

THE KAHOK CURRENT

Volume 16, Issue 2

Second Quarter

Collinsville High School

"The High School of Champions"

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Dear CHS Parents and Guardians.

We have entered the second quarter of the school year, and it is a very exciting time to be a Kahok! We are winding down our fall sports and starting up the winter sports. At the same time, our performing arts students are preparing for/have recently held performances showcasing all of their hard work.

We are implementing a new policy to create a safer environment at CHS. Beginning on November 7, we will begin requiring all students to wear their school IDs.

We will distribute a lanyard to each student, but students can choose to wear a different one. We have four copies of each student's ID. If a student needs an additional IDs, s/he will be charged \$3 per ID.

The High School of Champions Roars Into Second Quarter

We have passed the midpoint of the semester. I encourage everyone to check Skyward regularly to see how your student is performing in class. Parent/Teacher conferences will be held October 27 and 28. Please make an appointment to meet with your student's teachers.

It may be hard to believe, but we will begin registering for next school year next month. Talk with your student about what s/he 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. Win the Day!

Daniel Toberman CHS Principal



A Note From The Attendance Office

Please remember that if your student is absent you have 5 days to report the absence and/or submit a doctor's note. Any absences reported or doctor's notes received after the allotted 5 days will not be accepted.

When requesting an early dismissal please try to call at least an hour before the requested release time. You can always leave a message as those are checked continuously throughout the day.

Lastly, per the district handbook, the only way a student can have an EXCUSED TARDY is with a doctor's note.

You can always check your student's attendance on Skyward. If you have any questions or concerns please feel free to reach out to the attendance office 618-346-6320 Reporting an absence or any attendance questions or concerns

please contact

Attendance Secretary Kimberly Vasquez ext. 1113 or kvasquez2@cusd.kahoks.org Requesting an early dismissal or reporting a late arrival please contact Attendance Clerical Assistant Linda Arnold ext. 1123 or l arnold1@cusk.kahoks.org

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The Importance of Being Involved at CHS

For a long time, student activities have been the subject of a curious chicken-oregg 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. Smith Room 513
Art Club	Mrs. Wede
Auto Club	Rooms 512 Mr. Schuster/Mr.Welch
	Rooms 145 and 150
Band Program	Mr. Deleon Room 502
Baking Club	Mr. Hernandez Room 147
Baseball	Mr. Swip bswip@cusd.kahoks.org
Basketball (boys)	Mr. Lee
Basketball (girls)	coachlee@cusd.kahoks.org Mr. Colin Moore
Black Student Union	Room 101 Ms. Joanna Kelly
Diack Student Onion	Guidance 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
Childhood Cancer Aware-	Room 305 Mrs. Lobb
ness	Gymnasium
Chorus	Mrs. Tomaszewski 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/ 321
Class of 2026	Mrs. Johnson and Ms. Olsen Room 205 and Guidance Office
Cross Country	Mr. Frerker
Dance Team	Gym Mrs. Smith
Distributive Clubs of	Gym Ms. Ponce
America (DECA)	Room 321
Drama Club	Ms. Horst Auditorium
Drum Line	Mr. Goetter Room 502
Dungeon and Dragons Club	Mr. Hall Room 313
Environmental Club	Mrs. Audrain
	Room 126
Fellowship of Christian Athletes (FCA)	Mr. Swip Gymnasium
First Priority Club	Ms. Schneider Room 209
Football	Mr. Rhodes
French Club	Gym Mrs. Fitzgerlad
Friends For Life	Room 227 Mrs. Parris and Mrs. Vermeiren
Future Business Leaders	Rooms 139 and 141 Ms. Ponce
of America (FBLA)	Room 321
Garden Club	Mrs. Linduaer Room 206
Gay/Straight Alliance (GSA)	Mrs. Kulupka Room 214

