

NEWSLETTER

211



JAMES B. CONANT HIGH SCHOOL

JULIE C. NOWAK PRINCIPAL

November 2019

From the Principal:

"AS WE EXPRESS OUR GRATITUDE, WE MUST NEVER FORGET THAT THE HIGHEST APPRECIATION IS NOT TO UTTER WORDS, BUT TO LIVE BY THEM."

- JOHN F. KENNEDY

On October 3, 1863, President Lincoln issued a proclamation declaring Thanksgiving a national holiday. Prior to this, each state scheduled its own Thanksgiving holiday at different times. In his proclamation, President Lincoln stated, "It has seemed to me fit and proper that (our country) should be solemnly, reverently and gratefully acknowledged as with one heart and one voice by the whole American People. I do therefore invite my fellow citizens in every part of the United States, and also those who are at sea and those who are sojourning in foreign lands, to set apart and observe the last Thursday of November next, as a day of Thanksgiving."

One hundred fifty-six years later, we continue to come together as a nation to celebrate this day to acknowledge the importance and the gifts that come with practicing gratitude. One cannot discount the importance of giving and receiving gratitude in our students' lives. Research supports the idea that the intentional practice of expressing and accepting gratitude can lead to life satisfaction and even higher grades among students. Students who can accept gracious words and those who regularly practice acts of gratitude by acknowledging and sharing their feelings, writing thank you notes, and offering acts of service, tend to feel more connected to school, family, and friends.

While many of us share thanks and practice acts of gratitude this time of year, I encourage you to consider how practicing offering and accepting gratitude year-round to promote an increased sense of connectedness and satisfaction.

As principal of Conant High School, I would like to express my gratitude for the following:



- Our wonderful students who make the most of being Conant Cougars. High School is a time to learn about yourself and explore your interests. Whatever their passion, be it theater, athletics, computer science or fashion, I am grateful for those who participate and contribute to our school community. In every way our students contribute, they make our school a better place!
- Our teachers, coaches, activity sponsors and staff who dedicate their lives to offering our students the highest quality curriculum, instruction and opportunities while demonstrating care and concern for our students' well-being and development. I see the impact of your work each day.
- Our parents who show up to support our students and school. Whether it is homework help after a long day of work, attending a game or event, or volunteering your time, our students cannot be successful without your help.
- Our larger Conant community including the residents, public officials, police officers, firefighters, and business owners who understand the importance of a quality education and support resources to keep our community thriving.

Sincerely,

Julie C. Nowak
Principal

CERTIFIED NURSING ASSISTANT PROGRAM AT CHS

The Certified Nursing Assistant program is in its ninth year at James B. Conant High School. CHS currently has 76 CNA students from Conant, Schaumburg and Hoffman Estates High School. The program has successfully produced over 600 certified nursing assistants in the state of Illinois. Last year's class of 2019 had a 96% passing rate on the state exam. The program was designed to train students in the basic skills that are essential to the practice of health care workers who will assist in the care of patients in a variety of settings. The class consists of a theory and lab practicum that will prepare them to work in the clinical setting. The settings include a long-term care facility, where students will care for geriatric residents and patients suffering from Alzheimer's / dementia. The students will also work in the sub-acute care floor where they will care for patients with the following conditions: hip and knee replacements, post-myocardial infarction, post-surgical, IV treatment, tube feedings, and wound therapy services. The program is compliant with the requirements set by the Illinois Department of Public Health and provides the opportunity for the student to earn college credit through William Rainey Harper College. Many of the alumni in Township High District 211 have gone to work as CNAs or PCTs in many clinical settings while pursuing higher education. Our program also satisfies many institution's patient care contact requirements for program acceptance.



