



Parker Junior High School

Home of the Falcons

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The Characteristics of the Highly Responsible Parker Student from PJHS Principal, Dr. Vanessa Atkins

The students at Parker Junior High School do not have any one secret for their success . . . but here are some of the routines that contribute to their success.

1. **Set Goals.** Parker students who are responsible set goals which keep them focused on the future. That is why they experience success in school. Goals help students focus on what is important and what is not. If they have a vision of where they want to go, they are more likely to get there. Students with goals find it easier to say "no" to irresponsible behaviors because they are saying "yes" to their vision of the future.
2. **Meet Obligations.** Responsible Parker students meet their obligations—whether it is turning in an assignment on the day it is due or having a report on the teacher's desk when it is needed. But it takes planning.
3. **Set Aside Time for Homework.** Successful Parker students set aside time for homework or studying every day. If the teacher does not assign homework, these students "assign it themselves." That may be the day they review vocabulary words or take a few minutes to review notes.
4. **Take Notes.** Responsible Parker students take notes in class. They have learned that teachers will always spell out what they think is important and what they will be tested on. Teachers will teach your child to take notes, however this skill needs to be reinforced at home. It is also important to spend time with them before a test and watch their grades improve.
5. **Be Prepared.** Successful Parker students come to every class with pencil, paper, and the necessary materials needed to participate and complete the classroom assignment.
6. **Honor Commitments.** Responsible students honor their commitments to others and to themselves. They succeed in school by doing their assignments well and on time. They do their share of the group project.
7. **Be Punctual.** Successful Parker students have learned that being late, or being early, is not something that simply happens to them. It is a choice they can make. Students are encouraged to take five or ten minutes every night before they go to bed to get ready for the next day. By packing their backpack, making their lunch, and laying out their clothes, students will then see that those few minutes will make the morning easier and help them get to school ready to learn.

News from the PE Department

Parker Junior High has a fantastic and energetic group of PE teachers who are dedicated to keeping our students in shape and helping them to learn healthy lifestyle habits.

Mr. Stephen has been with District 161 for 34 years. He has a Bachelor's Degree from Eastern Illinois University and coaches 8th grade boys' basketball, sponsors 6th grade intramurals, and supervises 6th and 8th grade lunch. After 34 years with the district Mr. Stephen will retire this year. He will be missed by his students and co-workers.

Mrs. Bowker has been with District 161 for eight years and teaching for 27 years. She has a Bachelor of Science in Physical Education from George Williams College, a Masters Degree in Addiction Studies and a Masters Degree in Educational Administration from Governors State University. Ms. Bowker has coached Cheerleading, Volleyball and Track and supervises the intramural program and the lunchroom.

Mr. Grelecki has been with District 161 for seven years and is in his eighth year of teaching. Mr. Grelecki received a Bachelors Degree from Illinois State University, and is currently working on his Master's Degree in Educational Administration from Concordia University. Mr. Grelecki coaches Basketball and Volleyball and supervises the lunchroom.

Mrs. Sabey has been with District 161 for 31 years. She taught health education for 14 years, was a School Counselor for 15 years, and is now in her second year of teaching Physical Education.

Mrs. Sabey has coached Cross Country, Track and Field, Cheerleading and was instrumental in starting Operation Snowflake and Peer Mediation at Parker. Mrs. Sabey has a Bachelor of Science in Physical Education, a Master of Science in Community Health Education, and a Master of Arts in School Counseling.

Mr. Prince has been at Parker for six years and graduated from Benedictine University in 2006 and student taught at Parker. Mr. Prince received his Masters Degree from National Lewis University in 2010, and has coached chess, track, volleyball, and basketball at Parker. Mr. Prince is an avid golfer and works part-time at Sanctuary Golf Course in New Lenox.

Students in Physical Education participate in three-week units during these times of the school year.

- ◆ Fall Flicker ball, Soccer, Softball
- ◆ Winter Table Tennis, Floor Hockey, Low Organized Games/Weight Training, Volleyball, Basketball, Team Handball
- ◆ Spring Soccer, Flicker ball, Softball, Badminton,
Physical Fitness Testing— Two weeks in fall to set base line fitness scores
Two weeks in spring to compare fitness scores

* Reminder that Fall/Spring units may be outside and students will need to have sweats to wear over their gym suits. Students should keep their sweats in their gym lockers, as they will not be able to go back to their hall lockers.

