



THE KAHOK CURRENT

Volume 15, Issue 2

Second Quarter

The High School of Champions Roars Into Second Quarter

Collinsville High School

“The High School of Champions”

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Dear CHS Parents and Guardians,

We are well into the second quarter of the school year, and things are going great at Collinsville High School. It is a very exciting time to be a Kahok! Over the last month or so, things have looked closer to “normal” than they have in more than 18 months. Our homecoming week and all of the events associated with it were amazing. We have hosted playoff games in soccer, volleyball, and football in addition to our fall band and chorus concerts. The Drama club will perform *The Crucible* several times over the next few weeks both on our campus and at Minder’s Thea-

tre downtown. It is so great to see our students getting to showcase all the hard work they have dedicated to their particular interests. And that doesn’t even address what we have going on in the classroom.

At this time last year, our students were really struggling with the remote/hybrid setting, and it showed in the grades being earned. Without getting into specifics, the level of achievement this year is significantly higher than a year ago. It really is a testament to the importance of the interactions between our students and staff. They certainly bring out the best in each other. I am

so proud of the work being done here by everyone.

I encourage everyone to be a part of what we are doing. Check Skyward regularly to see how your student is performing in class. It may be hard to believe, but we will begin registering for next school year this month. Talk with your student about what they may be interested in taking in the coming years. If you have any questions, please do not hesitate to contact me, a teacher, or a counselor. I can’t wait to see what the future holds for CHS.

Daniel Toberman
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/CgQCMFs1pfDc>



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 Room 213B
Art Club	Ms. Koester Rooms 514
Auto Club	Mr. Schuster/Mr. Welch Rooms 148 and 150
Band Program	Mr. Deleon Room 502
Baseball	Mr. Swip bswip@cusd.kahoks.org
Basketball (boys)	Mr. Lee Main Office
Basketball (girls)	Mr. Colin Moore Room 101
Black Student Union	Ms. Joanna Kelly Room Main Office
Book Club	Mr. Neuber & Ms. Tracey Schmidt Room 301/Library
Bowling	Mr. Hay Room 125
Cheerleading	Ms. Thebeau lauren.thebeau@gmail.com
Chess Club	Mrs. Plagemann Room 305
Chorus	Ms. Bethel Room 519
Christians in Action	Mr. Lugge Room 209
Class of 2025	Mrs. Audrain and Mrs. Geib Rooms 126 and 308
Class of 2024	Ms. Perry and Mrs. Lindauer Room 206
Class of 2023	Ms. Geisen & Ms. Ponce Room 203/ 226
Class of 2022	Mrs. Fedorchak and Ms. Alexander Main Office
Cross Country	Mr. Frerker Gym
CPR Club	Mrs. Gresh Room 517
Dance Team	Mrs. Smith Gym
Distributive Clubs of America(DECA)	Ms. Ponce Room 144
Drama Club	Ms. Horst Auditorium
Drum Line	Mr. Arnold Room 502
Environmental Club	Mrs. Audrain Room 126
Fellowship of Christian Athletes (FCA)	Mrs. Hazzard Room 517
Football	Mr. Rhodes Gym
French Club	Mrs. Blair Room 227
Friends For Life	Mrs. Parris and Mrs. Vermeiren Rooms 139 and 141
Future Business Leaders of America (FBLA)	Mrs. Reed Room 230
Garden Club	Mrs. Linduaer Room 206
Gay/Straight Alliance (GSA)	Mrs. Kulupka Room 214

