



THE KAHOK CURRENT

Volume 14, 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 have entered Quarter 2 at Collinsville High School and I remain optimistic about the “High School of Champions” despite our extremely challenging circumstances. We can take great pride in and should celebrate our record level of scholarship funds received by CHS graduates, as well as our favorable graduation rate. We can take great pride in and should celebrate the humanitarian efforts and leadership of our students and staff. We do have an awesome school community. I am proud to be a Kahok!

Unfortunately, our grades are not commensurate compared to last year at this time. The fact of the matter is we have less A’s and substantially more F’s. I am respectfully asking students, staff, and parents to reflect on this current trend. I promise you that I will continue to reflect on my role in this trend. I assure you that I will strive to better support our students and staff. We can address and improve this alarming trend by working together. Our staff is working diligently to engage students in first-rate educational opportunities. Teachers will continue “reinvent” their pedagogy and work with students in this “new” educational setting. I am proud of the effort made by so many students and staff, as well as the sacrifices made by so

many parents. However, it is a fact any students who choose not to participate in academic activities daily (Monday-Friday) will have an extremely difficult time achieving academic success.

Please know your parental support is appreciated as our students prepare for their future. I do expect teachers to communicate with underperforming students and their parents. In addition, Skyward provides an excellent opportunity to monitor your child’s progress. Teachers are expected to provide prompt feedback and keep grades updated. Do not hesitate to contact your child’s teacher if you have any questions. I strongly encourage parents and guardians to participate virtually in CHS Parent-Teacher Conferences on October 30 and November 2.

CHS provides numerous academic support systems. Math and World Language Labs are available during study halls. The CHS Writing Center is available throughout the school day for in-person assistance and electronic submissions. Virtual tutoring sessions (English, math, and science) are currently provided after school on Wednesdays and Thursdays from 3:00-4:00 p.m. 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 am excited to share a few recent Kahok highlights. America Gutierrez-Trejo was selected to serve on the Illinois State Board of Education Student Advisory Council for the 2020-2021 school year. Caroline Lentz was named a 2021 Commended National Merit Scholar. Mrs. Heather Johnson, CHS social studies teacher, recently earned a Meritorious Service Award 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

The Kahok Closet is OPEN!

The Kahok Closet is open! If there are items your student needs or your family needs, feel free to request them from the closet (it's free). We have paper, pencil, pens and other school supplies, as well as soap, shampoo and other toiletries. We also have some clothing items, including coats, hats and scarves. We have lots of donat-

ed items! Have your CHS student login to their school Gmail account and click the link below to review the available items and place an order. Contact Mrs. Elliff at celliff@cusd.kahoks.org or Ms. Gattuso at rgattuso@cusd.kahoks.org if you have any questions.

<https://forms.gle/kAtaWNEsXob9V3SD9> or scan the QR code:



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 <i>Room 221</i>
Art Club	Mrs. Darlin <i>Rooms 513/514</i>
Band Program	Mr. Wright <i>Room 502</i>
Baseball	Mr. Swip <i>bswip@cusd.kahoks.org</i>
Basketball (boys)	Mr. Lee <i>Main Office</i>
Basketball (girls)	Mr. Colin Moore <i>Room 108</i>
Black Student Union	Ms. Joanna Kelly <i>Room Main Office</i>
Book Club	Mr. Neuber & Ms. Tracey Schmidt <i>Room 301/Library</i>
Bowling	Mr. Hay <i>Room 125</i>
Cheerleading	Ms. Hassamear <i>Gym</i>
Chess Club	Mrs. Plagemann <i>Room 305</i>
Chorus	Ms. Buch <i>Room 508/519</i>
Christians in Action	Mr. Lugge <i>Room 209</i>
Class of 2024	Ms. Perry and Mrs. Lindauer <i>Room 206</i>
Class of 2023	Ms. Geisen & Ms. Ponce <i>Room 203/ 226</i>
Class of 2022	Mrs. Fedorchak and Ms. Alexander <i>Main Office</i>
Class of 2021	Mrs. Martens and Mrs. Romoser <i>Room 306</i>
Cross Country	Mr. Frerker <i>Gym</i>
CPR Club	Mrs. Gresh <i>Room 517</i>
Dance Team	Mrs. Smith <i>Gym</i>
Distributive Clubs of America(DECA)	Ms. Ponce <i>Room 226</i>
Drama Club	Ms. Horst <i>Auditorium</i>
Drum Line	Mr. Arnold <i>Room 502</i>
Fellowship of Christian Athletes (FCA)	Mr. Lugge <i>Room Gym</i>
Football	Mr. Bevis <i>Gym</i>
French Club	Mrs. Blair <i>Room 227</i>
Future Business Leaders of America (FBLA)	Mrs. Reed <i>Room 230</i>
Garden Club	Mrs. Lobb <i>Gym</i>
Gay/Straight Alliance (GSA)	Mrs. Kulupka & Mrs. Furlow <i>Rooms 320 & 211A</i>
German Club	Ms. Oatman <i>Room 215</i>
German Honor Society	Ms. Oatman <i>Room 215</i>
Golf (boys)	Mr. Moore <i>Room 109</i>