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

11/6	SENIOR PORTRAITS 7:30AM-3:00PM AUDITORIUM SHELF
11/7	SENIOR PORTRAITS 7:30AM-3:00PM AUDITORIUM SHELF
11/7	REALTORS AGAINST HOMELESS (RAH) EVENT 5:30PM, STONEGATE CONFERENCE CENTER
11/8	SPIRIT WEAR SALES 10:05AM-1:40PM, COUGAR CORNER
11/11	BAND PARENT MEETING 7:00PM, A160
11/12	CONANT BOOSTERS MEETING 7:00PM, MEDIA CENTER
11/22	SPIRIT WEAR SALES 10:05AM-1:40PM, COUGAR CORNER
11/22	DISTRICT 211 MUSIC FACULTY RECITAL 7:00PM, AUDITORIUM
11/27	NON-ATTENDANCE DAY – NO SCHOOL
11/28	THANKSGIVING DAY – NO SCHOOL
11/29	THANKSGIVING HOLIDAY – NO SCHOOL
12/3	WINTER BAND CONCERT 7:30PM, AUDITORIUM
12/4	BLOOD DRIVE 7:30AM-3:00PM, ATRIUM
12/4	WINTER BAND CONCERT 7:30PM, AUDITORIUM
12/6	SPIRIT WEAR SALES 10:00AM-1:40PM, COUGAR CORNER
12/7	IMPROV PERFORMANCE 7:00PM, AUDITORIUM
12/9	BAND PARENT MEETING 7:00PM, A160

5ESSENTIALS ONLINE SURVEY

High School District 211 will administer the *5Essentials Survey*, a tool used to assess school climate and meet a survey mandate by the Illinois State Board of Education. The *5Essentials Survey* will provide meaningful data to District 211, including people's perceptions about the effectiveness of school leadership, collaboration amongst teachers, involvement of families, environmental supports, and ambitiousness of instruction. The window to complete the survey will be from December 10-February 14. Students and staff will be asked to complete the online survey while in school. Parents will receive information about accessing and completing the 10-15 minute online survey in the near future.

ILLINOIS YOUTH SURVEY

Since 1990, the State of Illinois has supported schools' use of the Illinois Youth Survey (IYS) to gather information about a variety of health and social indicators including substance abuse patterns and attitudes of Illinois youth. The IYS is given every other year to students in grades 8, 10, and 12 during the school day and takes approximately 45 minutes for students to complete. During the second semester, Palatine High School will be participating in this school year's administration of the IYS which will provide us with important information about our school's students and the specific types of supports they may need. Parents of current sophomores and seniors will receive more detailed information about the IYS in the coming weeks.

COUGAR PRIDE!

Conant High School's PRIDE Program (Preparing Resourceful Individuals Determined to Excel) is a first semester student mentorship program aimed at supporting the transition to high school for freshman students. Mentors are junior and senior students who conduct lessons three days a week for our freshman students during the first half of their lunch period. These lessons are focused on welcoming students, providing them with resources for a successful educational career, and encourages all students to get involved. Some of the topics covered include suicide prevention, cyber safety, healthy living, academic achievement, and building community. The PRIDE program bolsters a sense of belonging at Conant High School. Following the first semester PRIDE program, most students will return to a full 50 minute lunch period. Freshmen students who have failed a course or received below a 2.0 grade point average, will be referred to the students' Learning Support Team for consideration of additional interventions.

HEALTH & MEDICAL CAREERS CLUB SPONSORS BLOOD DRIVE

The Health and Medical Careers Club is sponsoring several blood drives throughout the year in the Atrium. Students may sign up in the cafeteria during all lunch periods the week prior to the blood drive. To schedule an appointment and obtain a slip see Mrs. DeGuia in room 129. Permission slips will also be available in the cafeteria. Students need to bring a photo I.D. and a permission form signed by a parent/guardian, regardless of the student's age. Students must be 16 years of age and weigh at least 110 pounds before the upcoming blood drive on December 4. If a student has received a tattoo within the last year they will not be eligible for the blood drive. Students may donate during their lunch, P.E., or study hall, and are encouraged to eat and drink prior to giving blood. The blood drive is administered by Vitalant.

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.

12/10	CONANT BOOSTERS MEETING 7:00PM, MEDIA CENTER
12/10	WINTER CHORAL CONCERT 7:00PM, AUDITORIUM
12/11	INCOMING FRESHMAN (CLASS OF 2024) NIGHT 6:00PM-8:00PM AUDITORIUM, CAFETERIA, MAIN GYM
12/12	WINTER ORCHESTRA CONCERT 7:00PM
12/12	LATINO PARENT OUTREACH 6:30PM-8:00PM, MEDIA CENTER
12/13	SPIRIT WEAR SALES 10:05AM-1:40PM, COUGAR CORNER
12/18	FINAL EXAMS PERIODS 2, 3, 4 8:15AM-1:05PM
12/19	FINAL EXAMS PERIODS 5, 6, 7 8:15AM-1:05PM
12/20	FINAL EXAMS PERIODS 1, 8 8:15AM-11:25AM
12/20	WINTER BREAK BEGINS AT END OF SCHOOL DAY
1/6	TEACHER INSTITUTE DAY – NO CLASSES
1/7	OPENING DAY OF 2ND SEMESTER

CONANT'S AUTO CLUB IS LOOKING TO COMPETE IN THE CHALLENGE USA SUPERMILEAGE COMPETITION AGAIN THIS YEAR!