German Club	Ms. Oatman Room 215
German Honor Society	Ms. Oatman Room 215
Golf (boys)	Mr. Moore Room 109
Golf (girls)	Mr. Schneider Room 103
Hispanic Heritage Club	Ms. Diego-Villagren Room 225
Health Occupations Student Association (HOSA)	Mrs. Weggener Room 219
Junior Engineering Technical Society (JETS)	Ms. Szpila Room 128
Kahoki Newspaper	Mrs. Westphal Room 318
Kahokian Yearbook	Ms. Geppert Rooms 154
Kahoks Against Drugs and Alcohol (KADA)	Mrs. Gresh Room 517
Kahok United	Mr. Maly and Mrs. Mizel Rooms 302 and 306
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
Latin Club	Mr. Stark Room 225
Latin Honor Society	Mr. Stark Room 225
LEO Club	Ms. Gattuso Room 142
Marching Band	Mr. Deleon 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. Koester Room 514
National Honor Society	Mr. Neuber & Ms. Reich Rooms 302/120
National Technical Honor Society	Ms. Geppert Room 154
People Against Littering (PAL)	Ms. Wright and Mrs. Tieman Room 216
Pep Club	Mrs. Hartle Room 209
Quill & Scroll	Ms. Westphal, Ms. Geppert Room 318/ 154
Robotics Club	Mrs. Hankins Room 137
Saturday Scholars	Mr. Gordon Room 218
Scholar Bowl Team	Mrs. Lindauer Room 206
Science Club	Mrs. Szpila Room 128
Science Olympiad	Mrs. Szpila Room 128

Skills USA	Ms. Geppert Room 154
Soccer	Mr. Lugge/Mrs. Muniz Room Main Office and Gym
Softball	Mrs. Flowers Room 200
Spanish Club	Mrs. Barr & Mrs. Kettler Rooms 222/223
Spanish Honor Society	Mrs. Barr Room 222
Speech, Debate, Ethics Team	Ms. Mizel and Mr. White Rooms 306 and 300
Speech & Dramatic Arts Club	Ms. Horst Auditorium
STEM Club	Mrs. Bednara Room 128
Student Council	Mr. Gordon Room 218
Swimming and Diving	Mrs. Butler margaretmath@hotmail.com
Tennis	Mr. Abilez or Mrs. Theil See Coach Smith
Thespian Society	Ms. Horst Auditorium
Track & Field (boys)	Mr. Frerker Gym
Track & Field (girls)	Mr. Blair Room 107
Tri M – Music Honor Society	Mr. Arnold Rooms 502
Upward Bound	Ms. Tyus and Ms. Bidinger Room 109/111
Video Game Club	Mr. Stark Room 227
Volleyball	Ms. McCarthy Gym
Winter Guard	Mr. Deleon Rm. 502
Wrestling	Mr. Taylor Room 217
Writing Club	Ms. Bruno Room 303



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, teachers may be available before school or at the end of the school day. Have your child check with their teacher to see how to schedule extra help before/after school.

The tutoring Schedule for 2020-2021 school year is:

3A: Mr. Nichols in Rm 317

4A: Mrs. Stengel in Rm 101

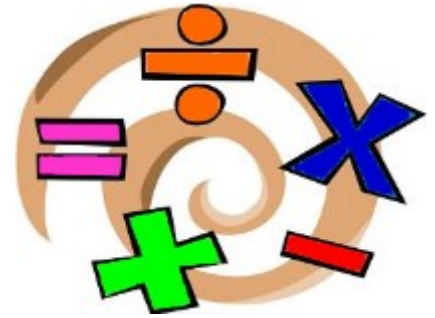
4B: Mr. Glynn in Rm 312

5A: Mr. Liljegen in Rm 106

5B: Mrs. Dust in Rm 316

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

Also, tutoring is available every Tuesday and Thursday from 3pm to 4pm in the CHS Library. 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!



NEED HELP IN A CLASS?

We have a tutor for that!

World Languages

3rd hour - Señora Harres

Room 229

4th hour - Señora Kettler

Room 223

5th hour - Señora Romoser

Room 226

Passes available
from your study
hall teacher



Math

Ask your study hall
teacher for a pass
Monday-Friday

3A: Mr. Nichols, Room 317

4A: Mrs. Stengel, Room 101

4B: Mr. Glynn, Room 312

5A: Mr. Liljegren, Room 106

5B: Mrs. Dust, Room 316

Writing

3rd Hour Ms. Martens

4th Hour Mr. White

5th Hour Ms. Mizel

Your study hall teacher can
write you a pass to the
writing center, too!