Health Department News

The health education classes had a few visitors this year. TATU (Teens Against Tobacco Use) are groups of students from Homewood Flossmoor High School who speak to our 6th, 7th, and 8th graders concerning the dangers of tobacco. Speakers from PASS (Pregnancy Agency South Suburbs) talk to our 8th graders about the advantages of abstinence. Also Cook County Sheriff Tom Dart's office of education comes to the 6th, 7th, and 8th grade health classes to talk about contemporary issues. The 6th and 7th grade classes are instructed about internet safety (i.e. predators, posting of pictures, Facebook information), and the 8th graders are instructed about healthy and unhealthy dating patterns.

Why is health education important? The state of Illinois requires health education for all junior high school students. The children need in-depth, comprehensive health education curricula in order to be prepared to make the many significant health decisions throughout their life. These decisions not only affect the individual, but also their family, their community, and their country. It is imperative this education be presented early enough in life in order to establish positive habits and attitudes. Parker Junior High is proud to offer this comprehensive, in-depth curriculum to our students.

Industrial Technology at Parker!

Industrial Technology is a part of our encore sequence that also includes music, art and health every year. Each student at Parker Junior High will take Shop for approximately 4.5 weeks and Computers for 4.5 weeks. One grade will be issued for participation in both classes.

Industrial Tech helps students to be capable of adapting and productively functioning in a world of dynamic technological change. It also provides an environment conducive to the motivation of creative development of original ideas and their implementation.

Mr. Marti, an Eastern Illinois graduate, instructs the students in shop safety, and introduces them to a variety of power tools. Every year the students are able to design and create a wood project to take home.

Mrs. Belinsky, a former math teacher in the district, is the computer teacher. She enjoys the ever-changing field of technology and tries to incorporate her knowledge of mathematics whenever possible within her lessons. Students receive instruction in keyboarding, Internet safety, and Microsoft applications such as Word, Excel, Publisher, and FrontPage.

Both teachers are enthusiastic and looking forward to many more years working in this community. They are proud to be part of a district that supports, values, and understands the need for a well rounded educational program that includes Industrial Technology instruction.

Why do we teach Industrial Technology? Students need to learn how to select and use applications and tools effectively. They need to know how to locate, organize, and evaluate information and technology. Having an industrial technology class allows students to be creative. It allows them to use computers, tools and material to communicate and express themselves. It also helps them work collaboratively with other students. Students develop and use critical thinking skills, while problem solving and making decisions. It is also imperative that students become responsible digital citizens in this age of technology. They need to be educated to advocate and practice legal and ethical behavior, as well as how to be safe when using the internet or working with tools.

Important Reminders

- ◆ If your child is absent please call the attendance line each day at 708-647-5403.
- ◆ Homework may be requested if your child is out ill two or more days. You must request homework by 10:00 a.m. on the second day. Homework can be picked up in the main office by 4:00 p.m.
- ◆ If your child needs to be dismissed early, please send a note with your child to turn into their home room teacher. Your child should leave class at the designated time and report to the main office. We do not send reminder notes.
- ◆ If you forget to send a note, please call the main office at 647-5400 as soon as possible.
- ◆ If your child will be arriving late to school for ANY reason, please inform the school by calling the attendance line: 708-647-5403. Please make sure to leave an estimated arrival time.

News from the Health Office:

- ◆ When calling your child in due to illness, please specify the reason/symptoms for their absence.
- ◆ For the safety of our students, all medications **must be administered in the Health Office**. If a parent/guardian administers medications during the school day, it must be done in the Health Office.
- ◆ If your child is in a before or an after-school activity with an organization in our building, please be aware that the facilitators of the group do not have access to your child's health concerns or medications in the health office.

Bullying Hotline phone number

- ◆ (708) 647-7031

If your child forgets something and you need to bring it to school, you can drop it off in the main office. Please encourage your child to check the main office for items that may be dropped off.

Important Dates for Eighth Graders

May 4th	Eighth Grade Graduation Dance
May 24th	Eighth Grade Class Trip
May 29th	Last Full Day of School for Eight Graders
May 30th	Dismissal at 10:30 a.m. for Eighth Graders
May 30th	Eighth Grade Commencement at 7:30 p.m. at Homewood Flossmoor High School

A letter with more information regarding these events has been sent home.