

# NEWSLETTER



## JAMES B. CONANT HIGH SCHOOL

JULIE C. NOWAK PRINCIPAL

January 2020

### From the Principal:

"DON'T GIVE UP AT HALFTIME. CONCENTRATE ON WINNING THE SECOND HALF." - BEAR BRYANT



Happy New Year! The start of the year is a time for renewal and coincides with many beginnings at Conant High School. This is the first newsletter the families of our incoming freshman receive. I am pleased to welcome all of our incoming freshman students and their parents to the Conant High School community. It is hard to believe our incoming class is the class of 2024! Parents, we appreciate that you entrust us with the extremely important responsibility of preparing your children to be contributing and competitive members of society. We look forward to collaborating with you and working together to ensure the best possible high school experience for your child.

While it is a new year, we are also approaching a new semester, or "halftime", for the school year. I asked some of our coaches about how they approach halftime and they shared the following:

- "My advice ranges greatly depending on how my player is performing. Overall, I try to be a calming influence, giving quick strategy advice. I remind them to relax, play smart, and to STAY POSITIVE. If they are losing, I tell them they can come back, and that things are not as bad as they might seem. Players respond to coaching in different ways so it is important to learn what works best for each athlete." - Coach Koleno
- "I give the wrestlers a chance to catch their breath, calm down, and wait until after the meet is done to address issues. I feel that more of what I am saying is absorbed when I speak to them when they are focused more on what I am saying and less about trying to breathe after a tough match!" - Coach Hay

• The idea is to see what has happened so far (what are the girls seeing in the water, what are they struggling with etc...) and combine it with what I am seeing to figure out what we need to fix or work on. Sometimes everything goes great, and it's more of an encouraging thing, "Keep this up, this is working really well" and other times it's about shaking off some bad swims or bad plays and just realizing that they have the ability to fix some of the issues that they had been having in the "first half." – Coach Bickus

The start of the second semester presents the perfect time for a "halftime" review of the school year. This allows students the opportunity to take inventory of what they have done well. It also provides the opportunity to explore areas they might improve. Students may determine that a helpful adjustment is to access tutoring services available during the school day or after school. Information about tutoring services is available on our website <https://adc.d211.org/domain/249>. Some students may determine that they need to learn effective stress management strategies, or a way to improve their study time. As we approach the second semester, let us work together to have these conversations at home and school.

Sincerely,

Julie C. Nowak  
Principal

### CONANT HIGH SCHOOL WINTER DANCE!

Student Council is proud and excited to announce the return of the Winter Dance on Saturday, January 18 from 7:30 p.m. to 10:30 p.m. The theme for this dance is "Lights OUT!" Students are encouraged to wear black, allowing them to dress as formal as they wish. We will be bringing back the same DJ service from Homecoming, but creating an entirely new experience featuring a professional level light show, music and effects. Due to the unique experience we are building for this dance, ticket sales will be limited to the first nine hundred students. During the week of December 16-20, we will be selling one hundred and fifty VIP tickets which will give students express entrance to the dance. Following break, general admission tickets will go on sale in the main office. All tickets will cost \$15. If students wish to bring a guest from another school they will need to complete a guest form, available in the main office, prior to the purchase of their tickets. If you have any questions please contact Mr. Moravek at [dmoravek@d211.org](mailto:dmoravek@d211.org).

### RECOGNITIONS

The Conant Varsity Wrestling Team finished in 3rd place at the Conant Chris Hruska Tournament-Tournament Champions Jack Hominac and Patrick Kane, 2nd place-Derek Lewandowski & Kobe Gilbert, 3rd-Henry Chang, 4th-Anthony Fioravanti & Yordan Neykov, 5th-Shiv Patel.

The Girls Varsity Basketball Team finished the York Tournament 2-2, Isabella Tierney was named to the All-Tournament Team.

Conant 100 Fly swimmer Megumi Komoto finished 14th in the state and broke the Conant Pool and Conference record.

