

# Plainfield High School Central Campus

December 2020

## December

12/21 - 1/1 Winter Break

### ILMEA

Congratulations to the following students who were selected from PHS for the ILMEA District IX Honor Ensembles.

- Alison Eubanks - Honor choir
- Lucas Forbear - Honor Band & Jazz Band 1
- Jordan McCully - Honor Choir
- Lillian Pankhurst - Honor Band
- Joseph Sarabia - Honor Choir
- Simon Snydersmith - Honor Jazz Band 3

### Archery

Congratulations and good luck go to junior Courtney Langley. She finished the 2020 archery season with a National ranking of 3rd out of 97. This ranking gives her a spot on the 2021 USA Archery National Junior Team.



## College Board National Recognition Program Scholars

This honor is given to students based on scoring in the top 2.5 percent on the PSAT/NMSQT test among students who identify as one or more of the following: African American, Hispanic American or LatinX, Indigenous, or attend school in a rural area, or are from a small town. These PHS seniors were named National Recognition Program Scholars:



Kemdilim Okoye



Jade Price



Enrique Sanchez

### SAT Prep

SAT 1600 is an 8-week online test preparation program hosted live using Google Meets for juniors who will take the April 13, 2021 SAT. Students should have a webcam and a microphone. This program is put on by ExcelEdge for \$325. Register online at [www.exceledegeinc.com](http://www.exceledegeinc.com) before 12/31/20. Questions contact ExcelEdge at [info@exceledegeinc.com](mailto:info@exceledegeinc.com) or call 219/838-0740

### AP Environmental Science

AP Environmental Science students had 2 virtual field trips to the Four Rivers Environmental Education Center in Channahon where a naturalist introduced them to a program called "Stop the Invaders." The students were given directions for independent study and returned the following week to present their findings on their chosen environmental invaders. We would like to thank Four Rivers for providing this wonderful learning opportunity.



- Download the app on your phone
- Search "Plainfield Central High School"
- Enter Code "wildcats2020"
- Upload to "Student Life" only
  - Summer jobs
  - Remote learning
  - Summer vacations

### Yearbooks

We have 2020 yearbooks left in the main office. Also, the 2021 yearbooks are available for sale either online or in the office. We will most likely not order extras this year so don't miss out. Order now.

## December Mental Health Tip

Four Things You Can do to Support Your Teen's Mental Health: Whether you and your teen are getting along well or having challenges, it is important to show that you love and support them, that you can help them navigate tough times and that you are always there for them.

### 1. Encourage them to share their feelings

- Look for ways to check in with your teen. Ask them how their day has been and what they have been doing. It could be by inviting them to join you in a task, so you can use the time to chat about their day.
- Remind them that you are there for them and that you want to hear how they are feeling and what they are thinking. A few simple words of encouragement can help them feel comfortable sharing with you.
- It is important to acknowledge and understand emotions they might be experiencing, even if it feels uncomfortable. When they open up to you, you can respond with “I understand”, “it sounds like a difficult situation” or “that makes sense”.
- It can be easy to notice the things your teen is doing that you do not like. But also try to notice and praise them for something they are doing well — even something simple like cleaning up after themselves.

### 2. Take the time to support them

- Work together on setting up new routines and achievable daily goals. You could fit in home chores around school work or set a target like getting homework done before dinner.
- Adolescence means independence! Try to give your teen the appropriate time and space to be on their own. Needing space is a normal part of growing up.
- Find a few ways you can support and encourage your teen to take breaks (from schoolwork, housework, or other activities they may be working on) to do things they enjoy. If your teen feels frustrated, work *with them* to brainstorm some solutions to problems. Try not to take over and tell them what to do.

### 3. Work through conflict together

- Listen to your teen's views and try to sort out conflict calmly. Remember: everyone gets stressed!
- Never discuss an issue while you are angry. Walk away, take a breath and calm down — you can talk with your teen about it later.
- Avoid power struggles. With the world feeling unpredictable and options looking limited right now, teens might be struggling to be in control. As difficult as it can be in the moment, empathize with their desire to assert control in a scary time, rather than attempting to fight back or overpower it.
- Be honest and transparent with your teen: let them know that you are experiencing extra stress as well. Showing them how you deal with your own difficult feelings can help them know their feelings are okay.
- When there is conflict, take some time to reflect on how you and your teen can resolve it. You can discuss these reflections with your teen, so they see how you are processing ideas.

### 4. Care for yourself

Caregivers have a lot to deal with. You also need care and support for yourself. Showing self-care is also a good way of modelling the practice to your teen.

- Don't wait to ask others for help if you are feeling overwhelmed. It is normal and okay to feel this way.
- Make time for your own relationships. Try to find a few people that you can share feelings and experiences with. Set aside some time with them each day, to check in on how you are feeling.
- Make time in your day to do the things that help you cope with and manage stress. We know that making time to look after yourself is essential for your wellbeing. Doing the things you like or simply taking a few minutes off from your day can help you feel relaxed and re-energized.
- Try different coping strategies that work for you. Some ideas include: exercising, talking with friends, making to-do lists or planning ahead, maintaining routines and structures, reflecting on what you are grateful for or proud of, and doing things you enjoy like music, art, dancing and keeping a journal.

The above article was retrieved from Unicef Parenting at <https://www.unicef.org/parenting/health/four-things->