Golf (girls)	Mr. Schneider Email: sschneider@cusd.kahoks.org
Gospel Choir	Ms. Buch Rooms 508/519
Health Occupations Student Association (HOSA)	Mrs. Weggener Room 219
Jazz Choir Ensemble	Ms. Buch 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	Ms. Buch Rooms 508/519
KAHOKstrong	Mr. Post and Ms. Geisen Rooms 141/203
Key Club	Ms. Schweppe Room 137
Knitting Club	TBA
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. Lugge Room 209
Softball	Mrs. Flowers Room 200
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. Arnold 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, all teachers are available before school or can set up google meet times to help struggling students. Have your child check with their teacher to see how to schedule extra help.

The tutoring Schedule for 2020-2021 school year is:

3rd Hour:

Mr. Nichols in Rm 317

4th Hour:

Mr. Liljegren in Room 106 or Mr. Glynn in Rm 312

5th Hour: Mrs. Dust in Room 316 or Mr. Blair in Rm 107

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 Wednesday and Thursday from 3pm to 4pm remotely on google meet. Use **Class Code 4vbflq** to join the classroom

where the meet code is displayed. A math department teacher is available during this time.

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



HISPANIC ARTS COUNCIL OF ST. LOUIS

7316 LINDELL BLVD. APT A ST. LOUIS, MO 63130

Universidad **YA!**/College **NOW!**

College Readiness & Access Program for Collinsville H.S.

Join ZOOM meeting with Virginia Braxs:
Collinsville High School Talks

<https://wustl.zoom.us/j/95146831188>

Thursdays 2:30-3:30 p.m.

Session 1-Thursday Oct. 1st -The ten steps roadmap to college. How to be College Ready and how to prepare while in Junior & Senior years

Session 2- Thursday Nov. 5th - Checklist to be college ready
Career & Non-Career Options. Choosing the right college -The College Admission Exam (SAT & ACT)

Session 3-Thursday Dec. 3rd - How do I pay for college? -Options for non U.S. citizen (colleges & financial aid) -Financial aid and private scholarships for low income/minority students -Making a financial plan to pay for college -Looking for scholarships -Opening an account and applying to FAFSA

Session 4 - Thursday Jan 14 - College A to Z. -College Credit, Major vs. Minor, Part time vs. Full time, living on or outside campus, etc. -Attending College Fairs -Questions to ask an Admission College Representative -Applying for college: due dates, waiving application fees and early admission.

Session 5 - Thursday Feb 4 - Scholarship package application -How to create your scholarship package to apply for scholarships and find scholarships that are right for you -The Common App -How to build academic vitas or resumes -The scholarship essay.

Session 6 - Thursday March 4 - Topic to be announced. © 2020 Hispanic Arts Council of St. Louis

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Facebook: www.facebook.com/hispanicartscouncilstl
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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:

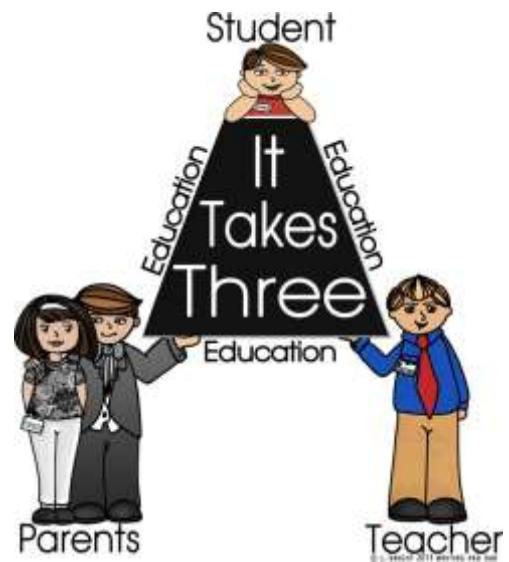
- Problems with concentration, memory, or ability to think clearly
- Changes in eating such as loss of appetite or overeating
- Not being able to complete school or work tasks
- Feeling overly worried
- Feeling sad, empty, hopeless, or worthless
- Sensitivity to sounds, sight, smell, or touch
- Irritability 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 2021 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



The Winter Athletic Season is quickly approaching. The new IHSA calendar will allow students to participate in Boys and Girls Basketball, Boys and Girls Wrestling, Boys and Girls Bowling, Boys Swimming, Competitive Dance, and Competitive Cheer starting on November 16th. Games and competitions are scheduled to start on November 30th. All student athletes need an up to date physical on file in order to start practice. You can find updates and coaches contact on our CHS Athletic Website <https://il.8to18.com/Collinsville>.

