



# COUNSELORS ' CORNER

Volume 1, Issue 1

2009

**District 227**

## PPS STAFF:

Sherrie Birts,  
Associate Principal

## Counselors:

Linda Carter  
Paul Jorges  
Nancy Pawluk  
Bill Yarborough

Eileen Caddigan,  
Nurse

Bonnie Dickey,  
School Psychologist

Derrick Reese,  
School Social Worker

Karen Brooks,  
Guidance Secretary

## EVENTS & ACTIVITIES

3/18/09	Career Day-Main Gym 7:45 a.m.— 2:45 p.m.
3/26/09	Winter Sports Banquet-Main Gym 6:30 p.m.
4/04/09	National ACT Test
4/12- 4/17/09	Historical Black College Tour See Mr. Yarborough
4/22/09	State ACT Test
4/23/09	State PSAE Test
5/01/09	Prom
5/12/09	Last Day for Seniors
5/13/09	Awards Night- Auditorium 7:00 p.m.
5/17/09	Graduation - 1:00 p.m.

### Important Information for Graduating Seniors

By Nancy Pawluk

#### Local Scholarships

Every year, we are able to award a number of scholarships sponsored by community groups. All seniors who plan to attend college next year are encouraged to apply. Check on PrepHQ or with Mr. McGhee for a listing. Applications will be available from Mr. McGhee and completed applications should be returned to the guidance secretary, Mrs. Brooks.

#### Graduation Information

Graduation is scheduled for Sunday, May 17 at 1:00 p.m. at the Tinley Park Convention Center.

#### Classification Policy

By Paul Jorges

Hello Rocket Students:  
Just a friendly reminder to all of you in regards to the Student Classification policy.

Remember it is important to know that progress toward graduation is measured in terms of credit earned. Students will be classified according to the following number of credits earned and courses passed:

Seniors and their parents are encouraged to monitor their progress this semester to ensure that they meet their requirements for graduation. Our counselors will be sending registered letters to the parents' of students who are in failing or in danger of failing any course required for graduation. Mailing dates for those letters are March 26 and April 29. Therefore, parents should remind your senior to make good choices academically and socially.

Every graduating senior will receive six tickets. Additional tickets may be available. Applications for additional tickets will

#### **SOPHOMORE STATUS**

Students must have earned 6 credits freshmen year, which include successfully passing— 1 credit of English, 1 credit of math, 1 credit of science and 1 credit of social studies.

#### **JUNIOR STATUS**

Students must have earned 12 credits sophomore year, which include successfully

be available April 20-24. Parents of seniors will be receiving a mailing with the complete information regarding graduation and a current record of their fee payment. Updated information will also be posted on the Rich East website.

#### **Attn: Seniors:**

Any Senior that applied to a college or university and received an acceptance letter, please submit the letter to the Guidance Office. We are posting letters on our senior board. At the end of the semester, a raffle will be held. We are raffling two trunks, one for a female and male. The trunks will contain items needed for college. **So seniors, get your acceptance letter**

passing— 2 credits of English, 2 credits of math, 2 credits of science and 2 credits of social studies.

#### **SENIOR STATUS**

Students must have earned 18 credits junior year, which include successfully passing— 3 credits of English, 3 credits of math, 3 credits of science and 3 credits of social studies.

**SCHOLARSHIP INFO**

By Linda Carter, Counselor

Students interested in scholarship information should visit PrepHQ. If you are not registered for PrepHQ see Mr. McGhee, our Career Coordinator in room 215B ASAP.

Here are a few samples of what's available:

**Illinois AMVETS Sad Sacks Nursing Scholarship**

**Amount:** to be determined  
**Deadline:** March 1, 2009  
**Requirements:** Financial need  
**Website:** [www.ilamvets.org](http://www.ilamvets.org)

**Name: Whitney M. Young Memorial Scholarship**

**Amount:** \$1,000  
**Deadline:** March 20, 2009  
**Financial Need**  
**GPA:** >=2.500  
**Essay:** Required  
**Website:**  
[www.thechicagourbanleague.org.educationlink](http://www.thechicagourbanleague.org.educationlink)

**Contact:** Education Department 773-451-3565

**Notes:** SAR report required, 2 letters of recommendation.

**Name: Alpha Kappa**

**Alpha Sorority, Incorporated Theta Rho Omega Chapter**

**Amount:** \$1,000  
**Deadline:** March 9, 2009  
**Category:** Academic Requirements:  
**Rank:** 1-102  
**Gender:** Female  
**Ethnicity:** African-American  
**Website:** [teliachilton@sbcglobal.net](mailto:teliachilton@sbcglobal.net)

**Contact:** Applications available in Mr. McGhee's office.

**MOTIVATIONAL QUOTE OF THE MONTH**

By Paul Jurgens

"All things are possible for those who believe."

**GPA REQUIREMENT**

By Bill Yarborough

In order to participate in athletic or extra-curricular activities, a student must have a 2.0 GPA. This requirement must be maintained every week of each quarter.

**CALLING ALL INCOMING FRESHMEN!!!!!!**

By Eileen Caddigan, School Nurse

- All incoming freshmen are required to have an updated physical and any needed immunizations.
- RTHSD 227 requires this physical and immunization record be turned into the nurse at the time of summer registration.
- The 2-sided Certificate of Child Health Examination form must be completed and signed by the physician or APN.
- Remind your physician that BMI and diabetes screening are now required as part of the physical. (This is on the form.)
- The health history portion of the form must be completed by the parent/guardian.
- The physician or the physician's nurse can determine which immunizations are required at this time. **BRING YOUR**

**JR. HIGH SCHOOL IMMUNIZATION RECORD**

with you on your doctor visit. Tetanus boosters are required every 10 years.

If your student needs to take medication at school, please have your physician write this on the examination form.

If you any questions, please call Eileen Caddigan, RN at 708-679-6147 or email me at

**MEDICAL FACTS FINDER— IMPORTANT FACTS ABOUT THE FLU**

By Eileen Caddigan

The FLU or influenza is an infection of the respiratory tract caused by the influenza virus. Flu viruses spread mainly from person to person through coughing or sneezing of people with influenza. Typical influenza includes a fever (100 to 103 degrees F) along with respiratory symptoms like, sore throat, cough, and runny noses as well as headache, muscle aches and

extreme fatigue. Stomach symptoms, such as nausea, vomiting, and diarrhea, also can occur but are more common in children than adults. Yearly flu vaccination should begin in September or as soon as vaccine is available and continue throughout the influenza season, into December or January. The influenza season can go until April.

**PREVENTION:**

- Avoid close contact with people who are sick.
- Cover your mouth and nose with tissue when coughing and sneezing.
- If possible, stay home from work or school when you are sick to avoid spreading the germs.
- Use hand sanitizer with alcohol base. Rub until dry. **WASH HANDS FREQUENTLY**