

# NEWSLETTER

211



## JAMES B. CONANT HIGH SCHOOL

JULIE C. NOWAK PRINCIPAL

October 2019

### From the Principal:

"THE BEST WAY TO PREDICT THE FUTURE IS TO CREATE IT."

- ABRAHAM LINCOLN

#### College and Career Planning

As a child, I had a t-shirt that read, "No Way First Lady, I Want to be President!" I had no idea what type of schooling or professional experiences are required for the presidency, or any field for that matter, but the idea of being president sounded great to me. I cited the saying on my favorite shirt when stating my career goal for many years, but I always knew I was a teacher at heart.

There is perhaps no more important goal for parents and educators than to assist adolescents in developing realistic career goals and pathways. It has been my experience that many high school students report career goals reflective of trends or popularity, instead of their true strengths and interests. We can help our students have a better understanding of career goals that are attainable and may lead to career satisfaction by focusing on broader career clusters. College and career pathways organize educational and occupational choices into broader career clusters. These include:

- Agriculture, Food and Natural Resources
- Architecture and Construction
- Energy
- Finance
- Health Science
- Information Technology
- Manufacturing
- Research and Development
- Transportation, Distribution and Logistics

More information about the college majors and career clusters is located at [d211careercluster.org](http://d211careercluster.org).



As part of the post-secondary planning experience, students at Conant High School will participate in career guidance curriculum and have ongoing dialogue with their guidance counselors about college and career goals. Students can also sign up to take career treks, which offer students the opportunity to spend a day shadowing professionals in a workplace setting.

I encourage all parents and students to view the college and career link for more information about post-secondary planning. This link offers families constant updates and information regarding upcoming dates of importance and resources to assist in post-secondary planning.

This year, the District 211 College Night program will be held on Wednesday, October 23, 2019, from 6:30 p.m. - 8:30 p.m. at Palatine High School, 1111 N. Rohlwing Road in Palatine. Representatives from more than 200 two- and four-year colleges and universities will be on hand to answer a variety of questions. Representatives will discuss financial aid, curriculum, and campus information. All students and parents are welcome to attend.

Sincerely,

Julie C. Nowak  
Principal

### IMMUNIZATION REQUIREMENT FOR CLASS OF 2021

Class of 2021 parents are being provided with this information now so you may plan ahead. Please do not wait until the last minute as doctors and clinics often run out of the vaccine by early August and you do not want to pay full price at the pharmacy!

The state of Illinois requires that ALL incoming 12th graders show proof of receiving two meningococcal vaccine (MCV4). The requirement states one dose on or after their 11th birthday and a second dose will be administered on or after your child's 16th birthday. You will not be able to complete your child's registration process and they will not be able to begin school until this requirement is met. No doctor appointments will be accepted. If you have a religious objection to vaccines, you must submit the state approved religious objection form which requires a physician signature.

### D211 COLLEGE NIGHT TO BE HELD AT PALATINE HIGH SCHOOL

The District 211 College Night for the 2019-2020 school year will be held Wednesday, October 23 from 6:30 p.m. until 8:30 p.m. at Palatine High School. Approximately 200 colleges and universities from 30 states will be represented. Parking will be at a premium. For more information, please contact JC Brown, James B. Conant High School College Counselor, at 847-755-3670.



If you require assistance while visiting our school, please contact the assistant principal's office at (847) 755-3612.

For individuals who are deaf or hard of hearing, please access the following TTD/TTY telephone number: (847) 755-3654.

# dates to remember

9/23-27	BANNED BOOKS WEEK
9/27	CONANT MUSIC DEPARTMENT CONCERT 7:30PM – MAIN GYM
9/28	CONANT BOOSTERS CRAFT FAIR 9:00AM-4:00PM
9/30	D211/D54 STRING FESTIVAL 7:00PM – AUDITORIUM
10/2	NHS INDUCTION 7:30PM – AUDITORIUM
10/3	FAFSA COMPLETION NIGHT 6:30PM – MEDIA CENTER
10/4	SPIRIT WEAR SALES 10:00AM-1:30PM COUGAR CORNER
10/5	CAR SHOW 11:00AM-1:00PM EAST PARKING LOT
10/8	STUDENT LATE START CLASSES BEGIN AT 9:35AM
10/8	CONANT BOOSTERS MEETING 7:00PM – MEDIA CENTER
10/11	HOMECOMING KICK OFF ASSEMBLY
10/14-18	TEEN READ WEEK
10/14	COLUMBUS DAY NO SCHOOL
10/15	TEACHER INSTITUTE NO CLASSES
10/16	PSAT/NMSQT TESTING 8:15AM – NORTH GYM
10/17	KICKBALL 6:30PM – STADIUM
10/18	SPIRIT WEAR SALES 10:00AM-1:30PM COUGAR CORNER
10/18	HOMECOMING PEP ASSEMBLY

## PRACTICE SAT AND NATIONAL MERIT SCHOLARSHIP QUALIFYING TEST

The state of Illinois will provide the Scholastic Aptitude Test (SAT), a college admissions test, to all juniors in April. In preparation, Conant will offer a practice SAT to all juniors on Wednesday, October 23. October 23 is an early dismissal day; juniors will participate in the practice test instead of attending shortened classes.