The following Conant students were selected as ILMEA All-State Musicians – Sophie Douvris and Logan Franklin, Honors Chorus; Makiba Kurita, Charles Lin, James Preucil, Sean Yoshihara, Orchestra; Nate Mathew, Orchestra (Band).

Ashay Parikh and Rayaan Siddiqi tied for second place in the Congressional App challenge.



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

1/6	TEACHER INSTITUTE (NO CLASSES)
1/7	OPENING DAY OF 2ND SEMESTER
1/10	SPIRIT WEAR SALES 10:05AM-1:40PM COUGAR CORNER
1/13	BAND PARENT MEETING 7:00PM A160
1/14	CONANT BOOSTERS MEETING 7:00PM MEDIA CENTER
1/18	WINTER DANCE (DATE CHANGED FROM 2/1) 7:30PM- 10:30PM MAIN GYM
1/20	MARTIN LUTHER KING, JR. HOLIDAY NO SCHOOL
1/21	STUDENT LATE START CLASSES BEGIN AT 9:35AM
1/24	SPIRIT WEAR SALES 10:05AM-1:40PM COUGAR CORNER
1/25	IMPROVE PERFORMANCE 10:05AM-1:40PM COUGAR CORNER
1/31	PROM FASHION SHOW 10:05AM-1:40PM AUDITORIUM
2/1	GEMS EXTRAVAGANZA 8:00AM-12:30PM SCIENCE AREA
2/4	STUDENT LATE START CLASSES BEGIN AT 9:35AM
2/6	BAND SOLO & ENSEMBLE FESTIVAL 5:00PM-10:00PM MUSIC AREA
2/7	SPIRIT WEAR SALES 10:05AM-1:40PM COUGAR CORNER
2/8	ACT TESTING 8:00AM
2/8	D211 HONORS ORCHESTRA CONCERT 7:00PM FREMD HIGH SCHOOL
2/10	BAND PARENT MEETING 7:00PM A160
2/11	CONANT BOOSTERS MEETING 7:00PM MEDIA CENTER
2/11	ORCHESTRA POPS CONCERT 7:00PM AUDITORIUM
2/14	EARLY DISMISSAL CLASSES DISMISS AT 12:30PM

## DENTAL EXAMINATIONS REQUIRED FOR CLASS 2023

All 9th grade students are required by Illinois Department of Public Health to provide proof of a dental examination. A licensed dentist must complete this examination and he/she must sign the Proof of School Dental Examination form. This form must be presented to the health office prior to May 15, 2020. The dental examination must be completed 18 months within the deadline (December 2018). Dental examination forms are available in the health office or online.

## COLLEGE AND CAREER EXPLORATION

### Scholarships for Seniors

Now that your applications have been submitted, it is time to start applying for local, national and college specific scholarships. Check out the Scholarships folder in the Conant U Schoology course or the Scholarships page on the Conant website. The CHS Local Scholarship List is a great place to start. <https://adc.d211.org/Page/7049>

### Automatic Merit Based Scholarships

Automatic merit based scholarships are given to students that meet certain GPA and test scores at certain schools. They are renewable and can range from **\$1,000 - \$34,000 PER YEAR** as well as even a **FULL TUITION SCHOLARSHIP**. Juniors and Seniors can find a list of these schools in their Conant U course on Schoology or the Scholarships page on the Conant website. <https://adc.d211.org/Page/7049>

### First Annual Tech and Trade Fair

Interested in cosmetology, culinary, auto mechanic, carpentry, electrician, or other trades? Attend the first ever Tech and Trade Fair at Conant High School on Friday, February 7th during lunch hours. Tables will be set up in the hallway outside of the cafeteria where representatives will inform you about their programs, certifications, degrees or apprenticeships.

### Career Advisor

Looking for information about a certain career? Looking to go on a field trip to explore a future career interest? Stop down and meet with our career advisor, Kristen Fitzgerald. Her office is located in the media center. Mrs. Fitzgerald would be glad to assist you with the career search process, career treks to local businesses, obtaining a job or internship, resume writing, interviewing skills and much more. Join her Schoology course for more info with the code ZHBJM-27VF3.

