



THE KAHOK CURRENT

Volume 17, Issue 1

First Quarter

Welcome to the 2023-2024 School Year!

Collinsville High School

“The High School of Champions”

WIN THE DAY!

Inside this issue:

Math Tutoring	2
Parent Teacher Conferences	2
Counseling Spotlight	8
Naviance	10
Federal Reserve Student Rep	11
Community Thank Yous	12
Yearbook Info	18

Dear CHS Parents and Guardians, It is an exciting time to be a Kahok! The school year is off to a great start. The fall sports season is underway and most of our clubs/organizations have already had their first meetings of the year. This is going to be a fantastic year.

There have been some changes to the arrival procedures this year. As you may be aware, we have started using our Open Gate weapons detection systems in the morning. We have learned a lot and we become more efficient everyday. However, there may be more of a delay to students entering the building than in years past. If your student drives, make sure they

know to arrive earlier than they think they need to. If you drop your student off, please arrive earlier than you think you need to. Also, the bus lane in the front of the building should not be used for cars dropping students off. When cars pull down that lane, they disrupt the flow of the buses, causing delays in the students entering the building. To drop off, please use the lane in front of the auditorium. As always, academics are of the utmost importance at CHS. We are very proud of all the support we offer. Math tutoring is available to students during lunch and study halls daily. After-school tutoring (3:00-4:00 p.m.) is held in the

library on Tuesdays and Thursdays. Transportation home is provided for students on those days if needed. We will also continue our SAT prep program next semester. Please follow CHS and other Collinsville Unit 10 Schools on Facebook or on our website at www.kahoks.org.

Win the Day!
Sincerely,
Daniel Toberrman, Ed.D.
CHS Principal



Important Procedure Reminders

Collinsville High School has adopted procedures you and your child may want to familiarize yourself with as the school year begins:

REPORTING STUDENT ABSENCES: To report your child absent, you must call the school at 346-6320 and push 3. Messages may be left 24 hours a day. Please be sure to call your child in by 10am at the very latest. If a call is not received by 10:00 a.m. a parental note must be given to the Attendance Office within five days upon the child's return.

STUDENTS ARRIVING LATE TO SCHOOL: All students arriving late must report to the Attendance Office by 8:05am to sign the Late Arrival Sheet.

Parents should notify the school via telephone if they know their child will be arriving late. Please press 4 when calling.

REQUESTING AN EARLY DISMISSAL: Students must have parental permission to leave campus. Parents, please call in advance to request the early dismissal. In the event that it is a last minute issue, please send your child to the Attendance Office in the morning with written permission for the early dismissal. Once an administrator grants permission to leave, your child will be issued a pass to leave campus.

*The determination of an excused or unexcused

absence/tardy is based upon the reason and administrative approval.

DRESS CODE:

Before your child leaves for school please be sure that he/she is dressed appropriately for school. Students not dressed according to the dress code will be sent home to change clothes. For additional school policies, please refer to the CHS Handbook.

ENTERING CHS:

In order to enter Collinsville High School as a visitor you must use the single point entry doors for security purposes. You must also have a valid picture ID to enter Collinsville High School and will have to present the ID at the window before being buzzed into the building. Thank you for your cooperation in this matter that will help ensure the safety of our campus.

CUSD #10 Virtual Calming Room

The school district has a website to help you through life events, both big and small. The CUSD #10 Virtual Calming Room is a place for students, staff, and others in the community to find tools and strategies for managing emotions and feelings in positive ways. You will also find resources to help meet the variety of challenges you may be facing from mental health to physical resources. If your student needs further help in managing emotions, please reach out to your school counselor. We hope you enjoy our new website and take some time for yourself! <https://sites.google.com/cusd.kahoks.org/cusd-virtual-calming-room/home>



Parent Teacher Conference Dates Set



Research has shown that parental involvement is the most important factor in a student's success in school. For many parents, that involvement begins at parent-teacher conferences. Our parent-teacher conferences will be held on October 26 and 27, 2023.

Both parents and teachers know that regular and honest communication is essential to student success. The most important strategy for parent-teacher conferences is to be prepared. The following questions may help you

to identify topics to discuss during the conference:

*What general questions do you have about classroom curriculum, standards, evaluation techniques, or procedures?

*What specific concerns do you have about your child's academic progress or behavior?

*What questions or concerns does your child have about school?

*What do you want the teacher to

know about your child?

*What help can you offer the teacher?

We at CHS also encourage you to be a Skyward parent. Please log-in and become a user of this program that allows you 24 hour access to your child's grades in all of his or her classes. Please contact Chris Oatman at 618-346-6350 ext. 4286 or coatman@cusd.kahoks.org if you need assistance accessing your account.