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:

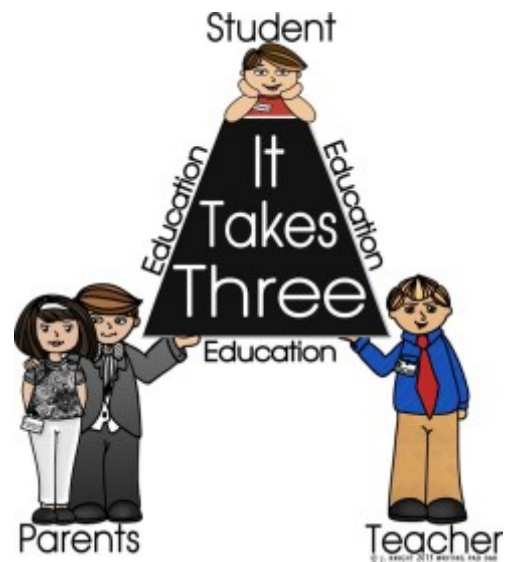
- Problems with concentration, memory, or ability to think clearly
- Changes in eating such as loss of appetite or overeating
- Not being able to complete school or work tasks
- Feeling overly worried
- Feeling sad, empty, hopeless, or worthless
- Sensitivity to sounds, sight, smell, or touch
- Irritability 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 2022 graduating seniors...

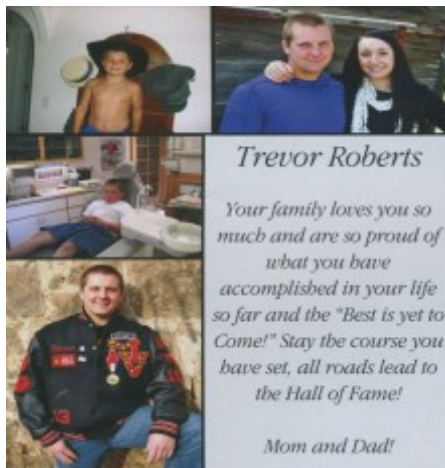
Don't forget to submit your senior picture to kahokian@cusd.kahoks.org by November 1.

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.

Be sure to check email for upcoming information on senior ads in January.



COLLINSVILLE KAHOKS

Official Sports Network

SCAN TO
DOWNLOAD

Download on the
App Store

GET IT ON
Google Play

kahokathletics.com

Counseling Department Spotlight

Seniors & College 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>

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 2022--23 Registration Worksheet on November 1st in their English class. These worksheets will also be mailed home. The completed worksheet will be used in the computer lab during their English Class's assigned time. Freshmen will be registering on November 18th & 19th. Sophomores will be registering on November 22nd and 23rd. 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. 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 2022- h6kbhxy

Class of 2023- 343fun4

Class of 2024- 3kjxdjc

Class of 2025- e2bjoco

Future Health Professionals

CHS HOSA!

Congratulations to our 2021-2022 CHS HOSA Executive Board

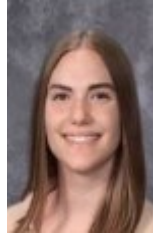
President

Ruby Cortez-Ortiz



Vice President

Alyssa Herman



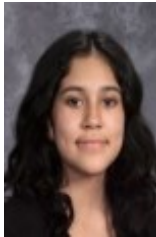
Treasurer

Karen Barbosa



Secretary

Julianna Sotelo



Historian

Rylee Mesnier



Flag Bearer

Carter Gillespey



CHS HOSA is in full swing!

With homecoming and executive board elections under their belt, the next goal is to start studying for preliminary testing in November! CHS HOSA students will have an opportunity to showcase their skills in health career centered competitions.

Good luck to all our future health care leaders!



Kahoks on the GO! is a club at CHS where students train for the GO! St. Louis Half Marathon each spring. The group practices after school two days a week and on Saturday mornings starting in January. Over the past several years, over 60 CHS students have trained for and accomplished this goal. The great thing about this club is it welcomes athletes and non-athletes and helps them all to the finish line. Whether you already love running or have never run more than PE required, we would love to have you! Our 2021-2022 group will hold an informational meeting after school in November, with practices beginning in November. For more information, see Mrs. Furlow in Room 211A.