## SEAL OF BILITERACY

Township High School District 211 students earn the Illinois State Seal of Biliteracy by demonstrating high levels of proficiency in English and an additional language. Students can demonstrate proficiency in a target language by earning a 4 or 5 on an AP exam, 1-5 on the AAPPL or Intermediate High on the STAMP exam. Illinois public universities will accept the State Seal of Biliteracy as equivalent to 2 years of foreign language coursework taken during high school if a student's high school transcript indicates that he or she received the State Seal of Biliteracy. Current languages available are Arabic, Chinese (Mandarin), French, German, Hebrew, Hindi, Italian, Japanese, Korean, Polish, Portuguese, Russian, Spanish, and Thai. Students interested in taking the APPPL or STAMP exam may pick up a registration form in the student services office. The exam will be administered between February 17 – 28, 2020, during the first half of the day. The exam consists of four modules and lasts approximately 2 to 4 hours. The assessment is not a timed test. There is a \$20 fee associated with the administration of this exam. Payment and registration will need to be submitted by the end of the school day January 31, 2020. Students who earn the Illinois State Seal of Biliteracy will be notified in May or July depending on availability of exam results. For more information on how to earn the Illinois Seal of Biliteracy please go to <https://adc.d211.org/academicshome/illinois-seal-of-biliteracy/>. Please contact the Student Services Department at 847-755-3630 with questions.

## "COUGAR KIDS" PRE-SCHOOL

"Cougar Kids" pre-school is currently full. Anyone interested can place their child on the wait list to join the preschool for Spring 2020. The pre-school will meet on Wednesdays, Thursdays, and Fridays, beginning Friday, January 24 and go through May 8, 2020. The pre-school will run from 9:15 a.m. to 11:45 a.m. Registration information is available in the main office or online under the Family & Consumer Sciences page. If you have any questions, contact Mrs. Koopman or Mrs. Candia at (847)755-3736.

## 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.

2/17	PRESIDENT'S DAY NO SCHOOL
2/18	STUDENT LATE START CLASSES BEGIN AT 9:35AM
2/18	6-WEEK IN-PROGRESS GRADES RECORDED
2/19	HARPER COLLEGE AND OTHER POST HIGH SCHOOL OPTIONS AUDITORIUM 6:30PM

### **PARKING LOT SAFETY**

Our foremost goal is to provide a safe environment for our students, parents, staff, and visitors. Please be cautious in our parking lots. Drive slowly, yield to pedestrians and do not execute U-turns from the drop off/pick up lanes. Parking cones are placed to encourage safe driving. Also, remind your students who drive to school to be especially careful when driving in the parking lot.

### **2020 CENSUS - BE COUNTED!**

Beginning in March, the United States Census Bureau will invite households across the country to participate in the 2020 Census in order to count every person living in the U.S. 50 states, District of Columbia, and five U.S. territories. Learn more about the 2020 Census and why it's important to participate at <https://2020census.gov>. **Be counted!**

### **DISTINGUISHED ALUMNI AWARD**

We are accepting nominations for the annual "Distinguished Alumni Award." Nominees will be considered from any field for their contributions, achievements or community involvement. This award will be presented at Senior Honors Convocation on Thursday, April 30. A nomination form is available on the school website [chs.d211.org](http://chs.d211.org).

## **GEMS EXTRAVAGANZA (GIRLS IN ENGINEERING, MATH & SCIENCE)**

**GIRLS IN ENGINEERING, MATHEMATICS, AND SCIENCE CONFERENCE ON FEBRUARY 1, 2020**

High School District 211 will host its tenth annual GEMS (Girls in Engineering, Mathematics, and Science) Conference for 5th and 6th grade girls in School Districts 15 and 54, and private schools within the District 211 attendance area. The conference will be held on Saturday, February 1, 2020, at James B. Conant High School (700 E. Cougar Trail, Hoffman Estates) from 8:00 a.m. until 12:30 p.m. The goal is to educate girls about careers in these fields, and introduce them to female role models from the industry and those working in District 211's five high schools.