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German Club	Ms. Oatman Room 227
German Honor Society	Ms. Oatman Room 227
Golf (boys)	Mr. Moore Room 109
Golf (girls)	Mr. Schneider Room 103
Hispanic Heritage Club	Mrs. Kloustermeyer Room 131
Health Occupations Stu- dent Association (HOSA)	Mrs. Weggener Room 219
Kahoki Newspaper	Mrs. Westphal Room 318
Kahokian Yearbook	Mrs. Westphal Rooms 321
Kahoks Against Drugs and Alcohol (KADA)	Mrs. Gresh Room 517
Kahoks United	Mr. Maly and Mrs. Mizel Rooms 302 and 306
Kahoks on the GO!	Mrs. Furlow Room 211A
KAHOKstrong	Mr. Post and Ms. Geisen
	Rooms 211/203
Key Club	Ms. Schweppe Room 134
Latin Club	Mr. Stark Room 225
Latin Honor Society	Mr. Stark Room 225
LEO Club	Ms. Harlon Room 145
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 English Honor Society	Mr. Neuber and Ms. Bruno Room 310 and 303
National Honor Society	Mr. Neuber & Ms. Reich Rooms 302/120
National Technical Honor Society	Ms. Geppert Room 154
People Against Littering (PAL)	Ms. Wright 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
Sign Language Club	Ms. Geppert Room 154

	1
Skills USA	Ms. Geppert
	Room 154
Soccer	Mr. Lugge/Mrs. Muniz
	Main Office and Gym
Softball	Mrs. Flowers
Boltball	Room 200
Spanish Club	Mrs. Barr & Mrs. Kettler
Spanish Club	Rooms 222/223
G : LH G : 4	Mrs. Barr
Spanish Honor Society	Room 222
	R00H1 222
Special Olympics	Mrs. Vermeiren
Special Olympics	Room 141
Speech, Debate, Ethics	Ms. Mizel and Mr. White
Team	Rooms 306 and 300
Speech & Dramatic Arts	Ms. Horst
Club	Auditorium
STEM Club	Mrs. Bednara
	Room 128
Student Council	Mr. Gordon
	Room 218
Swimming and Diving	Mrs. Butler
Swimming and Diving	margaretmath@hotmail.com
	margaretmath@notman.com
m ·	Mr. Abilez or Mrs. Theil
Tennis	
	See Coach Smith
Thespian Society	Ms. Horst
	Auditorium
Track & Field (boys)	Mr. Frerker
	Gym
Track & Field (girls)	Mr. Blair
	Room 107
Trap Team	Ms. Harmon
	Guidance Office
Tri M – Music Honor Socie-	Mr. Goetter
ty	Rooms 502
Upward Bound	Ms. Yvonne Hart and Mr.
opara Douna	Gregory Johnson
	Room 109/111
Video Game Club	Mr. Stark and Mr. Lackey
	Room 227 and 103
Volleyball	Ms. Suess
voncyvan	Gym
Wellness Club	Mrs. Fedorchak
wellness Club	Main Office
Wr G	
Winter Guard	Mr. Deleon
	Rm. 502
Wrestling	Mr. May
	Gymnasium
Writing Club	Ms. Bruno
	Room 303
Youth and Government	Mrs. Johnson
	Room 205



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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 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 his/her teacher to see how to schedule extra help before/after school.

The tutoring Schedule for 2020-2021 school year is:

3A: Mr. Nichols in Room 317

4A: Mr. Glynn in Room 316

4B: Mr. Liljegren in Room 106

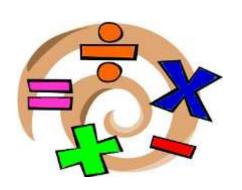
5A: Mrs. Munzert in Room 312

5B: Mr. Lackey in Room 103

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!



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IS LOOKING FOR SPONSORS

IT'S THAT HOLLY + JOLLY TIME OF THE YEAR AGAIN!

WE WERE ABLE TO SPONSOR CLOSE TO 400 DISTRICT KIDDOS LAST YEAR THANKS TO ALL OF THE LOVE
AND SUPPORT FROM OUR KAHOK COMMUNITY. WITH THE INCREASED NEED THIS YEAR, WE KNOW WE WILL

EASILY SURPASS 400.

IF YOU OR SOMEONE YOU KNOW IS INTERESTED IN BEING A SPONSOR, PLEASE SEND AN EMAIL TO

KAHOKCHRISTMAS@GMAIL.COM

WITH THE AMOUNT OF CHILDREN YOU WOULD LIKE TO SHOP FOR AND WE WILL REACH OUT
TO YOU AS SOON AS WE HAVE CHRISTMAS LISTS PUT TOGETHER!

ARE YOU A LOCAL BUSINESS OR PART OF AN ORGANIZATION?
LET ME KNOW IN YOUR EMAIL AND I'LL PROVIDE ADDITIONAL INFORMATION!

WRAPPING OF THE GIFTS THIS YEAR WILL BE OPTIONAL.

