

Plainfield High School

Central Campus

February 2021

February

2/1 - SIP Day
2/15 - Presidents Day - No School
2/26 - Teacher Institute No School

Office Hours

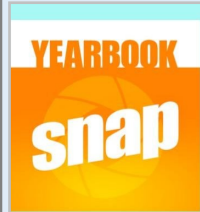
With Return to Learn our office hours have gone back to normal - 6:45 am to 2:30 pm.

Course Selection

Course Selection for the 2021-2022 School year is open for all current freshmen, sophomores and juniors.

Attendance Line

Please call the Attendance Line 815/439-3260 to report your student as absent or if you are having internet issues.



- 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 for \$50 We will most likely not order extras.

Return to Learn

We are glad to have students back in the building. If you selected Hybrid In-Person Learning when students return to the building, your scheduled In-Person days will either be Monday - Tuesday or Thursday - Friday of every week. All Stu-

dents are remote learning on Wednesdays.

Please understand that due to social-distancing guidelines, these things can change. We will notify you if there is a change to this schedule. If you wish to change from In-Person

to all remote, please contact the school at (815)436-3200. Understand, if you change from In-Person to Remote, you cannot change back to In-Person until at the earliest the 4th quarter of the year.

NHS News

The National Honor Society has been actively serving the community, even in these difficult times. Members have been given several opportunities to volunteer in different ways. As of late, events like Terrific Teacher and the Northern Illinois Food Bank have been keeping plenty of our members busy.

ers, one from each department, every two weeks.

Other ways the National Honor Society is actively serving the community have included writing holiday cards to retirement home residents, bagging and preparing food for distribution for those in need at Bags of Hope, hosting drive-through parades, among several oth-



Terrific Teacher is an opportunity for our members to show our appreciation towards teachers for being so wonderful during these challenging times. Members will create posters and write letters of gratitude for 8 teach-

The Northern Illinois Food Bank is a place where a lot of our members have been serving.

Members have been given various opportunities to attend the food bank.

ers. National Honor Society members are eager to continue serving the community as more events arise.



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.

Speech Tournament

Plainfield Central's Speech Team hosted this year's Southwest Prairie Conference tournament on Saturday, January 23. While the tournament was conducted virtually, some members of the speech team were able to be at school to cheer their teammates on while practicing social distancing. Leading the team to its 4th place finish was Jade Price who earned second in Prose Reading and first place in Dramatic Duet Acting with partner Kemi Okoye. Placing 3rd in Dramatic Interpretation was Maggie Kinker while Chloe Knollenberg brought in 3rd place for Special Occasion Speaking. Other team members also contributed to overall points and coaches Samantha Kukuk and Rebecca Thom are proud of the entire team.



Back-to-School Anxiety During COVID-19

How you help your child as they transition back to school may depend on what type of anxiety they are experiencing and their age. For instance, children under age 12 are more likely to have separation anxiety and might need reassurance about being away from you, especially after spending increased time together due to the pandemic. Older children may feel unsure about how changes might affect their social connections or feel frustrated by perceived limitations on their freedom.

Nicholas J. Westers, Psy.D., ABPP, a clinical psychologist at Children's HealthSM and Associate Professor at University of Texas Southwestern recommends trying some of these techniques to help your child cope with back-to-school anxiety and stress during COVID-19:

- Check in with your child frequently and listen to their concerns. Make sure to validate their emotions, letting them know that their concerns and frustrations are understandable. Help your child focus on what they can control in the fight against the pandemic, such as hand washing, wearing a face mask and practicing social distancing.
- Ensure your child is getting enough sleep, being physically active and eating healthy food to support a healthy body and mind.
- While plans may continue to change, explain to your child what you do know about what the school year or classroom will look like to help them mentally prepare.
- Help your child adjust to COVID-19 precautions such as wearing a face mask by practicing at home. It is okay to empathize with your child if they find wearing a mask uncomfortable. Let them know that although it can be unpleasant at times, wearing a mask is an important way we can help protect others.
- For older children, remind them that they are helping protect others and doing good for their community by following health precautions. Teach your child [breathing exercises](#) they can do when they feel anxious.

The above excerpts were retrieved from "Back to School Anxiety During Covid-19." For the full article from Children's Health go to <https://www.childrens.com/health-wellness/back-to-school-anxiety-during-covid-19>.

Athletic Update

The IHSA has given permission for contact days to begin for badminton, basketball, bowling, cheer, dance, and boys swim. We are finalizing dates and times for them to meet. All other sports will soon have scheduled

contact days. Please follow the Athletic Office on twitter (WildcatsAthletics @MkruszWildcats) for the most up to date information. I would also encourage you to follow your sport for contact from that coach.

Make sure your sports physicals are up to date and you register for all sports that you are interested in at: Plainfieldcentral.8to18.com

Any questions contact Mark Krusz at mkrusz@psd202.org.