

ARROWHEAD

HOME OF THE APTAKISIC INDIANS

Student Council Elections

On Thursday, September 17, our AJHS seventh and eighth grade students voted for Student Council officers during lunch. Under the leadership of Mrs. Stein and Ms. Lovering, students who were interested in running for office prepared speeches and displayed campaign posters to promote student participation in the election process. Congratulations to the following students on their recent election into Student Council Officer positions:

Treasurer: Raees M.

Secretary: Alyse D.

Vice President: Alex K.

President: Chris R.



AJHS students vote during lunch on September 17 for Student Council officers!

Student Corporation Officers...

Congratulations to the following students who are our AJHS Student Corporation officers:

Treasurer: Michael T.

Secretary: Amy O.

Vice President: Deeksha P.

President: Matthew G.

Student Corporation advisor is Mrs. Friman.



Mr. Heffernan instructs students on using the climbing wall during physical education!



7th Grade scientists in Ms. Berg's classroom adjust and observe "variables"!



Our wonderful P.T.O. reps serve ice cream "blizzards" in September during lunch!

UPCOMING DATES

Sept. 25-Oct. 2 - Mid-quarter grades viewable online

Sept. 28 - No School
Yom Kippur

Oct. 2 - Half Day 10:40
Dismissal

Oct. 6 - Orchestra IMEA
Auditions - McArthur MS

Oct. 6 - 7:00 P.M. PTO

Oct. 8 - PTO Ice Cream

Oct. 8 - Picture Day!

Oct. 12 - No School
Columbus Day

Oct. 14 - Fire Drill

Oct. 15 - PTO Special
Lunch Big Sherm's

Oct. 21 - 7:00 P.M. Band
Concert

Oct. 22-23 - 7th Grade
Springfield Trip

Oct. 30 - Report Cards



Mr. Bonk's students present info about the Triangle Shirtwaist Factory Fire in 1911!

Student Grades Available Online September 25-October 2

Dear AJHS Parent,

Thank you for a terrific start to the 2009-2010 school year! As we approach the midpoint of our first quarter, we will be providing you an opportunity to see your child's progress on-line using PowerSchool's parent portal. During this quarter, we will provide a one-week window, from **Friday, September 25 through Friday, October 2**, for you to see your child's grades at mid-quarter and again at the end of the quarter. Below are the directions for logging into PowerSchool.

Important: If you are unable to access the parent portal, please contact the school office (847-353-5500) and we will be happy to provide an alternative for you to view your child's mid-term progress.

Logging into the PowerSchool parent portal

1. Make sure you are connected to the Internet (For help with connecting to the Internet, contact your Internet Service Provider).
2. Open your Internet browser*.
3. Access the PowerSchool server: <http://ps.d102.org/public>.
5. On the Log In page, type your username (Confidential ID included in this letter).
Note: If you have more than one student at AJHS, you will receive separate login information for each one.)
6. Type in your password (included with the Confidential ID). *Note: You will be able to change this password once you are logged in.*
7. Click the "Enter" button.

Once you have successfully logged in, you will see a list of your child's classes. To view the assignments for a class, click the blue letter grade/percent text in the quarter column to open the Class Score Detail screen. The Class Score Detail screen will show all of the assignments published in the current quarter:

Class Score Detail

Course	Teacher	Period/Expression	Final Grade ¹
Science	Brontman, S	6B(A)	A+ 98.9%

Teacher Comments:

Section Description:

Due Date	Category	Assignment	Codes	Score
08/24/2009	HW	Student Info + Camp Letter	✓	--
08/25/2009	HW	Safety Scavenger Hunt	✘	4/4
08/26/2009	Quiz	Lab Safety Quiz		10.5/10

There are several important things to know about the Class Score Detail screen:

- The Final Grade and percentage include only those assignments the teacher counts toward the final grade. Assignments that do not count toward the final grade are indicated with an asterisk icon: *
- Only those assignments your child's teacher has graded and entered into his or her gradebook will appear in the list.
- Your child's teacher has the ability to determine whether or not an assignment is published to the parent portal. It is possible that your child will have completed a given assignment, but it will not appear in the listing because the teacher has not yet published the results.
- Contact your child's teacher for the most up-to-date information about your child's schoolwork.

