

April 2021

# Plainfield High School Central Campus

## Student Support Groups

Student Services will be running support groups after spring break to help any students needing additional mental health support. The groups being offered are: Family Group, Motivation Group, Grief/Loss Group, COVID Coping Group, and Anxiety Group. Groups will begin the week of April 12th and run for approximately 6 weeks.

All students who are interested need to sign up by Wednesday, April 7<sup>th</sup>. The Google Form to sign up for groups is located in student's SEL Google Classrooms and on the Daily Announcement's page. Anyone with questions about the groups can contact Ms. Blaney, Social Worker Intern, at [hblaney@psd202.org](mailto:hblaney@psd202.org).

Support Groups  
Google Form Link:  
<https://forms.gle/mvyRHssdY4a6dNkz7>

As always, Student Services is here to help any students looking for emotional support or mental health assistance. Please do not hesitate to reach out to your student's Counselor or Social Worker at any time this year!

## Senior Information

The school year is quickly coming to a close and senior activities and what graduation will look like are ever changing. Listed here are a few things that we know for certain.

**Graduation Survey** - All seniors must complete a short survey regarding their plans after graduation. This is also a requirement to get your diploma. The survey opens up to students on May 1 in Naviance.

**Transcripts** - All students planning to attend college in the fall must request their transcripts **BEFORE** their last day. Students can request their transcripts through Naviance.

**Completing the FAFSA/CCRI** - The College and Career Readiness Indicator (CCRI) and the Free Application for Federal Student Aid (FAFSA) are two new graduation requirements this year and must be completed to receive a diploma. Any questions on these contact your counselor.

**Fees** - In order to attend Graduation all school fees must be paid. If you have any questions regarding your fees, please contact Mrs. Stein in the Bookkeeping office at 815/436-3200x7300. Also, all books and equipment must be returned or paid for.

**Student Behavior** - Students are reminded

that senior events and graduation are privileges. Students are advised not to behave in such a way that could jeopardize attendance at events.

**Immunization Records** - All students will receive their immunization records with their diploma. Students who are planning to attend college will need those records. Please note the nurses office closes on the last day of school for the summer so put those records in a safe place.

**Cap and Gowns** - Caps and gowns will be handed out between May 18 & 20. More information on handout will be coming soon.

## April

4/7 - Return from Spring Break  
4/13 - SAT Testing

### Important Registration Information

All incoming freshman must have a physical and dental exam submitted to Plainfield High School before August 1, 2021. Also all seniors must turn in proof that they have received 2 meningitis vaccines before August 1, 2021.

### School Photos

Underclassmen photos will be taken the week of April, 19-23. Students in school will take their photos at school. Students who are remote will be issued a time to come take their photo. There will be no makeup day after April 23. If you miss your photo time you must take your photo on the 23 to be in the yearbook.

### Journalism Awards

Journalism placed 6th overall at the SPC Competition. Individual awards went to:

- Raven Easterly – 1<sup>st</sup> in Newspaper Design, 4<sup>th</sup> in Advertising, 6<sup>th</sup> in Editorial Cartooning
- Emma Figlewicz – 2<sup>nd</sup> in Headline Writing
- Grace Leeth – 2<sup>nd</sup> in Advertising
- Erin Fagan – 3<sup>rd</sup> in News Writing
- Aaliyah Solano – 3<sup>rd</sup> in Review Writing
- Michael Totosz – 4<sup>th</sup> in Copy editing, 5<sup>th</sup> in Sports Writing
- Miguel Cambray – 6<sup>th</sup> in Feature Writing

## April Mental Health Tip

April is Stress Awareness Month. According to the American Psychological Association (APA), stress can manifest in youth in a variety of ways: irritability and anger, changes in behavior, trouble sleeping, neglecting responsibilities, changes in eating habits, and becoming ill more frequently. The APA provided these tips for parents/guardians to help their children manage stress:

Parents and other caregivers have an important part to play, by adopting their own healthy habits and helping children and teens find stress-managing strategies. Some ways parents can take action:

- **Model healthy coping.** Caregivers can talk with children

about how they've thought about and dealt with their own stressful situations.

- **Let kids be problem-solvers.** It's natural to want to fix your child's problems. But when parents swoop in to solve every little glitch, their children don't have a chance to learn healthy coping skills. Let your children try to solve their low-stakes problems on their own, and they'll gain confidence that they can deal with stressors and setbacks.

- **Promote media literacy.** Today's kids spend a lot of time online, where they can run into questionable content, cyberbullying or the peer pressures of social media. Parents can help by teaching their children to be savvy digital consumers, and by limiting

screen time.

**Combat negative thinking.** *"I'm terrible at math." "I hate my hair." "I'll never make the team. Why try out?"* Children and teens can easily fall into the trap of negative thinking. When children use negative self-talk, though, don't just disagree. Ask them to really think about whether what they say is true, or remind them of times they worked hard and improved. Learning to frame things positively will help them develop resilience to stress.

The above excerpt was retrieved from "How to Help Children and Teens Manage Their Stress" (October, 2019). For the full article go to <https://www.apa.org/topics/child-development/stress>.

## Senior Activities

For planning purposes below is a list of tentative dates that you may need to plan for. Additional information regarding all of these will be coming out as further ISBE and IDPH guidance is given.

- April 14: Athletic College Signings
- April 19-23: Spirit Week and Yard Sign distribution
- April 30: Senior Celebration
- May 10-11: NHS Induction Ceremony (Virtual)
- May 19: Senior Honors Night (Virtual)
- May 18-20: Cap and Gown distribution
- May 21: Last day of school for seniors

## Yearbooks

**The final day to purchase a 2020-2021 yearbook is April 23.** Buy it online for \$50 or in the main office.