TAKE 3 ACTIONS TO

FIGHT FLU



Influenza (flu) is a contagious disease that can be serious. Every year, millions of people get sick, hundreds of thousands are hospitalized, and thousands to tens of thousands of people die from flu. CDC urges you to take the following actions to protect yourself and others from flu.

GET YOURSELF AND YOUR FAMILY VACCINATED!



A yearly flu vaccine is the first and most important step in protecting against flu viruses.

Everyone 6 months or older should get an annual flu vaccine. Protect Yourself. Protect Your Family. Get Vaccinated. #FightFlu

STOP THE SPREAD

Take everyday preventive actions to help stop the spread of flu viruses!

Avoid close contact with sick people, avoid touching your eyes, nose, and mouth, cover your coughs and sneezes, wash your hands often (with soap and water).



ASK YOUR DOCTOR ABOUT FLU ANTIVIRALS

Take antiviral drugs if your doctor prescribes them!

Antiviral drugs can be used to treat flu illness and can make illness milder and shorten the time you are sick.



WWW.CDC.GOV/FLU

#FIGHT FLU



TOME 3 MEDIDAS PARA COMBATIR LA INFLUENZA

La influenza (gripe) es una enfermedad contagiosa que puede ser grave. Todos los años se enferman millones de personas, cientos de miles son hospitalizadas, y entre miles y decenas de miles mueren a causa de la influenza. Los CDC lo instan a que tome las siguientes medidas para protegerse y proteger a otros de la influenza.

¡USTED Y SU FAMILIA DEBEN VACUNARSE!

La vacuna anual contra la influenza es el primer paso y el más importante para protegerse contra los virus de la influenza.

Todas las personas de 6 meses en adelante deberían vacunarse anualmente contra la influenza. Protéjase. Proteja a su familia. Vacúnese. #CombataLaInfluenza

DETENGA LA TRANSMISIÓN

¡Tome medidas preventivas diarias para ayudar a detener la propagación de los virus de la influenza!

Evite el contacto cercano con las personas enfermas; evite tocarse los ojos, la nariz y la boca; cúbrase la nariz y la boca cuando tosa y estornude; lávese las manos (con agua y jabón) con frecuencia.



PREGÚNTELE A SU MÉDICO ACERCA DE LOS MEDICAMENTOS

ANTIVIRALES CONTRA LA INFLUENZA

¡Tome medicamentos antivirales si su médico se los receta!

Los medicamentos antivirales pueden usarse para tratar la influenza y pueden hacer que la enfermedad sea más leve y dure menos.



ESPAÑOL.CDC.GOV/FLU/

#COMBATA LA INFLUENZA





Sign Up Today!
my.hazel.co/kahoks



Here to help, here for health!

With Hazel, your child can immediately speak with a doctor from school or home.

Hazel offers on-demand virtual care, including over-the-counter or prescription medicine, care coordination with your family doctor, and communication with your child's school. Hazel visits are simple, secure, and convenient, and each in-school visit saves an average of 3 hours of instructional time. **Hazel can treat:**



- ✓ Headaches
- ✓ Rashes
- ✓ Asthma
- ✓ Minor Injuries
- ✓ Nosebleeds
- ✓ Sore Throat
- ✓ Concussions
- ✓ Pinkeye, Styes
- ✓ Animal bites
- ✓ Acne
- ✓ Lice
- ✓ Stomach Ache
- ✓ Fever
- ✓ Cold, flu
- ✓ Cough
- ✓ Diarrhea
- ✓ Nausea, vomiting
- ✓ Earache, Ear Infection
- ✓ Allergic reactions
- ✓ Heartburn, Acid reflux
- ✓ Constipation
- ✓ Insect bites & Stings
- ✓ Menstrual cramps
- ✓ Medication forms

Hazel provides students with fast and convenient care so there is no need for parents to leave work to pick up their child early or drop off medicine at school. **90% of students receive high-quality care and return to class feeling better after a Hazel visit.** With Hazel, parents can feel confident that their child will get the best care when and where they need it.

Sign up today, schedule a visit when you need it!