One final note: The username and password below are intended for parent/guardian use only. If you believe that your password has been compromised, contact the school office immediately. If you have any questions, please contact us at (847) 353-5500.

Rumpelstiltskin Cast

Congrats to the following students who auditioned and were cast in our AJHS School play, Rumpelstiltskin, as directed by Mrs. Thomas-Davidoff and Mrs. Conrad!

Ines B.	Shelby B.
Sranita D.	Vinita D.
Diana F.	Tess G.
Nick H.	Sailee K.
Jordan K.	Ciara K.
Rebecca K.	Ari L.
Rachel M.	Lizzie M.
Daniel M.	Jaxine R.
Kyle R.	Matt R.
Samantha S.	Lauren W.
Andy B.	Eden B.
Laura C.	Andrew C.
Jordan C.	Peyton C.
Gillian D.	Jasmin F.
Amanda F.	Eric H.
Justin H.	Jack K.
Hallie K.	Aidan M.
Justyna K.	Jennie M.
Yana N.	Amy O.
Rina P.	Sriya P.
Carly R.	Bhooma S.

AROUND CAMPUS



Mrs. Leibach teaches math students ways to remember order of operations using "rap" music!

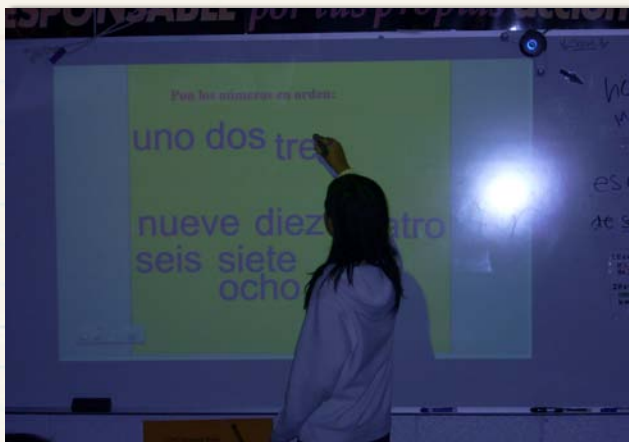
✦ Dr. Brontman's scientists explore concepts during Fakexperiments!



AJHS 2009 Cheerleaders!

Susie B.	Lizzy C.	Lexi S.	Keily S.
Bella S.	Sloane S.	Sabina B.	Dena F.
Dara D.	Ali G.	Tori G.	Hallie G.
Maegan G.	Lexi H.	Morgan H.	Cyle H.
Dana K.	Lainie K.	Alexis K.	Hannah M.
Larissa L.	Felicia L.	Nikki N.	Jamie O.
Stacey L.	Jade O.	Jenna P.	Ariel F.
		Lauren R.	Amanda S.
		Monica W.	Leah Z.

STUDENT LEARNING - 21ST CENTURY STYLE!



D102 students in Mrs. Berg's and Mr. Larson's classrooms use the Promethean board and/or student response systems (clickers) to enhance their visual understanding and input on important concepts!



PROCRASTINATION

Adapted from www.kidsgoals.com

Almost everyone procrastinates to some extent; and there are a myriad of reasons why people procrastinate. It could be as simple as sheer laziness, incorrect time management or simply putting off something that you may find unpleasant until the very last minute. If you want to go deeper, procrastination could be caused by underlying feelings of low self worth or fear of failure. Rather than dwell on the whys, what is most important is to realize that at its worst, procrastination can be debilitating and keeps us from realizing our full potential. On the positive side we must also accept that no matter what the cause, procrastination does not have to rule our lives and we all have the power to change. Here are some ways to break the procrastinating habit:

Write it down - Make a list of what needs to be done-this is the first step so it doesn't need to be in any special order but record everything that you would normally put off till later, no matter how trivial.