DEBBIE ZIMMERMAN + LIZETH JIMENEZ 618-346-6311

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 https://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.

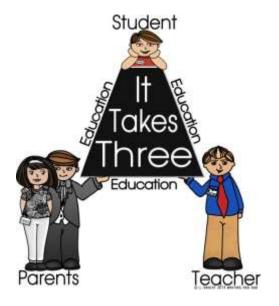
Signs & Symptoms that Require Immediate Attention:

- 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 2023 graduating seniors...

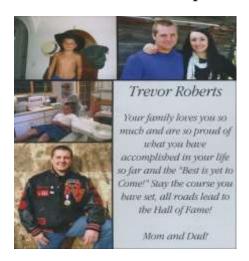
Don't forget to submit your senior picture to <u>kahokian@cusd.kahoks.org</u> by November 1.

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 his/her 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.







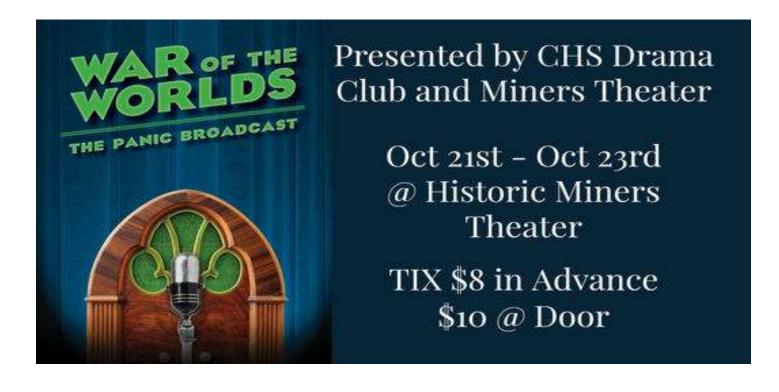
Kahoks on the GOI is a club at CHS where students train for the GO! St. Louis Half Marathon or 10K each spring. The group practices after school two days a week starting in November and on Saturday mornings starting in January along with other schools who participate in the program. The great thing about 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! In addition to earning this accomplishment, students have the opportunity to earn a scholarship, running shoes, and race day gear. Our 2022-2023 group will hold an informational meeting after school in November, with practices beginning in November. For more information, see Mrs. Furlow in Room 211A.





2022 1/2 Marathon Group

2022 10K Group



School Health Requirements 2022-2023

Ninth Grade:

Physical Exam on Illinois State Form by October 14, 2022 Documented up-to-date Immunizations Ninth grade Dental Exam on Illinois State Form by May 15, 2023

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.



2023 VISION CONFERENCE * COLLINSVILLE, ILLINOIS

The National Student Council Conference is returning to Collinsville High School!

June 26-28, 2023

More information to come concerning sponsorship opportunities and volunteering!

Please visit https://stucovisionconference.org/ for details or contact Kyle Gordon at kgordon@cusd.kahoks.org



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 VICE NATED

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

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 ANTIVERALS

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

TOME 3 MEDIDAS PARA COMBATIR LA

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

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. Vacunese. #CombataLaInfluenza

DETENGALA 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.



ESPANOL.CDC.GOV/FLU/

#COMBATA LA INFLUENZA



Counseling Department Spotlight

Seniors and College Applications

Now is the time for seniors who are planning to attend college or technical schools in Fall 2023 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 and 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://studentaid.gov/h/apply-for-aid/fafsa

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 2023--24. Registration Worksheet on October 31st 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 17th & 18th. Sophomores will be registering on November 21st and 22nd. 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 & Egistration 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 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 2023- 343fun4

Class of 2024- 3kjxdjc

Class of 2025- e2bjoco

Class of 2026-5fnhm2m

Importance of Parents Checking Students Grades

There has been a change this year to our grading policy. Starting this year there are no midterm or quarter grades. We have transitioned to a semester only grading system. This year students' classwork, tests, quizzes, projects, etc. are worth 85% of their grade and will be calculated all semester long. Final exams in December will make up the remaining 15%. What this means is there are no midterm and quarter grade reports sent home to families. There will only be an end of semester report sent to families from Skyward. The best and only way you will know about your student's progress in class is by logging into your Family Access account in Skyward. Here is a link to the login page for your convenience: https://skyward.kahoks.org/scripts/wsisa.dll/WService=wsEAplus/seplog01.w.