Conant will administer the National Merit Scholarship Qualifying Test (Preliminary SAT/NMSQT) on Wednesday, October 16 to juniors who have registered and paid for the assessment. Registration is now closed. Please contact Adam Leibman, Conant Counselor, for more information on the Preliminary SAT/NMSQT and refer to the Conant website for information on test preparation programming.

## OVER THE COUNTER OR PRESCRIPTION MEDICATION IN SCHOOL

Students are **NOT** allowed to carry medication with them at school unless it is an inhaler or epi pen and their medication authorization forms are on file in the nurses office. Students who need to receive medication during school hours must have the proper forms completed and on file with the nurse. All medication must be kept in the nurse's office; this **includes** over the counter medication. Students who have prescription or over the counter medication in their back pack could be subject to disciplinary action if the medication is found in their backpack. If you have questions, please review page 15 of the student calendar handbook or contact the school health office. Medication found in the backpack will be kept in the nurse's office for 48 hours and a parent must pick it up from school. Medication that is not picked up within 48 hours will be disposed of. Medication authorization forms are available on the Conant website.

## HOMECOMING "THE WONDERFUL WORLD OF DISNEY"

Conant High School's 2019 Homecoming Dance on Saturday, October 19 is fast approaching! The theme for this year is "The Wonderful World of Disney." We look forward to creating lasting memories and encourage all students to be a part of this year's festivities! On Friday, October 11, Conant will crown our 2019 Homecoming Court during a kickoff assembly. On Wednesday, October 16, over twenty clubs will transform the halls of Conant High School with custom decorations. On Friday, October 18, Conant will raise the excitement level with a pep assembly. Friday evening the Homecoming football game will kick off at 7:30 p.m. against conference opponent Fremd High School. The Homecoming festivities will conclude with the Saturday night dance in the main gym from 7:30 p.m. - 10:30 p.m. Dance tickets will be on sale beginning Monday, September 30 through Friday, October 18. Ticket cost is staggered based on the date of purchase - from 9/30-10/11 tickets cost \$15 each, then between 10/12 - 10/18 tickets are \$20 each, and tickets are \$30 on the day of the dance. Tickets will be available for purchase on-line or in the main office at Conant High School. Be sure to buy tickets early!

## MORNING WORK SESSION LATE START DATES

This adjusted schedule gives our faculty the opportunity for collaboration and professional development to better meet the needs of our changing and growing student population. Morning Work Session Dates for this school year are on the following Tuesdays: October 8, October 22, and November 5. 2020: January 21, February 4, February 18, March 3, March 17, and April 21.

- On Morning Work Session Late Start Days, period 1 begins at 9:35 a.m.
- Students need to report to their regular bus stop at 9:00 a.m. on these late start days.
- Students who arrive early need to report to the student cafeteria.

## Support the Conant High School Food Pantry

Conant High School has a food pantry that serves our Cougars in Need. It's called the **Cougar Cupboard** and is visited every Friday by about 15-20 students. Because of the unique needs and situations that our Cougars in Need face, our pantry needs are a little different from a typical food pantry. The highest demand items require simple to no cooking and appeal to the teenage palate.

### Students Especially Appreciate the Following Items:

Slim Jims, microwave popcorn, pop-tarts, healthy chips, trail mix, mini-muffins, fruit snacks, breakfast bars, cereal, Rice Krispy treats, oatmeal, apple sauce pouches, juice boxes, fruit cups, individual macaroni and cheese, Ramen noodles, pasta and sauce, toiletries and personal items. Frozen foods (if you bring these items in, please bring it to the attention of the front office) such as Uncrustables, hot pockets, and individually wrapped mini pizzas.