Prioritize - This can be done in one of two ways, either by deadlines (dates) or by priority. Some things need to be completed sooner; decide by order of importance.

Categorize - Get a special calendar or, better yet a notebook, with lots of room to write notes and decide which are short and long-term goals that you intend to accomplish. For instance a short-term goal would be to organize your cupboards and a long-term goal would be to get to a healthy weight.

Break down your priority list - Look at what can be accomplished immediately and what will take a few days, or longer. Some things may need to be broken down into smaller goals in order to accomplish them.

Fill in your calendar - Set time aside for each goal while still keeping to your deadlines.

Think from the end - Close your eyes and visualize, see yourself as if you have already accomplished your goals. Imagine how good it will feel and what others will say as they see the positive changes in you. Try to do this every day for a few minutes.

Be accountable - Find someone who will keep you honest. Tell a good friend what you want to do and make them hold you to it by checking your progress every few days.

Remember that Rome wasn't built in a day and breaking the procrastination habit takes a lot of commitment and perseverance. It is not something you will accomplish overnight so be patient with yourself. Try to allow lots of time to accomplish your goals and give yourself a bit of leeway for possible delays. This will give you the needed confidence to realize that you can accomplish all your goals and meet any deadlines without over stressing yourself.



TYPES OF PROCRASTINATORS

www.familylifeeducation.com

The Perfectionist

How They Act:

Children who are perfectionists are very detail-oriented, and seldom satisfied with their work. As a result they have great difficulty completing assignments. They have an enormous need to get it "just right," and are easily upset with their mistakes. They tend to see things in extremes -- black or white, good or bad. Perfectionists tend to be very rigid about their work.

What They Say:

"It's not perfect." "It's all wrong." "It's so much work I can't even begin."

"It's not done yet; I still have to do this."

How to Help Change Behavior:

Perfectionists need to understand the difference between "perfect" and "excellent" or "very good." They also need help setting time limits. Since they never think anything they do is "good enough," they never finish trying to make it perfect. The Perfectionist has a difficult time putting things in perspective -- he might think that his entire academic future rests on the completion of a single assignment.

The Dreamer

How They Act:

Dreamers tend to be laid back, mellow kids who'd rather "hang out" than "get going." They tend not to think about the details and deadlines associated with schoolwork. They may get excited about "the idea" of a project or assignment, but often fail to follow through by beginning work or completing it. A Dreamer's sense of organization and timing is often poor. While they are not detail-oriented, Dreamers can be very creative, charismatic kids.

What They Say:

"I'll get to it." "Mom, don't worry—there's plenty of time to finish it." "But it's not due till next week."

"Don't hassle me." "Can't I do my homework after dinner?"

How to Help Change Behavior:

Since Dreamers aren't great at timing, parents can help them estimate how long it will take to complete a project, then have them check their own estimates against what actually happens. Help the Dreamer differentiate between *trying* and *doing*.

The Worrier

How They Act:

Worriers maximize every problem, and minimize their own abilities. They have difficulty leaving their "comfort zone" if anything seems new. If they are unsure how to proceed, they will worry and avoid an assignment rather than tackle it head-on. Worriers frighten themselves with lots of negative self-talk.

What They Say:

"I can't." "What if I don't get the right answer?" "I've never done geometry before; I don't know how."

"I'm not good at this." "It's too much for me."

How to Help Change Behavior:

Worriers often have their fears discounted by well-meaning parents and teachers who simply respond to their naysaying with, "Of course you can do it!" A better approach is to help your child make compound sentences out of "I can't." If she says, "I can't finish this math homework," help her learn to add: "...but I can talk to my friend about how she got it done." Or: "I don't know how to build a Navajo village, but I do know how to gather the supplies I need for the project." This is an excellent way to help a Worrier break down something that seems huge into manageable parts.

The Crisis Maker

How They Act:

Crisis Makers like to live on the edge, and tend to get bored unless they perceive an "emergency." Crisis provides motivation, so Crisis Makers will frequently choose to wait until the last minute to meet deadlines, only to then heroically pull it off. They don't like to tackle projects in pieces, over time. They prefer to do it all at once, and their "mad dash to the finish line" can be very disruptive to family life.

