



March 2009

From the principal:



Whenever I sit down to write this portion of the newsletter, I find it helpful to look back on what I wrote last year and what my colleagues have written in the past. A few years ago I wrote about our students' performance in the musical; well let me tell you, this year's performance knocked my socks off again. I also wrote about a book titled Fish, and how I admired its four simple principles:

- **Choose:** You can choose your attitude; choose to make today a great day.
- **Play:** Be serious about what you do without taking yourself too seriously.
- **Be There:** Don't let distractions destroy the present moment; focus on the current task or person.
- **Make Their Day:** Find someone who needs a helping hand, a word of support, or a pat on the back and make his or her day.

Years have gone by and these ideas still ring true. In today's society, with so much on our plates and so much to worry about or feel bad about, it is more important than ever that we choose our attitude. We can choose to be upset with the way things are going, or we can take a positive attitude and try to make the bad things better. I'm lucky -- I work at a place that makes it easy to adjust my attitude any time I want. No matter how bad my day, or how stressed I may be, a walk through the halls to spend time with our students always picks me up. Many students seem to understand the Fish Philosophy without ever having read the book. Every day I see young people who focus on and enjoy the moment; they play and are happy, yet know when to be serious. They focus on friendships and go out of their way to be nice to each other. Most importantly, they choose their attitude. Much has been written about attitude; I'd like to share a couple lists I've found helpful.

The following list was created by motivational speaker Patrick O'Dooley.

Top Ten Words Used to Describe a Winner:

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| 1. Positive Attitude | 6. Optimistic |
| 2. Enthusiastic | 7. Dedicated |
| 3. Determined | 8. Happy |
| 4. Motivated | 9. Good Listener |
| 5. Confident | 10. Patient |

I've also found a list that gives the secret to happiness. To be happy, one must simply be able to:

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| 1. Forget | 7. Shoulder the blame |
| 2. Apologize | 8. Make the best of things |
| 3. Admit errors | 9. Maintain high standards |
| 4. Avoid mistakes | 10. Think first and act accordingly |
| 5. Listen to advice | 11. Put the needs of others before your own |
| 6. Keep your temper | 12. Forgive |

All of this seems like a pretty tall order, but notice that nothing on either list requires any exceptional physical or mental abilities – it all has to do with attitude and choices. When times get tough, as they sometimes will, try to slip as many of the secrets to happiness into your day as possible, and remember the importance of choosing your attitude. We can complain that rose bushes have thorns, or we can be amazed and thankful that some thorn bushes have such beautiful flowers – it's all the difference in the world, and the choice is ours.

Gary Steiger
Principal

Sophomores and Juniors Test in April

The Illinois State Board of Education's high school level assessment, the Prairie State Achievement Examination (P.S.A.E.) is required to be administered to all juniors throughout the state in April 2009. Participation in this assessment or the Illinois Alternative Assessment is required by state law in order for students to be eligible to receive a diploma. The P.S.A.E. evaluates a student's performance in reading, writing, mathematics, and science through the administration of the American College Test (ACT), the ACT Writing Test, WorkKeys tests in reading and mathematics, and additional tests developed by the Illinois State Board of Education.

On April 22 and 23, all junior students will be taking the P.S.A.E. and sophomore students will be participating in practice P.S.A.E. assessments. The results for junior students will be a part of their official transcript. The results for sophomore students will provide information regarding areas of improvement needed in English, mathematics and science. On April 22, freshman and senior students will not have classes for the day; sophomore and junior students will be dismissed following the exam at approximately 12:50 p.m. On April 23, sophomores and juniors will test in the morning, and ALL students will have a late start beginning at 11:10 a.m. Please be sure to mark your calendars. Bus transportation will be available for all students at the start of the day and back home at the end of their respective schedules.

The ACT college entrance examination and writing test is included as part of the P.S.A.E. and will be administered to juniors at no cost to parents. Each student will have the option to send results of the ACT portion of the P.S.A.E. to colleges and universities as part of the application process. Students also may take the ACT again, on a national test date during the year. The dates and registration deadlines closest to the April P.S.A.E. administration are as follows:

ACT Test Date	Regular Registration Deadline	Late Fee Deadline
April 4	February 27	March 13
June 13	May 8	May 22

Fees charged by ACT for testing on national test dates are the responsibility of the individual students and/or parents.

Additional information regarding the Prairie State Achievement Exam and the specific schedules for sophomores and juniors on April 23 and 24 will be sent to parents and students prior to the test dates. Information on the tests and sample test items are also available on the Illinois State Board of Education web site, <http://www.isbe.net/assessment>.

Take a Look at Our Foreign Exchange Program!

This past summer, ten eager and ambitious Palatine High School students embarked on an adventurous journey to Costa Rica. They were led by Erin Lindstrom as they toured the cities and countryside in Costa Rica for two weeks. While in Costa Rica they visited major cities such as San Jose and smaller cities and villages such as Zarcero, La Fortuna, Monteverde, and Puntarenas.

While in Costa Rica, students stayed with host families. They were welcomed into homes and given a wonderful living experience. Students were able to learn what it meant to be part of a Costa Rican family and started friendships that they will have for a lifetime. On certain days students also attended the local high school and participated in classes.