Girls will learn about careers in engineering, math, and science by actively participating in hands-on sessions. These activities will be taught by women in fields such as structural design, polymers, technology, geology, and mathematics. Some of the presenters include women from the American Chemical Society, Baxter Healthcare, Northrup-Grumman, and Cast Metals Institute. Participating girls also will receive a goody bag full of STEM (Science, Technology, Engineering and Mathematics) information.

The conference begins with a Career Expo, featuring booths where families can learn more about STEM-related careers, including the necessary skills girls need to be successful at the high school and college level. At 9:00 a.m., girls will go to their hands-on sessions until noon. Parents should return to the Conant High School Cafeteria at noon to meet their daughters and attend the closing event of the conference. The event will conclude at 12:30 p.m.

Raffle prizes will be given away during the conference's closing remarks. These prizes, along with goody bags for the girls attending, were generously donated by organizations that include John G. Shedd Aquarium, The Scope Shoppe, Wards, American Chemical Society, Carolina Biological Supply, Thermo-Fisher, and Pearson Prentice Hall.

Register for the 2020 GEMS Conference

More information about the event can be found at [adc.d211.org](http://adc.d211.org).

### **D211 CAREER EXPO CALL FOR BUSINESSES**

High School District 211 is hosting its 3rd Annual Career Expo on February 27, 2020 at Fremd High School in Palatine from 4:30-6:30 p.m. Career options will be showcased for students (freshmen-seniors) from Palatine, Fremd, Conant, Schaumburg and Hoffman Estates High Schools. We are looking for professionals from a variety of fields to share industry knowledge and experience and talk with students and parents about their career paths. College major and career choices are important decisions for young people, and we want to provide them with valuable information to help them make informed decisions about their futures. Your participation would be greatly appreciated! No formal presentation is required, just a willingness to tell your story and share your career knowledge, as well as give advice and answer students' general career questions. Most professionals will be providing general career information, but there is an opportunity for your organization to offer summer internships, apprenticeships or full-time jobs to high school graduates. Our future workforce needs your guidance. We hope you will consider giving two hours of your time to inspire young people and help them learn about careers at this free event.

Visit <http://adc.d211.org/domain/4783> to learn more or businesses can register at <https://tinyurl.com/2020careerexpo>. Questions should be directed to District 211 Career Advisor Jan Brottman, [jbrottman@d211.org](mailto:jbrottman@d211.org)

### **LOST AND FOUND**

Many articles of clothing are turned in to the Lost & Found throughout the semester. Students have been reminded via Schoology to recover their items in the White Team. Items not recovered by students are donated at the end of each month.

## **CONANT BOOSTERS PARENT VOLUNTEERS**

I want to personally thank everyone for supporting the Conant Boosters this first half of the 2019-2020 school year! Perhaps you didn't even realize you did so, but every time you enjoy a cheeseburger at the football game or purchase spirit wear for your student you are supporting Conant Boosters!!! Now, take it to the next level. Register your \$25 membership today at [www.conantboosters.com](http://www.conantboosters.com).

There are over a dozen committees working throughout the year to host events, support activities, and raise funds that positively impact all Conant students. Every dollar raised at the Fall Craft Fair, Cougar Corner Spirit Store, outdoor Grill, indoor Concessions, and the annual Conant Social Fundraiser stays in our school!

Where does the money go? It goes back to the students and the school. This year, we were able to increase our donation to Cougars in Need and increase our budget for Scholarships thanks to your support. In the recent past, Conant Boosters contributed to the banners along the football stadium and the fantastic fish tank in the media center.

To accomplish future goals, we need you! Our volunteers are what make it all possible. Please consider sharing your time and talent with the Conant Boosters as there is something for everyone!