Math Tutoring Available



The Math Department of Collinsville High School is committed to providing all students with the chance to receive extra help with their math courses. If your student 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 student check with his/her teacher to see how to schedule extra help before/after school.

Passes can be obtained from any math teacher OR from your student and 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!

Math Tutor Labs

3A: Mrs. Stengel in Rm 101

4A: Mr. Lackey in Rm 103

4B: Mr. Blair in Rm 106

5A: Mrs. Munzert in Rm 317

5B: Mr. Glynn in Rm 316



Kahok Sports Update

Kahoks! We are looking forward to a great Fall Season of Athletics!

Collinsville High School Athletics will have teams in the following sports this semester:

Boys Sports: Football, Cross Country, Golf, and Soccer

Girls Sports: Cross Country, Golf, Tennis, Swimming, and Volleyball

Co-Ed Sports: Cheerleading, and Dance Team

*Parents and Fans are encouraged to check out the NEW CHS Athletics website: www.kahokathletics.com, and download our new Kahok Athletics App

APPLE:

<https://apps.apple.com/us/app/collinsville-kahoks-athletics/id1561023856>

ANDRIOD:

<https://play.google.com/store/apps/details?id=mm.ilcollinsville&hl=en>



Erin's Law Presentation



The week of October 2, during Study Halls, Kahok Talk, CHS's Video Production Class, will air a special 15 minute episode on Erin's Law. Erin's Law is a sexual assault education program signed into law by Governor Quinn in January, 2013. The law requires age appropriate sexual abuse, assault awareness and prevention education in grades PK-12 along with the training for school staff on the prevention of sexual abuse.

Erin's Law is named after childhood sexual assault survivor, author, speaker and activist Erin Merryn. Erin shares on her web site, <http://www.erinmerryn.net/erins-law.html>, that through her education, she was educated on what to do in case of a tornado, fire, or bus evacuation, but was never taught what to do to keep herself safe from sexual abuse/assault. It is her mission to have a bill passed in all fifty states. Illinois is one of 37 states that have already passed the law. Kahok Talk's episode will cover the following topics:

What Erin's Law is, Erin's story, statistics about sexual abuse/assault, ways people can protect themselves, and where to go for help.

Unfortunately, sexual abuse and assault are a reality for many young people. Statistics show that 1 in 4 girls and 1 in 6 boys will be victims of sexual assault by their 18th birth day and approximately 2/3 of assaults are committed by someone known by the victim ([www.http://](http://www.erinmerryn.net/erins-law.html)

www.erinmerryn.net/erins-law.html). The websites listed below give some information about ways to try to prevent sexual abuse/assault, warning signs of sexual abuse/assault and what to do if someone you know becomes a victim of sexual abuse/assault.

Erin's Law

<http://www.erinslaw.org/erins-law/>

Parent Tips for Preventing and Identifying Child Sexual Abuse:

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

for-Preventing-and-Identifying

Child-Sexual-Abuse.aspx

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

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

Call For Help Sexual Assault Victims Care Unit

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

618-397-0975

If you have questions or concerns about the video that will be shown or do not want your student to view the video, please contact Micki Fedorchak, CHS Social Worker at mfedorch@cusd.kahoks.org (with Erin's law in the subject line) or 618 -346-6320 X 1170 by 12:00pm on Monday, September 26, 2022.

*-Mrs. Micki Fedorchak
CHS Social Worker*

Suicide Prevention Awareness

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

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

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

Warning Signs

Here are a few warning signs of suicide:

- Increased alcohol and drug use

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

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

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

Support In A Crisis

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

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

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

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

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

Adapted from:

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

**COLLINSVILLE
KAHOKS**

Official Sports Network

SCAN TO
DOWNLOAD

Download on the
App Store

GET IT ON
Google Play

kahokathletics.com



Back to School Immunizations

*ALL NEW STUDENTS AND INCOMING FRESHMEN ARE REQUIRED TO HAVE A **PHYSICAL** AND UP-TO-DATE **IMMUNIZATIONS** TO ATTEND SCHOOL.

SENIORS NEED PROOF OF AT LEAST ONE **MENINGOCOCCAL IMMUNIZATION** ON OR AFTER THEIR 16TH BIRTHDAY.

***Freshmen** are recommended to obtain a dental exam.

***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.



Drama Club 2023/2024 Season

NIGHT OF THE



LIVING DEAD

Oct 12-14 (dates are subject to change)



Nov 30-Dec 3



April 11-14

Counseling Department Spotlight

Seniors and College/Tech School Applications:

Now is the time for seniors who are planning to attend college or technical schools in Fall 2024 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>

*CHS Counseling Department will be hosting a **College Admissions Onsite** where students can apply to the following schools for FREE and find out immediately if they get in and gain information about scholarships. The following schools will be at CHS to participate in this program: SIUE, SIUC, EIU, WIU, UMSL, Missouri State, Central Arkansas, Murray State and SEMO. By participating your student could save hundreds of dollars in application fees and save time in the application process. To participate in this fantastic opportunity students must sign up between August 23- Sept. 8th on the google form that Mr. Corey emailed out to them.