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. Students will be given the 2021-22 Registration Worksheet on Oct. 28th and 29th in their English class. These worksheets will also be mailed home. The completed worksheet is due back to your student's English teacher or the Counseling Department by November 19th and 20th. We recommend you visit our website at <https://counselors.cusd.kahoks.org> when completing the registration worksheet. **Once there, click on the "Academics" tab on the left side of the screen. Under this section you will see a folder called "Course Offering Guide & Registration Information".** In this folder you will find resources such as the Course Guide which provides course descriptions, sample completed worksheets, and more. If your student has any further questions regarding the English, Math, or Science class they should be in the following year, they should speak with their respective teacher in the department. The counselors will be in the library during study hall to answer student registration questions the week before the registration sheet is due. Current juniors and 8th grade students (registering for 9th) will sign up for classes in January. If you have any other questions regarding registration or courses, please contact the Counseling Department at 346-6320 ext. 1137.

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- h6kbhxy

Class of 2023- 343fun4

Class of 2024- 3kjxdjc

To sign up for our Newsletter please visit:

<https://counselors.cusd.kahoks.org/newsletter-archive>

Future Health Professionals

CHS HOSA!

Pen Pal Program!!



[This Photo](#) by Unknown Author is licensed

During these difficult times it is important to keep a connection with others. We will be partnering up with some of the residents at the Caseyville Nursing & Rehab with a pen pal system! The residents and HOSA members will send handwritten letters to each other

Congratulations to the new 2020-2021 CHS HOSA executive board members!

Gonzalez, Anjelica - President
Hall, JayInn - Vice President
Cortez-Ortiz, Ruby – Secretary
Mesnier, Rylee – Treasurer
Sotelo, Julianna – Historian
Evans, Rachel – Flag Bearer

Welcoming 2020-2021 CHS HOSA members!

Armstrong, Noel
Barajas, Amanda
Brissenden, Sophia
Cortez-Ortiz, Ruby -
Dalluge, Anna-Marie
Dickey, Abby
Evans, Rachel
Fabian, Angel
Gassman, Amber
Gonzalez, Anjelica
Vasquez, Nayeli
Hall, JayInn
Hall, MyKeyla
Herman, Alyssa
Holliday, Natalie
Johnson, McKenzie
Mesnier, Rylee
Ortega, Yarisbeth
Pfeffer, Rachel
Rivera, Jazmine
Schoellman, Makenzie
Sotelo, Julianna
Vanfossen, Gracie
Ward, Zoey
Webb, Danielle
Williams, Ija'Nae



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!

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



Collinsville Community Unit School District 10

201 West Clay Street • Collinsville, IL 62234 • 618-346-6350 • fax 618-343-3673

COVID-19 Daily Student Certification Checklist

INSTRUCTIONS

- In accordance with the Illinois Department of Public Health and Illinois State Board of Education requirements, students must be screened **each day** for COVID-19 symptoms and other criteria prior to entering a school building or entering a school bus.
 - Parents must screen their child **each day** prior to sending their child to school.
 - If your child does not meet all the following criteria, you must keep your child at home and notify the school of your child's absence. Your child will not be permitted to return to school until he/she meets all return-to school criteria or your child's physician has released your child to return to school, whichever is applicable. If your child is experiencing COVID-19 symptoms, you should consult your health care provider for a diagnosis and treatment. Your child will not be permitted to return to in-person instruction until you submit a statement from your child's physician confirming your child is permitted to return to school.
 - Note: If your child previously tested positive for COVID-19 in the last three months, and recovered, you do not need to answer the questions marked with a "♦". The three month period is calculated from the date of your child's first onset of symptoms or, if your child was asymptomatic, the date the testing specimen was collected.
- During any period of time your child is not attending school, you child will be enrolled in remote instruction.
By sending your child to school, you are certifying you have screened your child and he/she meets all the following criteria to attend school.

Criteria to Attend School – Checked Daily

My child does not have a temperature of 100.0 degrees F or greater.

My child is not taking fever-reducing medicines, such as those that contain aspirin, ibuprofen or acetaminophen, in order to reduce his/her fever.

My child has not had close contact or cared for someone with COVID-19 within the past 14 days.

My child has not returned from travel outside the United States or on a cruise ship or river boat within the past 14 days.

My child has not been directed to self-quarantine by a health care provider.

My child has not been directed to self-quarantine by the County or State Department of Public Health.

