emotional posts are likely to draw negative feedback and act as fodder for cyberbullies. Insecurities, frustrations, and negative feelings may become exacerbated. There may also be instances where young people portray themselves as struggling as a way to get attention. Mental health concerns should always be taken seriously. Talk to your child about the difference between an honest outcry and attention-seeking behavior. Ask questions about how they use social media to express themselves. The article from [Parents.com](#) provides additional insight.



## Zoombombing?

Families and friends have been using a number of different services to enjoy some online face-chatting with loved ones. This is a great way to stay connected while staying home. Among the many video-conferencing platforms (VTC), Zoom has been gaining popularity, and seen a rise in what has become known as “zoombombing.”

Zoombombing is a form of cyberattack, which involves an unwanted intrusion into group meet ups. The intruders have been known to display pornographic images, hate speech, verbal threats, doxxing (revealing personal information of individuals in the meet), and other assaultive acts. COVID-19 has resulted in a rise of cyber-scams and VTC hacking across the U.S. The FBI has advised victims to file complaints with the Internet Crime Complaint Center (link provided below).

To avoid unwanted hacking online, you can require a password or use the “waiting room” feature to control incoming guests. Manage screen-sharing options by selecting “host only.” Only share links with specific people, and never share your conference links on social media. <https://www.ic3.gov/complaint/splash.aspx>.



## E-Info Hotline

The E-Info Hotline provides assistance to children, teens, parents and school personnel dealing with internet safety issues. If you believe that you or someone you know needs assistance, please call 1-888-414-7678 to contact an Internet Safety Specialist in the Attorney General’s Office.