***Juniors** interested in taking the **PSAT/NMSQT** need to sign up in the counseling office by Sept. 15, 2023. This test is a great way to practice for the SAT in April and also be eligible for highly selective scholarships.

*Mark your calendars!! **Construction Trades Expo** at the Belle Clair Fairgrounds Open House October 25, 2023 from 5pm to 7pm. No reservation required. Come to the fairgrounds and explore various trades hands on and talk directly with professionals in the field.



Introducing Naviance to Parents and Families

This year, Collinsville High School is thrilled once again to offer ***Naviance College and Career Readiness Solutions*** to our students. Naviance is a comprehensive, web-based platform that is designed to help Collinsville students engage in self-discovery assessments, career exploration, college searching and post-secondary preparation throughout their high school career.

Self-Discovery – Through participation in a variety of Naviance assessments, students will learn more about themselves, their personalities, their inherent strengths, interests and learning styles. This personal understanding and perspective will support and engage students both in and out of school while also supporting their career exploration.

Career Exploration – Naviance houses an impressive database of career clusters, career pathways, and career profiles for students to discover. The platform offers a wealth of information about the types of work activities performed while also highlighting the knowledge, skills and abilities deployed in each career. With these resources at their fingertips, students may think critically about careers that may be a good fit and the plan of study required to pursue a given career.

College Research, Application & Post-Secondary Preparation – No matter what your student's post high school plans are, whether it be college or a career, the Naviance tools will help them explore the possibilities. Naviance has a robust college database to facilitate the college search and scholarship search process.

What can I do to support my student with respect to Naviance?

Naviance is available to students, but it is also available and recommended as a tool for parents as well. Familiarize yourself with the college and career resources and have conversations with your students about what they are doing and learning from within the system. Students and parents alike are able to access Naviance here: <https://student.naviance.com/collinsvillehs>.

Students will be able to use the single sign on feature as long as they are logged into their school google suite account.



NAVIANCE

Isabel Perez selected to serve on The Federal Reserve Bank of St. Louis Student Board of Directors for 2023-2024

Senior Isabel Perez will represent Collinsville High School (CHS) this school year as a member of The Federal Reserve Bank of St. Louis Student Board of Directors. The program, which is in its 12th year offers high school seniors a dynamic way to learn about our nation's central bank. Participants gain a thorough understanding of the Federal Reserve's role in the U.S. economy, participate in online and in-person learning experiences, and join in discussions with St. Louis Fed leaders on topics ranging from professional development to career planning and progression. St. Louis and Metro-East area students are selected based on the quality of their essay and letters of recommendation. Isabel's essay focused on leadership and spoke to the importance of leaders offering guidance, motivating others, initiating action, and inspiring others to reach their greatest potential.

During her time on the Student Board, Isabel will attend monthly board meetings which will focus on college/career preparation, oral presentation skills, careers in financial industry, applied economics and personal finance, resume writing, and interviewing skills. After successful completion of the yearlong program, Isabel will have an opportunity to apply for paid, summer internships within a variety of departments at the Fed.

In addition to Isabel, CHS has been fortunate to have ten other students serve on the board. Previous alumni include: Brian Hoyt, 2012-2013; Sam Caputo, 2014-2015; Ben Frey, 2015-2016; Benjamin Carlson, 2016-2017; Venise Govan, 2017-2018; Tyme Sampson, 2018-2019; Ryan Lanier 2019-2020; Hannah Pettit 2020-2021, Chelsea Nott 2021-2022, and Zachary Blaha 2022-2023.

Current CHS Juniors who may be interested in applying for the Student Board for the 2024-2025 school year, can stop by Room 319 and speak with business instructor and Federal Reserve Bank of St. Louis Educator Advisory Board Member, Vicki Fuhrhop.



Collinsville High School 2023 SAT Thank You

The 2023 SAT was given in April of 2023 to all Juniors at Collinsville High School.

A special thank you goes out to **The Mattea Law Firm** for donating \$2,700 to CHS last year to purchase over 500 “I Can Dew” t-shirts.

Plans are underway for this coming year’s SAT test in April of 2024 for all Juniors. If you have any ideas or would like to help, please e-mail Kyle Gordon at kgordon@cusd.kahoks.org.



Khan Academy Improves SAT Scores

In 2022, students who spent time working on Official SAT Practice through Khan Academy improved upon their PSAT 10 score by more than 100 points on the SAT. That is one of the main reasons the CHS staff is once again encouraging students to spend as much time practicing as possible.