Last year Conant's team swept the competition winning 3 out of 4 events with car 601. The students achieved an average mileage of 358 mpg and took the overall win as well. Part of winning first included a catered day at the Andretti motorsports facility and Indy 500 time trials! The team is making a new car and is really looking forward to competing again this year in Joliet. The club meets Wednesdays after school in the auto shop and is open to all Conant students. Contact Joe Tullo for more information.

RECOGNITIONS

National Merit Scholarship Semifinalists for 2020: Sohail Ahmed, Samantha Ernst, Andrew Milas, Riya Patel, Elizabeth Zhang.

National Merit Commended Students for 2020: Apoorva Bommareddy, Aarush Bothra, Chetana Cheruvu, Atharva Desai, Sophie Douvris, Anish Gudur, Krisha Jivani, Caroline Kasprzycki, Sabah Lokhandwala, Vineeth Madhavaram, Krish Mehta, David Moskal, Manisha Muthu, Ethan Parham, Atman Shah, Bhavya Shivshankar, Viraj Sule, Hanlin Wang, and Andrew Zhang.

Faith Massey was awarded the Young Volunteer of the Year Award from Kenneth Young.

Conant Fall Athletic Highlights:

The Varsity Football team finished the season 6-3 and qualified for the IHSA playoffs.

Malik Frederic and Marktwain Green have both been recognized as player of the week in the MSL.

Girls varsity swimmer Megumi Komoto broke the school record in the 100 fly.

Conant Boys Golf team have had an outstanding season winning the Lincoln-Way West Tournament, finishing in the top 4 in the MSL, qualifying the team for the IHSA sectional and qualifying 2 individuals, Nikko Ganas and Sunny Sivarathri for the IHSA State Finals. Nikko Ganas finished 25th in the state.

Boys Cross Country Team captains: SR's James Preucil & Ethan Parham.

Varsity finished in 6th place out of 24 teams Sterling Invite.

Boys Cross Country runner, James Preucil finished 18th at the MSL Conference Invite and qualified for the IHSA sectional.

Girls Golf finishes in 4th place in conference, 2nd place at regionals- freshman Sadie Zorrilla got 2nd in the Regional with a score of 78. The team placed 7th as a team at sectionals.

Girls Tennis had a great year – they finished the season with 11 wins and 4 losses. The frosh-soph team and JV team both finished 3rd in the MSL conference and varsity took 5th place.

Conant Girls Tennis qualified both doubles teams for state: Nirali Patel/Riya Jain & Simren Mahajan/Chetana Cheruvu.

MSL Boys Soccer All-Conference player: Gabe Labay - Junior.

MSL Girls Volleyball All-Conference players: Yuri Hara - Senior & Natalie Jurgenson - Senior; Yuri Hara is also on the all-area team.

CONANT BOOSTERS PARENT VOLUNTEERS

Thank you to all of the volunteers who have already helped at the many Conant Boosters events this school year! The success of Conant Boosters is only possible when new parents become involved through membership and giving of their time. We have multiple volunteer opportunities and would be happy to utilize your specific skill set. There's something for everyone! See how you can get involved at www.conantboosters.com.

You can still join the Conant Boosters for the 2019-2020 school year. Your \$25 registration is a great way to support the students and our Conant community even if you have no time to give. If you do have room in your schedule, you can also learn how to get involved by attending the next Boosters meeting on **Tuesday, November 12 at 7:00 p.m.** in the Media Center. During the meetings, administrators and committee chairs share and discuss what's happening at Conant High School and explore new avenues where the Boosters can help.

A special thanks to the Conant community for supporting our most recent **Community Events**. The **Savers Fundrive** was a huge success thanks to the many donations made by so many of you. Also, this year's **Conant Craft Fair** was absolutely amazing. We had student volunteers, parent volunteers, and community volunteers working together to produce the most enjoyable and organized event possible. Our next community event will be the **Conant Social** on Saturday, February 29 at Chandler's in Schaumburg. In order to make these events a success, We Need You!

Elizabeth Paveza
Conant Boosters President

Visit us at www.conantboosters.com
 Contact us at conantboosters@gmail.com
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