¡Regístrese hoy!
my.hazel.co/kahoks



Aquí para ayudar, aquí por la salud

Con Hazel, los estudiantes pueden hablar inmediatamente con un médico de Hazel desde la escuela o en casa.

Cuando su hijo no se siente bien, Hazel ofrece atención virtual bajo demanda, que incluye medicamentos de venta libre o recetados, coordinación de la atención con su médico familiar y comunicación con la escuela de su hijo. Las visitas de Hazel son sencillas, seguras y convenientes, y **cada visita en la escuela ahorra un promedio de 3 horas de tiempo de instrucción. Hazel puede tratar:**

- ✓ Dolores de cabeza
- ✓ Mordeduras de animales
- ✓ Erupciones
- ✓ Asma
- ✓ Conjuntivitis, orzuelos
- ✓ Hemorragias nasales
- ✓ Dolor de garganta
- ✓ Acné
- ✓ Calambres menstruales
- ✓ Piojos
- ✓ Acoso
- ✓ Dolores de estómago
- ✓ Flebre
- ✓ Tos
- ✓ Náuseas vómitos
- ✓ Diarrea
- ✓ Estreñimiento
- ✓ Reacciones alérgicas
- ✓ Mordeduras y picaduras de insectos
- ✓ Resfriados, gripes, infecciones respiratorias
- ✓ Dolor de muelas, úlceras orales, dolor después de los frenillos

Hazel proporciona a los estudiantes una atención rápida y conveniente, por lo que no es necesario que los padres dejen el trabajo para recoger a sus hijos temprano o dejar los medicamentos en la escuela. **El 90% de los estudiantes reciben atención de alta calidad y regresan a clase sintiéndose mejor después de una visita de Hazel.** Con Hazel, los padres pueden estar seguros de que su hijo recibirá la mejor atención cuando y donde la necesite.

¡Regístrese hoy y programe una visita cuando la necesite!





Collinsville High School



MATH ● **SCIENCE** ● **ENGLISH** ● **SOCIAL STUDIES**

school bus transportation provided

Made with PosterMyWall.com

**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!**

School Health Requirements 2021-2022

Ninth Grade:

Physical Exam on Illinois State Form by October 15, 2021

Documented up-to-date Immunizations

Ninth grade Dental Exam on Illinois State Form by May 15, 2022

Tenth/Eleventh Grades:

Same as Ninth grade, Ninth grade Dental Exam recommended

Twelfth Grade:

Proof of at least one meningococcal on or after 16th birthday, Ninth grade Dental Exam recommended

Transfer Students:

District within Illinois: meet requirements of grade level within 30 days of start date

From another State: meet requirements of grade level within 30 days of start date, Eye Exam performed within one year if new to Illinois schools.

A completed **PHYSICAL EXAM includes all required fields (immunizations, examination results, system review, diabetic screening, lead risk assessment, physical education examination). It must be on the Illinois Certificate of Child Health Examination form signed by a Physician/PA/NP including the office stamp/contact information. The **health history located on the back of the physical form** must be completed and signed by the parent/guardian. Must be **completed by October 15 of the required grade or may be subject to EXCLUSION from school.**

****DENTAL EXAM** - IDPH Proof of School Dental Examination form including the dentist signature and office/clinic information and completed within 18 months of May 15 of the required grade level.

** **EYE EXAM** - Illinois Eye Examination Report form including doctor signature and completed within one year of the required grade level or upon entry to an Illinois school.

****MEDICAL EXEMPTIONS** – written documentation from the physician (ask School Nurse for form).

****RELIGIOUS EXEMPTIONS** – written religious explanation from the parent/guardian, signed by a physician (ask for form).

****SPORTS PHYSICAL** - If your child will be participating in grades 7-12 sports, a sports physical is required annually (the ninth grade physical exam may be used during freshman year only) on the IHSA/IESA Physical form. Sports physicals are valid for 395 days and must be completed prior to tryouts/practice/play.

Please communicate with your building SCHOOL NURSE if you are in need of assistance finding resources, etc. We are more than willing to assist you in any way we can to prevent your child's exclusion from school.