Each student can link their PSAT score with Khan Academy for personalized activities that work when it comes to improving their score on the SAT. The CHS staff is also giving incentives for students to spend time on the practice including free pizza and a field trip. Time spent on the practice will be counted now through April, so get started!

If you have any questions about Khan Academy or how to get started, talk to your child’s counselor.



Thank You To Our Freshmen Orientation Sponsors!

Members of the CHS Leadership 101 class created a Freshman Orientation program they believed would provide incoming freshmen with a thorough introduction to high school. The students spent class time brainstorming content and developing the structure and organization for the program. Of utmost importance to the students was that the event be fun, engaging, meaningful, and beneficial.

The goal of the program was to generate excitement and a sense of belonging when the incoming freshmen think about CHS and being a part of The High School Of Champions.

We held the annual Freshmen Orientation on Thursday, August 4 and had RECORD participation! Thanks to these great Community Partners, we were able to provide each incoming Freshmen a **purple** Kahok class shirt that they can wear every Friday during the school year!

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

***First National Bank of Waterloo**

***Mike's Automotive**

***Abstracts and Titles, Inc.**

***A & H Plumbing Inc. - Heating, Electric, Cooling**

***Collinsville Building and Loan Association**

***Alpha Storage, LLC**

***Anew Perspective**

***Rags 2 Riches Cleaning Service**

***Osborn Properties**

***Boards By Babs**

***McDonalds—Beltline and Ramada**

***Anderson Hospital**

***Junior Service Club of Collinsville**



**Thank you once again for your support of
Freshmen Orientation! Your generosity is
so very much appreciated!**

2024 AP Exams

AP Exam Fee: \$ 98.00 * (If paying by check please write a separate check for each exam & write in the memo field what exam the check is for)

Unused Exam Fee: \$40.00 **

Last Day to Submit Exam Fee: November 3, 2023

Make Checks Payable to: Collinsville Unit #10

Submit Cash or Checks to: Ms. Olsen (Counseling office)

AP Credit Policies: www.collegeboard.com/ap/creditpolicy

(find out how a college awards AP credit)

AP Test Preparation: www.collegeboard.com/student/testing/ap/prep.html

(test taking tips and sample questions)

* If you receive free or reduced lunch you are eligible for a fee reduction. (See Ms. Olsen)

**If you register for an exam and later decide not to take it, you will pay an unused exam fee to the College Board of \$40. So your refund will be \$57. (\$97-\$40 fee = \$57)

2024 AP Exam Schedule

Monday, May 6 Chemistry 12:00 pm

Tuesday, May 7 Statistics 12:00 pm

Wednesday, May 8 English Literature & Comp. (12th) 8:00 am

Thursday, May 9 Psychology 12:00 pm

Friday, May 10 US History 8:00 am

Last day for Studio Art Submission

Monday, May 13 Calculus AB & BC 8:00 am

Tuesday, May 14 English Language and Comp (11th) 8:00 am

Wednesday, May 15 Music Theory 12:00 pm

Thursday, May 16 Biology 12:00 pm

Friday, May 17 Physics I 8:00 am
Physics II 12:00 pm
Latin 12:00 pm



\$20

**ALWAYS A
KAHOK TUMBLER**

40 oz. Travel Mug

***Stainless Steel Exterior**

***Plastic Interior**

***Fit Most Cup Holders**



The CHS Leadership Class is selling these tumblers to help pay for the Imagination Campus trip in the Spring. If you would like to order one, please email kgordon@cUSD.kahoks.org and Mr. Gordon will place your order!

GOLDEN GAME

2023

WHEN? SEPTEMBER 22, 2023

WHAT TIME? 7:00

WHERE? KAHOK STADIUM

WHAT DO I WEAR? GOLD

SCAN THIS
CODE TO BUY
A SHIRT!



**IF YOU KNOW SOMEONE WHO HAS BEEN
TOUCHED BY CHILDHOOD CANCER TEXT
(270) 421-8277 TO HAVE THEM HONORED
AT THE GAME!**

CHS HOSA

Future Health Professionals Club

HOSA Mission

*Leadership

*Community

*Career Exploration

If your student is interested in the healthcare industry, HOSA is the organization for them!
Please contact advisors listed below!

Ms. Perry aperry2@cusd.kahoks.org

Mrs. Wegener kwegener@cusd.kahoks.org



ORDER YOUR YEARBOOK

PRICE INCREASE
SEPTEMBER 15, 2023



KAHOKIAN
YEARBOOK

After School **TUTORING** Tuesdays & Thursdays

**CHS
Library
3:00-4:00**

- **ELA**
- **Math**
- **Science**

**Bus
Transportation
Provided @
4:15**

**You MUST Arrive On Time
& Stay the Entire Time**

Tutoring Starts September 5th