Here are some tips for when you check your student's grades:

- Student's grades are ALWAYS listed under the Gradebook section of your Skyward Account. Once you click on the gradebook you can see your student's overall grade in each class.
- If you click on the Semester grade listed it will show you grades earned for each assignment, your student's overall percentage and more.
- At the top of the gradebook screen you can also see how many assignments your student is missing.
- If you have any questions or concerns about your student's grades in a particular class, we want to encourage you to reach out to their teacher. They have the most up to date information and will be able to explain what is currently going on in the class. You can find the teacher's email address in the gradebook section of family access by clicking on the teacher's name.
- Student grades are automatically updated in Skyward every time teachers enter grades.

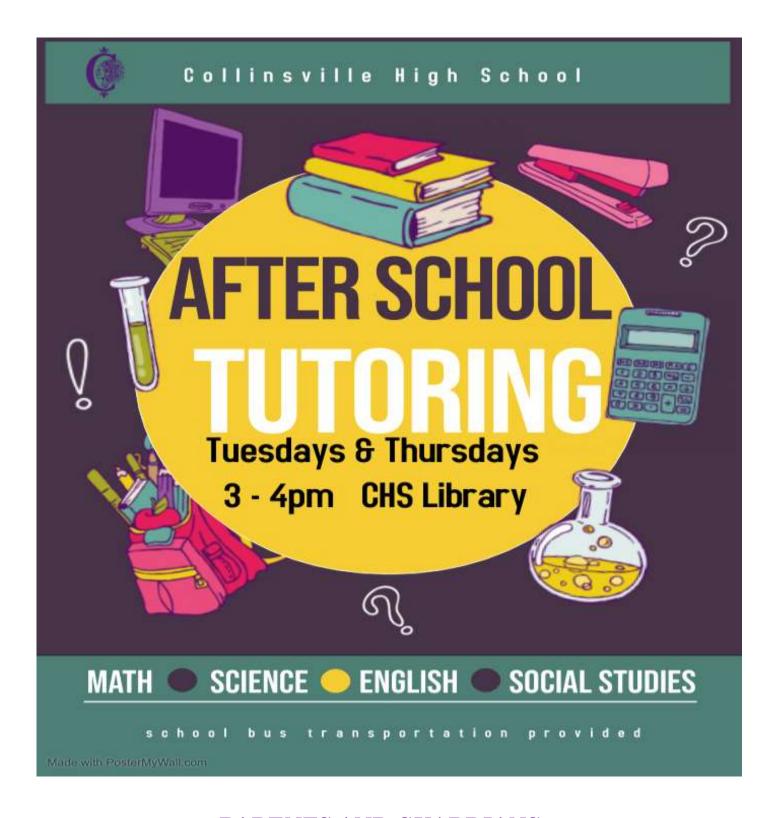
We will be sending out reminder emails throughout each semester to encourage you to check your student's grades. If you need your Skyward login information, please call the school office at (618) 346-6320. We hope your student takes advantage of these available resources.

How to sign up for Parent Teacher Conferences

Parent-Teacher Conferences this year will be held on October 27th from 12:00-4:00 pm & December 2:00 pm and on October 28th from 7:30 am-12:30 pm. To talk to a teacher please make an appointment during these days. Please follow the following steps to make a Parent-Teacher Conference Appointment:

- 1. Log in to Family Access. If you need your skyward login information, please call the school office at (618) 346-6320.
- 2. On the left side of the screen you will see a button labeled Conferences. Please click on it.
- 3. Next please click on the option for "All Conferences." You will see your student's schedule.
- 4. Then please click under each class "Select a time" in blue letters. You will have to schedule an appointment for each individual class.
- 5. Once that is clicked a list of all available time slots will appear for that specific teacher. You will then click select on the time that you would like to attend.
- 6. Once back at the All Conference screen you will see that scheduled appointment under the teachers name.

If you have any questions, please call the school office at (618) 346-6320. Hope to see you there!



PARENTS AND GUARDIANS,

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



Monday - Friday

7:30am - 7:40am



Get Your Morning Boost

check-in - connect - relax affirmations - coping skills small setting - postive music & more

Sunrise facilitators:

Mrs. Geisen - Room 203

Mr. Corey & Ms. Olsen- counseling office

Mrs. Hazzard- Room 230

Mrs. McGinnis- Room 215

Contact a facilitator or Assistant Principal for a pass