



# COUNSELOR'S CORNER

"Your aspirations are your possibilities."

- Samuel Johnson-

## The First Year of High School is Not so Bad . . .

### Important Dates!

- September 3rd—Last day for schedule changes.
- September 17th—SENIORS ONLY! - Last day to sign up for ACT/PSAE retake—See Ms. Triplett for retake voucher.
- September 19th—Mid-terms
- October 10th— JUNIORS ONLY! - Last day to sign up for PSAT—cost \$13—See Ms. Triplett.
- October 15th—JUNIORS ONLY! - PSAT Exam here at CHS—in the IRC.
- October 17th—End of First Quarter.
- October 24th— Report Cards distributed.
- October 25th— SENIORS ONLY! ACT/PSAE retake Day 1 at Quincy Senior High.
- October 28th—SENIORS ONLY! - ACT/PSAE retake Day 2 here at CHS.
- October 30th and 31st— Parent Teacher Conferences here at CHS.

Well parents the time is here . . . your 8th grader is moving on to the big pond called high school, leaving behind those glory days as leaders in Junior High. Many fears may run through their minds, "will I find my classes?", "will the older students be nice?", "will I survive the first week?". As the guidance counselor I can safely say that we haven't lost anyone yet.

High school is a different experience for all students, sometimes it is positive and sometimes not so positive, but everyone handles their first year differently. The most important thing for new freshman to know and remember is that they are supported by the staff and administrators. They should never hesitate to ask questions or seek out help when needed. Encourage your student to get involved and try new things on an extracurricular level, whether that be a

sport or an organization. There are many benefits to both.

There will be changes and let's remind them of that. The classes may be harder, they

**WELCOME  
CLASS OF  
2012!**

may find there is more homework, their friends may switch cliques, and the awkwardness of a the teen years may rear it's ugly head. There are loads of fears that come with entering high school so help your student to know what avenues they can use to help their first year be successful.

Here are a few great places and people to keep in mind if your student ever finds they are in need of some help. . .

- The guidance office is a great place to get help for social and

academic problems.

- The main office has answers to all sorts of questions from lunch money to what to do for a doctor's appointment.

- Teachers are there to help with assignments, finding classes, learning procedure, and lifting them up when they need it.

-Of course the principal always has an open door, for when students need a hand.

So keep in mind for your student that their high school does have many wonderful resources if they are willing to seek them out.

Some other great suggestions for new freshman would be to attempt to get organized, take classes that offer a challenge, expand study skills, learn effective time management, get good sleep, and oh yeah, "Please enjoy high school!" . It's a once in a lifetime experience!

### What's the Point of Retaking the PSAE?

As required by law, grade 12 students have an opportunity to improve their Prairie State Achievement Examination (PSAE) scores by retaking both Day 1 (the ACT Plus Writing) and Day 2 (ISBE-developed Science test and ACT WorkKeys assessments) of the PSAE in October 2008.

There are many positives to retaking the PSAE examination. For one, seniors will get the opportunity to improve their Day 2 PSAE scores and if they improve these scores by meeting or exceeding in all

three areas, math, science, and reading, they will be eligible to be exempt from second semester finals. That's right, if they improve their scores by meeting or exceeding in the three areas they do not have to take finals their last semester of high school!

Another great reason to retake the PSAE is that students get an opportunity to retake the ACT again for free! The regular cost for the ACT Plus Writing is \$46.00. When a student signs up with Ms. Triplett to retake the PSAE they receive a free voucher

for the ACT. The catch here is that in order to use the voucher students must retake both Day 1 and Day 2. The PSAE 2008 retake is scheduled for October 25th, Day 1 ACT, in Quincy, IL at Quincy Senior High School and Day 2, WorkKeys, here at CHS in the IRC. Students need to report to the IRC at 8:10 AM. Again, please encourage your student to sign up for this great opportunity! Deadline is September 17th! See Ms. Triplett to sign up.

## JUST THE FACTS

Adults who have been physically active throughout their lives...

- Have a reduced risk for heart disease.
- Lower risk for certain types of cancer.
- Lessened potential for drug and alcohol abuse.
- Handle stress better.
- Live healthy and perhaps longer lives
- Can utilize being active as a positive

## PE Does Not Stand for 'Pointless Education'

When you think of your student's classes, which ones do you think will help them 10, 20, or even 30 years from now? It's likely that math, English, and science come to mind, but knowing how to keep yourself healthy could be just as important. Physical Education class is designed to help your student know the process of becoming physically active and healthy for a lifetime (The Importance of PE, 2002).

Physical education class was once a requirement for most U.S. high schools. I'm sure you can look back on your high school days and remember running the track in your "high fashion" PE uniform. Unfortunately many schools have eliminated PE in order to save money or improve test scores because of education reform and the addition of high stakes testing.

Surprisingly, Illinois is the only state that still requires daily physical education for grades K-12. Illinois educators offer physical activity every day to your student in order to help instill in them an appreciation of a healthy lifestyle and the importance of being active.

Daily activity is not the only good reason for physical edu-

cation, the following are three other important reasons for physical education.

Regular physical activity helps prevent disease - "Like brushing your teeth early in life to prevent cavities later in life, engaging in regular physical activity early in life can lead to healthy activity habits later in life, thus reducing the risk of disease and improving the quality of life," (The Top 10 Reasons for Quality Physical Education, August 2006).

Quality physical education can help fight obesity— Currently in the US over 66 percent of the adult population are overweight and 32 percent are obese and approximately 19 percent of children and 17 percent of adolescents are overweight. The truth is that without an awareness of how to stay active these children and adolescents run the risk of more health problems, psychosocial difficulties, and psychiatric problems early on and throughout their lives.

Physical activity and PE promote learning— Physical education is effective to learning, not only in accomplishing important physical education goals but also enhancing academic performance (The Top 10 Reasons for Quality Physi-

cal Education, August 2006). In fact research has found that short bouts of physical activity, 20 to 30 minutes, can affect cognitive functioning in children. This includes memory, spatial skills, and overall your student's ability to retain and process information. "Longer bouts of activity, 50 minutes, led to significant improvements in math performance, (Gabbard & Barton, 1979). Overall results from numerous studies examining the relationship between physical fitness and academic performance indicate a consistent positive relationship. In other words PE does not stand for "pointless education", it actually promotes learning and benefits our youth.

So the next time your student complains about PE, you can tell them that PE is offering them something that no other class will. In fact as math equations and science terms become distant memories your student can hopefully still carry on the idea the being healthy and active is a smart idea!



## The National Merit Scholarship Program

Scoring high on the PSAT as a junior can qualify you for National Merit Scholarships and other awards.

Juniors taking the PSAT are automatically entered into the National Merit Program, a competition for recognition and undergraduate scholarships conducted by The National Merit Scholarship Corporation (a not-for-profit organization). The most outstanding

participants receive scholarships worth a total of \$50 million for undergraduate study.

Each year 8200 students are awarded the National Merit Scholarship totaling \$2500.00 to each student.

The PSAT is not just a test, it's an opportunity

for scholarship and funding for your future. It is also an awesome way to gain some extra

test preparation for the ACT and additional standardized tests. If you are interested in taking the PSAT, Juniors, see Ms. Triplett by October 10th to sign up! The cost is \$13 dollars and can be

turned in to Ms. Triplett also.

**“What’s so important about the PSAT?”**