**Our next Meeting is Tuesday, January 14 at 7:00 pm in the Media Center.**

**Wishing you and your family a very Happy New Year!**

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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# *FRESHMEN, SOPHOMORES AND JUNIORS TEST IN APRIL*

## *Freshmen, Sophomores and Juniors Test in April*

### **SAT**

The Illinois State Board of Education's required high school level assessment, The College Board Scholastic Achievement Test (SAT), will be administered throughout Illinois on Tuesday, April 14, 2020. This state-funded SAT fulfills the requirement of the Illinois School Code that students take the state's required assessment to be eligible to receive a regular high school diploma, unless eligible to take the alternative assessment or otherwise exempt from testing. The assessment measures student knowledge related to state standards with respect to examination purposes. This state-funded SAT can be used as a college or university entrance exam score.

Students can choose to take an additional SAT on a national test date to improve test scores. This option may be discussed with your child's school counselor to determine the benefits of additional testing and to receive information about national SAT tests the dates and costs. You can find detailed information about the SAT online at <http://collegereadiness.collegeboard.org/sat>. Fees charged by College Board for testing on national test dates are the responsibility of the individual students and/or parents. Fee waivers are available for qualifying students through the student services department.

<i>SAT Test Dates</i>	<i>Registration Deadline</i>	<i>Late Registration</i>
May 2, 2020	April 3, 2020	April 14, 2020
June 6, 2020	May 8, 2020	May 19, 2020

### **PSAT 10**

Sophomores will be administered the PSAT 10 on Wednesday, April 15, 2020, to measure their progress in reading, writing, language, and math. You can find additional information about the PSAT 10 online at <https://collegereadiness.collegeboard.org/psat-nmsqt-psat-10>.

### **PSAT 9**

Freshmen will be administered the PSAT 8/9 on Wednesday, April 15, 2020, to measure their progress in reading, writing, language, and math. You can find additional information about the PSAT 8/9 online at <https://collegereadiness.collegeboard.org/psat-8-9>.

Performance on these assessments helps District 211 improve curriculum and instruction to ensure that all students are college and career ready upon graduation from high school. The PSAT 9 and PSAT 10 identify areas to strengthen prior to the State-required junior year assessment. Students dismissed following exam. Please mark your calendars. Bus transportation will be available for those who normally use bus service to school and back according to their schedule.

	<i>Freshmen</i>	<i>Sophomores</i>	<i>Juniors</i>	<i>Seniors</i>
<b>Tuesday, April 14, 2020</b>	Do not report to school	Do not report to school.	SAT administration, junior students report to school. Students will be dismissed approximately at 12:30pm/1:15 pm	Do not report to school
<b>Wednesday, April 15, 2020</b>	PSAT 9 administration, freshmen students report to school. Students will be dismissed approximately at 11:15am/12:00pm	PSAT 10 administration, sophomore students report to school. Students will be dismissed approximately at 11:15am/12:00pm	Do not report to school	Do not report to school

## ***March 12, 2020 Illinois Science Assessment (ISA)***

Change in school day schedule. The Illinois Science Assessment (ISA), a state required science assessment, will be administered to all juniors on March 12, 2020. In order to accommodate the facility and staff requirements for these tests, freshman, sophomore and senior students will attend a late start schedule on March 12, 2020 (10:00 a.m. – 2:45 pm/10:40 – 3:30pm). Freshman, sophomore and senior students should report to their bus stop at 9:10am/9:55am on March 12. The ISA is aligned to the Illinois Learning Standards for Science incorporating the Next Generation Science Standards (NGSS). Visit <https://www.isbe.net/Pages/Illinois-Science-Assessment.aspx> for more information.

	<i>Freshmen</i>	<i>Sophomores</i>	<i>Juniors</i>	<i>Seniors</i>
<b>March 12 Modified Schedule</b>	Late start (10:00am-2:45pm/10:40-3:30pm) Report to bus stop 9:10am/9:55am.	Late start (10:00 a.m. – 2:45 pm/10:40 – 3:30pm) Report to bus stop 9:10am/9:55am.	Students report to school at normal start times.	Late start (10:00 a.m. – 2:45 pm/10:40 – 3:30pm) Report to bus stop 9:10am/9:55am.