10/18 HOMECOMING FOOTBALL  
GAME VS FREMD  
4:45PM/7:30PM – STADIUM

10/19 INCOMING FRESHMAN TESTING  
(CLASS OF 2024)  
8:00AM

10/19 HOMECOMING DANCE -  
“WONDERFUL WORLD OF DISNEY”  
7:30PM – GYMNASIUM

10/21 BAND PARENT MEETING  
7:00PM – ROOM A160

10/22 STUDENT LATE START  
CLASSES BEGIN AT 9:35AM

10/23 EARLY DISMISSAL  
CLASSES DISMISS AT 12:30PM

10/23 DISTRICT 211 COLLEGE NIGHT  
6:30PM-8:30PM  
PALATINE HIGH SCHOOL

10/24 STUDENT PICTURE RETAKES  
7:45AM-1:45PM  
AUDITORIUM SHELF

10/24 SENIOR PANORAMIC PICTURE  
9:10AM – MAIN GYM

10/26 ACT TESTING  
8:00AM

10/30 NATIONAL MERIT RECEPTION  
3:45PM – ATRIUM

10/31 MUSICAL - “ONCE UPON A  
MATTRESS”  
7:00PM – AUDITORIUM

11/1 AUTHOR DAY

11/1 MUSICAL - “ONCE UPON A  
MATTRESS”  
7:00PM – AUDITORIUM

11/2 SAT TESTING  
8:00AM

11/2 MUSICAL - “ONCE UPON A  
MATTRESS”  
2:00PM & 7:00PM – AUDITORIUM

11/3 DAYLIGHT SAVING TIME ENDS

11/5 STUDENT LATE START  
CLASSES BEGIN AT 9:35AM

## RECOGNITIONS

On September 13, all Conant Fall Athletes wore gold to bring awareness to pediatric cancer. Conant High School partnered with the Cal's Angels Foundation to raise funds for pediatric cancer awareness, research and granting cancer patient wishes.

Conant Boys Golf Team opened the season with a 1st place finish at the Lincoln Way West Invite, the team is currently 12-0 in dual meets. Conant boys varsity golfer, Nikko Ganas had a hole-in-one. Way to go!

Giuseppe Dugo was named Gridlrons top performer in the MSL West for week 2 of the MSL season. The girls swim team spent the day volunteering at Feed My Starving Children.

Vasu Janjukia made pit for the Illinois High School Theatre Festival All-State production of *Aida*.

Krishna Jivani is a finalist in the Breakthrough Junior Challenge for her video on Quantum Levitation.

Natalia Kawalec is the finale of The Voice Kids Poland.

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## MONDAY MORNING MINDFULNESS

Mindfulness is the ability to know what's happening in your head at any given moment without getting carried away by it.

Studies find that youth benefit from learning mindfulness in terms of improved cognitive outcomes, social-emotional skills, and well-being.

*Practices will be 8-10 minutes every Monday morning at 8:00 a.m. in the Blue Team Conference Room. We hope to start the week off with some relaxation and positivity!*

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## SCHOLARS EARN THEIR LETTERS

578 Cougars were rewarded for their efforts striving for academic excellence. Letters, numerals or chevrons are awarded on the basis of a 3.5 or better grade point average for the previous year.

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## CONANT BOOSTERS PARENT VOLUNTEERS

Do you have 4 hours? In an entire school year? To volunteer for Conant Boosters?

Choose from one or more of our exciting committees:

- Spirit Wear
- Craft Fair
- Dances
- The Grill
- Hospitality
- \* Adult Social Fundraiser
- \* Concessions
- \* Fundraisers
- \* Scholarships
- \* Post prom

Quickly and easily sign up to volunteer for any of the above at [www.conantboosters.com](http://www.conantboosters.com).

What's coming up?

- **September 28 is the Conant Craft Fair.** It's a bit earlier than usual this year so make sure you don't miss it!!!

\*\*\*We need many, many volunteers to make this event run smoothly! We need you!\*\*\*

- Visit **The Grill** during all home football games Locally Acclaimed as having the Best Burger in the NW Suburbs
- Grab a quick snack at the **Concession** stand during home volleyball games
- At the **Homecoming Dance** on Saturday, October 19 we will provide coat check and snacks for the students.
- **Cougar Corner** is open alternating Friday's during lunch for your Spirit Wear needs
- **Spirit Wear** is available online anytime

There are so many people behind the scenes making all of this happen and there's always room for more. We need you!!! Become a member! Sign up to volunteer! Get involved! Go to [www.conantboosters.com](http://www.conantboosters.com).

Our next Meeting is Tuesday, October 8 at 7:00 p.m. in the Media Center!

Elizabeth Paveza  
Conant Boosters President

Visit us at [www.conantboosters.com](http://www.conantboosters.com)  
 Contact us at [conantboosters@gmail.com](mailto:conantboosters@gmail.com)  
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