



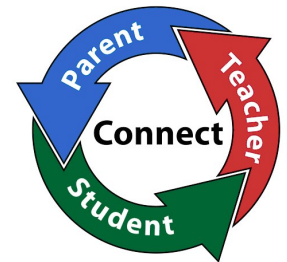
Five Ways to Start the School Year Off Right

Whether your student is going to school for the first time or last time, a new school year marks a new beginning. And it is a new beginning for parents as well. Of what, we don't know, but new hopes and fears emerge at this time of year.

If your child is coming off a previous year that needed improvement, you wonder and fear what this year will bring and hope it will be better. If your child had a good year, your expectations are likely a little higher this year. Below are five tips to help the school year start right.

- 1. Stay in the present and away from inappropriate expectations.** Do your best to focus on right now and let go of past mistakes and old experiences. Your child is different than he was even three months ago. Talk to and plan with who he is now.
- 2. Maintain strong connection.** Especially in the beginning of the school year, keep quiet tabs on what is happening. A change in your child's behavior may be a signal that something might be going on at school. Many kids don't talk about their experiences. It all shows up in behavior.
- 3. Make contact with your child's teacher.** Even if you don't have a special needs or strong-willed child, it's always a good idea to set up a time with your child's teacher about a month into the year. Talk about how your child responds best at home and what tends to set him off. Be sure to share any family issues that could cause disruptive behavior in the classroom.
- 4. Set up a homework schedule and school-day rules and expectations WITH your child.** Each year is different. Establish a sit-down time to talk about what time and place your child wants to choose for homework, acknowledging when you will and will not be available for help. Decide on media times and rules. Make sure to include both your child's and your desires in the discussion. Whatever you come up with must be agreed on by all parties involved. Create a weekly calendar and a contract if appropriate.
- 5. Keep bedtimes and routines consistent.** The younger your child, the more important is the consistency of routine. Keep after school activities minimal and consistent. Start the bedtime routine early and keep the order of things the same so your child gets into the sleep mode. Make sure all media is done an hour prior to going to sleep as it stimulates the brain and can create stress. Any roughhousing or physical play should end a half hour before sleep (sometimes it helps for a child to wind up before winding down).

Be sure to send your children messages of confidence and competence. Give them the opportunity to begin again fresh. What we all want most for our children is that they continue imagining, creating and always being interested in learning new things, and having the confidence that they always can.



UPCOMING EVENTS	
Patriot Day	Sept 11
11:30am Dismissal School Improvement	Sept 12
MJHS Picture Day	Sept 13
Baseball at Teutopolis (4:30pm)	Sept 13
IESA Baseball Regional at Salt Fork JHS (11:30am)	Sept 15
Girls' Basketball at Paris Crestwood (6:00pm)	Sept 18
Progress Reports for 1st Quarter	Sept 21
Fall Festival Parade	Sept 22
HS Homecoming Football Game (7:00pm)	Sept 28
LEIC Cross Country Meet (Robinson IL) (4:00pm)	Oct 1
No School Teacher Institute	Oct 5
No School Columbus Day	Oct 8

Message from the Principal

Dear MJHS Parents:

I hope that this newsletter finds you and your family doing well. Summer has come and gone, and it is now time to continue with the excellent traditions at Marshall JHS. Over the summer, the junior high received some renovations, such as new drop ceiling and lighting in the east half. New

windows were installed in the east part, as well as a new southeast entry door. A keyless entry system was installed along with upgrades to the security network system, and new HVAC unit for the east end.

With all of the "new" being talked about junior high can be a time of new adjustment for many students. Please stress to your student to maintain organi-

zation, ask questions, and get involved. Encourage your child to explore their interests. There are numerous opportunities for students to be in extracurricular activities throughout the year, and research shows that an involved student is a successful student.

Best wishes to you and your student in the 2018-2019 school year.

It's a Great Day to be a Lion Cub!

Tony Graham, MJHS Principal



MJHS News Shorts

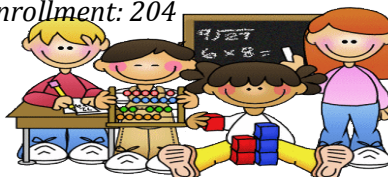


Online Payment at MJHS

Starting this year Marshall JHS has the ability to pay fees and place lunch money directly onto your student's account via debit or credit card. If you have already taken advantage of this convenience, good for you! If you have not, and would like more information on how please call the Marshall Junior High Office and speak with the secretary for more details.
 MJHS Office: (217) 826-2812

Marshall JHS by the Numbers

It has been asked throughout the months and years, "How many students does Marshall JHS have?" This year's enrollment looks like this.
 7th Grade: 100 students (Girls-49/Boys-51)
 8th Grade: 104 students (Girls-48/Boys-56)
 Total School Enrollment: 204



REMINDER

At school registration every student received a student handbook which had a cover sheet that needed to be signed by the student and parent. If you have yet to turn it into the school office please do, so that we know that you have all the important information about Marshall JHS. Thank you.



Athletic Events and Mental Toughness

The beginning of the school year also marks the beginning of school athletics. Sports are an avenue to learn wonderful, life-long values of commitment, loyalty, teamwork, and benefits their physical and mental abilities. However, the downside to athletics is when we, fans and parents, have difficulty controlling our own actions and words when situations do not always go the way we wish. Calls will be made and events will occur that we do not agree with. Yet, it is in these instances that we can truly teach our children the meaning of mental toughness and the ability to "rise above".

If you have a child who either oversleeps or dawdles almost every morning, you may wonder how to make him understand that getting up and out the door is important. Letting your child face the consequences of his action is often the most effective way to change his behavior. That's because consequences are based in reality. Rather than nagging your child to get ready try letting him experience the results. If he misses the bus and arrives late at school he will receive a tardy. Several tardies could result in an unexcused absence or detention, and he'll have to make up missed class work. The idea is that your junior high child will soon learn that getting up on time is HIS responsibility, not yours, and that his choices have results.

Source: Middle Years, April 2010



MJHS Pawsitive Posts

There are so many events, situations, and kind acts that happen in our school among our students and staff that we would like to share them. We have what we call, "Pawsitive" Posts. Whenever we see a kind act displayed by one of our students without direction, effort beyond what is asked, or a continued commitment to our standard of excellence, teachers and staff will send a postcard home to share and acknowledge your student's willingness to go above and beyond. Hope to be sending you one soon.

Students of the Month

Starting with the month of August/September and then every month following, one boy and one girl from each grade level will be chosen students of the month. Each month will have a different character trait that will be focused on when selecting deserving students.

These awards are presented as an example to all students of our school's expectations and our definition of requirements for success beyond our doors. The character traits are based on core values we share and we believe will serve our students well as they move into high school and adulthood. Award eligibility is not based necessarily on grades, but rather on the possession of that month's positive quality. Below are the Marshall JHS character traits and the correlating months.

August (Self-Worth) **September** (Respect) **October** (Responsibility)
November (Citizenship) **December** (Generosity) **January** (Gratitude)
February (Kindness) **March** (Determination) **April** (Trustworthiness)
May (Integrity)