What They Say:

"I have to get on the computer right now." "I'll get the whole thing done on Saturday." "I don't want to do spelling now and math after dinner." "I work best under pressure."

How to Help Change Behavior:

Rather than fight your child's need for an adrenalin rush to get started, use it as a motivator. Create "fake" deadlines so the work gets done in a more timely fashion, with less chaos in the household. If the Navajo village must be delivered to school on Friday, set "the family deadline" for completion on can't stop working on the computer, all of a sudden, so that he can hop online to do last-minute research. Crisis Makers love challenges, so make it a game with a prize: "If you can build the Navajo village by the family deadline, we'll all have time to go rollerblading."

The Defier

How They Act: There are two types of Defiers (active and passive-aggressive.) The active Defier is nasty, sarcastic, and argumentative. She puts up a huge fight when it comes to getting schoolwork done. The passive-aggressive Defier uses sarcasm and delaying tactics.

What They Say:

"Why should I do this stupid assignment?" (Active) "My teacher's an idiot." (Active)

"You can't make me." (Active) "I did it already." (Passive-aggressive) "Don't worry I'll do it." (Passive-aggressive) "Yeah sure, you think I can't do it." (Passive-aggressive)

How to Help Change Behavior:

Aim for your child to remain part of the family team or class, versus apart from it (exactly the opposite of what Defiers expect, since they are often isolated for their behavior). Don't get pulled into a tug-of-war with a Defier. Instead, drop the rope by agreeing with her objections, then helping to identify consequences ("Yes, it may be stupid to have to build a Navajo village with toothpicks and chopsticks -- I can see your point. But you're going to get a zero if you choose not to do the work, so you might want to go ahead and just get it done.") It's often best to be indirect with a Defier ("Sometimes going along with the rules has a payoff") rather than direct ("You *have* to do this or...".)

The Overdoer

How They Act:

Overdoers are the opposites of Defiers—they are people-pleasers who often put in too much work on their assignments. They say yes to too many things, and then procrastinate because they feel overwhelmed with too much on their plate. Procrastination is their way of saying no. They are often kids who "lose the forest for the trees," who can't focus on priorities because they have too many activities or friends.

What They Say:

"I have no time to finish this." "I have to do it this way or the teacher won't like me." "I have too much to do!"

How to Help Them Change Behavior:

Overdoers need help from parents to establish clear priorities ("It's going to be hard to finish building your Navajo village and then make it to the soccer game this afternoon. Which is more important?"). They also need help understanding that setting limits and saying no is not the same as being unkind or letting people down ("Your soccer coach will understand if you miss the game today. He knows schoolwork comes first, sports second."

YOUR SCHOOL SOCIAL WORKER:

CAROLYN LEWIS, LCSW

(847) 353-5523

clewis@aptakisis.k12.il.us

Please don't hesitate to get in touch with any social emotional questions, concerns, or follow up to this newsletter! Check out my social work webpage at <http://teacherweb.aptakisis.k12.il.us/~clewis>. Here, you will find information about adolescent development, social work services, links to websites, community resources, the Social Emotional Learning Library, and more!

CROSS COUNTRY

9/29/09:
Woodlawn @ Aptakisc

10/1/09:
West Oak @ Aptakisc

10/6/09:
Aptakisc @ Twin
Groves

10/8/09:
Aptakisc @ West Oak

10/10/09:
IESA Sectional meet

10/13/09:
Conference Meet @
Willow Stream Park

10/17/09:
IESA State Finals



Soccer Schedule

9/29/09: Woodlawn Silver @ Aptakisc

9/30/09: Aptakisc @ Twin Groves Blue

10/1/09: Woodlawn Blue @ Aptakisc

10/6/09: Aptakisc @ Daniel Wright White

10/8/09: Fremont White @ Aptakisc

Tournament Schedule:

10/14/09, 10/15/09, 10/19/09, 10/20/09



Girls Basketball Schedule

9/30/09: Twin Groves Gold @ Aptakisc White
Aptakisc Red @ Twin Groves Blue

10/1/09: Fremont White @ Aptakisc White
(starts 7th grade plays first)

10/5/09: Aptakisc White @ Woodlawn Silver
Woodlawn Blue @ Aptakisc Red

10/7/09: Daniel Wright White @ Aptakisc Red
Aptakisc White @ Daniel Wright Green

10/8/09: Aptakisc Red - Off
West Oak @ Aptakisc White

10/14/09: Twin Groves Blue @ Aptakisc White
Aptakisc Red @ Twin Groves Gold

10/19/09 thru 10/22/09- Tournaments:

7th Grade at West Oak

8th Grade at Daniel Wright



Aptakistic Junior High School Menu

Pizza Baked	\$2.00	Cookies	\$0.50
Hamburger	\$2.00	Soft Pretzels	\$2.00
Cheeseburger	\$2.10	Baked Chips	\$0.90
Tator Tots	\$1.10	Cheese Cup	\$0.30
Chicken		Yogurt	\$0.85
Nuggets	\$2.00		
Rib Sandwich	\$2.00		
Corn Dogs	\$2.00	Aquafina	\$1.15
Side Salad	\$1.10	Small Slushy	\$1.40
Chef Salad	\$2.10	Large Slushy	\$1.75
Sandwich Bar	\$2.25	Large Dole	
Veg & Dip	\$1.50	Juice	\$1.50
Soup & Chili	\$1.25	Small Dole	
Side Fruit	\$0.85	Juice	\$1.15
		Milk	\$0.55
		Lunch Meal	\$2.55
		Adult Lunch	\$2.85

Patriot Middle School Conference Driving Directions & Important Student Information

Daniel Wright

1370 Riverwoods Road
Lincolnshire, Illinois 60069
Phone: 847-295-1560
Directions-
Take Route 22 to Riverwoods Road and turn north on Riverwoods

Mundelein, Illinois 60050
Phone: 847-566-9220
Directions-
Route 83 north into Diamond Lake, cross the railroad track and turn left onto Maple Street. Take Maple Street to Acorn Lane. Turn right onto Acorn and the school will be on the left.

Freemont

28855 Freemont Center. Road
Mundelein, Illinois 60060
Phone: 847-295-1560
Directions-
From Route 83, go north to Gilmer Road and turn left on Gilmer. Then right on Freemont Center Road. The school is on the left.

Woodlawn

6362 RFD/Gilmer Road
Long Grove, Illinois 60047
Phone: 353-8500
Directions-
Take Route 83 north or south to Gilmer Road. Gilmer is located between Route 45 and Route 22. Go west on Gilmer to the school.

Twin Groves

2600 N. Buffalo Grove Road
Buffalo Grove, Illinois 60089
Phone: 847-821-8946
Directions-
The school is located on the southwest corner of Buffalo Grove Road and Route 22.

Art Club Information

There will be an informational meeting about Art Club Wednesday, September 30th after school in the art room (127). Information and policies regarding Art Club will be discussed. The meeting will run from 3:00-3:45. Please see Ms. Lovering if you have any questions.

West Oak

500 Acorn Lane

Red Ribbon Week!

October 26-30

Red Ribbon week is a time to take a visible stand against drugs. Show your personal commitment to a drug free lifestyle by participating in some Red Ribbon Week activities! Mrs. Lewis will be organizing a door decorating contest to "Close the Door on Drugs"!

INTERNET SAFETY

Officer Julie Russell will be meeting with the seventh grade students to review Internet Safety, beginning September 29! These mini-sessions will be conducted during the last week in September and the first two weeks in October. In addition, Ms. Weiner will provide information concerning plagiarism and other topics during these sessions. These programs are required now under state law. If you would like more information about Internet Safety (ISAFE), please check out www.isafe.org.

Aptakisic Junior High School
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Buffalo Grove, IL 60089
(847) 353-5500

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MRS. JESSICA MCINTYRE
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AJHS

September 2009
Arrowhead