No one within my child's household is currently being evaluated for COVID-19 symptoms or waiting on the results of a COVID-19 test.

My child does not have any of the following symptoms:

- Chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore Throat
- Congestion or runny nose
- Nausea
- Vomiting
- Diarrhea



Collinsville Community Unit School District 10

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Lista de verificación de certificación de registro COVID-19

INSTRUCCIONES

- De acuerdo con los requisitos del Departamento de Salud Pública de Illinois y la Junta de Educación del Estado de Illinois, los estudiantes deben ser evaluados todos los días para detectar síntomas de COVID-19 y otros criterios antes de ingresar a un edificio escolar o subir a un autobús escolar.
 - Los padres deben evaluar a su hijo todos los días antes de enviarlo a la escuela.
o Si su hijo no cumple con todos los siguientes criterios, debe mantener a su hijo en casa y notificar a la escuela de la ausencia de su hijo. A su hijo no se le permitirá regresar a la escuela hasta que cumpla con todos los criterios de regreso a la escuela o el médico de su hijo haya dado de alta a su hijo para que regrese a la escuela, según corresponda. Si su hijo tiene síntomas de COVID-19, debe consultar a su proveedor de atención médica para obtener un diagnóstico y tratamiento. A su hijo no se le permitirá regresar a la instrucción en persona hasta que presente una declaración del médico de su hijo confirmando que se le permite regresar a la escuela.
 - o Nota: Si su hijo dio positivo a COVID-19 en los últimos tres meses y se recuperó, no es necesario que responda las preguntas marcadas con una "♦". El período de tres meses se calcula a partir de la fecha de la primera aparición de los síntomas de su hijo o, si su hijo estaba asintomático, la fecha en que se tomó la muestra de prueba.
- Durante cualquier período de tiempo que su hijo no asista a la escuela, su hijo será inscrito en instrucción remota.
Al enviar a su hijo a la escuela, está certificando que ha examinado a su hijo y que cumple con todos los siguientes criterios para asistir a la escuela.

Criterios para asistir a la escuela: revisados diariamente

Mi hijo no tiene una temperatura de 100.0 grados F o más.

Mi hijo no está tomando medicamentos para bajar la fiebre, como los que contienen aspirina, ibuprofeno o acetaminofén, para reducir la fiebre.

Mi hijo no ha tenido contacto cercano ni ha cuidado a alguien con COVID-19 en los últimos 14 días.

Mi hijo no ha regresado de un viaje fuera de los Estados Unidos o en un crucero o barco fluvial en los últimos 14 días.

Un proveedor de atención médica no le ha indicado a mi hijo que se ponga en cuarentena.

El Departamento de Salud Pública del Condado o del Estado no le ha indicado a mi hijo que se ponga en cuarentena.

Nadie en el hogar de mi hijo está siendo evaluado actualmente para detectar síntomas de COVID-19 ni está esperando los resultados de una prueba de COVID-19.

Mi hijo no presenta ninguno de los siguientes síntomas:

- escalofríos
- Tos
- Falta de aliento o dificultad para respirar
- fatiga
- Dolores musculares o corporales.
- Dolor de cabeza
- Nueva pérdida de sabor u olfato
- Dolor de garganta
- Congestión o secreción nasal
- Náuseas o vómitos
- Diarrea
- escalofríos

2020-21 TUTORING & HOMEWORK HELP

If you are feeling lost or have questions, try these steps:

1. Contact your teacher for help
2. Create a study group with friends in the same subject or class
3. Use the Tutoring Resources listed below

CHS Teacher/Peer Tutoring

Available Virtually

Need Math Help????

Lunch/Study Math Tutors
3rd: Mr. Nichols, Room 317
4th: Mr. Glynn, Room 312
4th: Mr. Liljegren, Room 106
5th: Mr. Blair, Room 107
5th: Mrs. Dust, Room 316

Need Writing Help????

To connect with a Writing Center instructor, join our Classroom page using the code

epoz4x7

Once you have joined the Writing Center Classroom you will find multiple ways to connect with the Writing Center staff to have your work reviewed.

Please allow at least TWO DAYS prior to the due date for review.

Need World Language Help???

When we are in person at CHS contact your World Language teacher for a pass to receive tutoring during your study hall. If we are remote, email your teacher to ask your questions.

Need Library Resources Help???

Check out the library website for information on checking out books (audio, ebooks and paper), obtaining a study hall pass, using online databases, seeing our contact information and more.

<https://sites.google.com/a/cusd.kahoks.org/chs-library-media-center/Home>

Need Tutoring in the Community:

SIUE Homework Hotline

Available from Sunday-Thursday from 6-10 p.m. Just call 618-650-3072

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: fitwjeh
Mon - Thur
3:00pm - 4:00pm

Accept Invite in Google Class Room

