

January 2021

Plainfield High School Central Campus

Semester 2 Schedule Changes

Please review your child's semester 2 schedule on Home Access Center. Students who are wishing to change **elective classes** for 2nd semester must do so no later than January 15. This deadline ensures balanced classes and correct student schedules for a smooth start to

semester 2. We count on parents to help us enforce these deadlines. Please keep in mind that requesting an elective change doesn't guarantee the change (due to availability). If your child is contemplating a schedule change for an elective class, have him/her contact his counse-

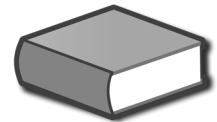
lor ASAP. Once the new semester starts on Jan. 19, only level changes (honors to regular, and vice versa) are allowed within 10 days. As a reminder, we cannot accommodate teacher, lunch or class hour/period changes.

Semester 1 Book Return

Starting the week of **January 11, 2021** all Semester 1 only classes will need to return their textbooks. In addition all novels that were used for Semester 1 English Classes will need to be returned.

More information will come out through Connect Ed and through your students teacher in January. It is very important that you return these books so that students taking these classes during

Semester 2 will have a book to use.



Semester 1 Books
to be returned

Key Club News

Despite us being remote, Key Club has been up and running. We have been working on projects to help out those who are in need of some love and support during these difficult times!

The first project that we worked on, was with AMITA St. Joes Hospital. It was a Virtual Project to show support and appreciation for our health care heroes! Key Club members filmed a 10 second video, or snapped a picture to show their gratitude for the hundreds of health

care workers at AMITA St. Joes Hospital. We have also been writing and sending cards to local shelters and nursing homes, to help lift their spirits and wish them happy holidays. Key Clubbers have been picking up supplies such as cards and construction paper at Plainfield Central, in order to write these amazing letters and cards. The last project we have been working on is our Candy Cane Gram Fundraiser for the PCHS Staff. Staff members had the chance to purchase a candy cane along with

sending a nice message to other staff members. Key Club members then created message tags for the staff members, and added holiday themed images to them as well! So far we have raised about \$500 dollars that will go directly to the Needy Family Fund that benefits people of the PHS-CC community!

Key Club is proud to make an impact on members of the community who need it most, during these uncertain times!

Plainfield Central Proudly Presents

Cheaper By The Dozen

Watch for more information to come.

January Events

- 1/4 - Classes Resume
- 1/11 - Semester 1 Book Return
- 1/15 - Early Release Day
- 1/18 - MLK Day - No School

Laptop Reminder

As the colder weather is coming, please do not leave your laptop in a cold vehicle for several hours because the cold will damage the screen. Once that happens, it's unusable and you will be liable for the repair cost.



- 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

Yearbook prices go up to \$50 on January 18.

Anatomy and AP Environmental Classes

The anatomy classes welcomed Alexis V Juarez, BS, Public Health Coordinator, March4Meg/Melanoma Awareness on Thursday, December 10. She is from Advocate Aurora Health. She presented information on Skin Cancer and Melanoma and answered student questions.

The AP Environmental Class has participated in 2 events:

1) GATHER: The Fight to Revitalize Our Native Foodways' - Online Film Screening - Forest Preserve District of Will County. We reserved access to the online

screening of the video and participated in a discussion. The documentary is about Native Americans returning to self-sustaining food pathways or "food sovereignty" on reservations and eating what had been culturally eaten in their diets to lead to healthier lives that will reduce diabetes and obesity in Native Americans.

2) We also participated in the Nature Conservancy's (the following is a direct quote from TNC) "Get the Scoop on Soil Health and Sustainable Farming" webinar. This topic is especially relevant

here in our nation's "cornbelt." Illinois and Iowa are the top corn and soy producers in the United States, and so it's crucial that we examine how to provide food for a growing planet while protecting nature.

It starts with healthy soils, which grow robust crops, protect water from nutrient runoff and can help store carbon to mitigate climate change. In Illinois, we work in deep partnership with farmers and industry players to adopt sustainable on-farm practices that secure this precious resource.

5 Mental Health Tips for Kids This Winter

1. Eat right. Choose a meal prep day for your family. Spend time together making and trying new recipes.

2. Keep moving. The winter months can make it hard to get moving, which can take a toll on mood. Take time each day to move your body – try yoga, have a dance party with family, get out for a hike, use your phone or tracker to count your steps.

3. Watch your sleep. We want to make sure kids aren't getting too little or too much sleep. Unfortunately,

there's no way to "catch up" on sleep. Focus on helping your child fall asleep and wake up around the same time every day. If they have problems going to sleep, consider an app like Sleep Bug, to encourage sleep.

4. Get some sunlight. Humans are basically houseplants with emotions – and they need sun. Get out in those rare daylight hours, it's important to lifting our mood.

5. Build in extra mood-boosters. Darkness and cold weather

can impact mood. Build mood-boosters into your child's day. When in doubt, have your child create a "mood jar": Fill a jar with written reminders of things that give their mood a lift – an activity, a memory, whatever. Go to the jar when they need a mood boost!

As always, if you're concerned about your child's health (or your own), talk to your doctor.

(<https://www.connecticutchildrens.org/coronavirus/5-mental-health-tips-for-kids-this-winter/>, 11/24/20)