Students will be traveling to Costa Rica June 8th-19th. For more information about traveling to Costa Rica, contact Jonathan Kosovski in the World Language Department at either jkosovski@d211.org or 847-755-1731.

Included with this Newsletter is the Drug and Alcohol Awareness brochure. Please take some time to review it with your child(ren).

Anyone in need of TTY assistance regarding attendance issues should use the following number (847) 755-1874.

dates to remember

- March 3 Junior Parent College Planning
7:00 p.m. Auditorium
- March 9 Winter Sports Awards
7:00 p.m. Gymnasium
- March 10 LATE START DAY
- March 11 March Winds Band Concert
7:30 p.m. Auditorium
- March 12 Foreign Language Honors Night
6:30 p.m. Student Cafeteria
- March 13 Choral Concert
7:30 p.m. Auditorium
- March 14 V.I.P. Craft Fair 9:00 a.m. – 4:00 p.m.
- March 18 Mr. Pirate Contest
7:00 p.m. Auditorium
- March 21 Non-Attendance Day
- March 23-27 Spring Vacation - No School
- March 30 First Day After Vacation
- April 4 ACT Testing
- April 7 LATE START DAY

National Honor Society Blood Drive Planned

The National Honor Society will host the annual P.H.S. Blood Drive on Friday, March 13, from 8:00 a.m. to 3:00 p.m. The drive is being organized by National Honor Society students under the direction of their sponsor, Mrs. Colleen Pagnani and two student chairs. Students 16 years of age or older may participate. If you do not wish your son or daughter to donate blood, please discuss this with him or her. Parent permission forms are not required by the school or Life Source for students 17 and older for this activity, but we will verify each participating student's age.

Blood supplies at this time are dangerously low. This is an opportunity for students and community members to donate blood. If you are interested in donating blood, come to the East Gym on the day and time listed above.

Spring Craft Fair Planned

The V.I.P. Booster Club will be hosting its 17th Annual Spring Craft Fair on Saturday, March 14, 2009, from 9:00 a.m. to 4:00 p.m. There will be a variety of items to purchase such as, handmade crafts, food, spirit wear and much, much more! You will have a chance to win an item donated by a crafter at our raffle table. Also, the winning ticket for the After-the-Prom raffle will be drawn that day. So make plans to attend the V.I.P. Booster Club Craft Fair on Saturday, March 14th. Admission is FREE! We hope to see you there!

ACT Review Classes

On the following dates we will have the ACT review classes. Please mark your calendars. Session 1: March 4, 11, 18, April 1, 7:15 – 8:00 am. Session 2: March 12, 19, April 2, 9, 16, 7:15 – 8:00 am. Session 3: March 12, 19, April 2, 9, 16, 3:40-4:25 p.m.

These sessions are free and open to all students, please sign up on bulletin board outside of the English office. Copies of the class schedules and topics of subject that will be covered are available in the guidance office. All classes will meet in room 216. WE GUARANTEE RESULTS! If you need further information, please call the Guidance Office at 847-755-1630.



If you require assistance while visiting our school, please contact the principal's office at (847) 755-1600.

Varsity Club: Service and Spirit

Members of Varsity Club strive to improve the school spirit and culture of sportsmanship at Palatine High School. Students actively plan and organize events during the year to create an atmosphere that truly gives Palatine the home field advantage. These events include pre-game tailgate parties in the RED ZONE at Palatine Football games as well as halftime contests at basketball games. Varsity Club students are also integral in the organization of "Pirate Pete's Thanksgiving Feast" a Thanksgiving dinner that feeds members of the Palatine community. Varsity Club has most recently planned the Annual Pig Roast, an event that takes place during varsity baseball and softball games in the spring. Members are actively involved in the community, supporting programs such as the Wishing Tree, PHS Halloween Night and ICompete. A favorite event year after year is the annual Valentine's Day Bingo Bash at St. Joes Nursing Home. Students that join Varsity Club make a positive difference to those on the field, stage, court, pool, and spotlight.

Varsity Club is an active organization that makes a difference at P.H.S. and in the community. Meetings are held every other Wednesday at 7:30 pm, in either the school's auditorium or room 291. New members are always welcome. Contact Mr. McFaul mcfaul@d211.org or Mr. Skony lskony@d211.org if you are interested in learning more about what Varsity Club has to offer.

Career Expo 2009

High schools in Districts 211, 214, and 220; the Northwest Education to Careers Partnership; and Harper College are hosting Career Expo 2009 on Tuesday, April 28, from 7:00 until 8:30 p.m. The event will be held at the Willow Creek Activity Center, 67 E. Algonquin Road, in South Barrington. All Career Expo activities are open to students and parents, and are free of charge.

Career Expo 2009 is designed to help students gather information on career options, research career fields, and determine educational requirements needed to pursue desired careers. The Expo provides an excellent opportunity to begin integrating college and career plans. More than 100 traditional career professionals, as well as those representing opportunities projected to offer the greatest employment growth, have been asked to discuss specific career-related topics as well as answer questions.

For more information about Career Expo 2009, please contact Barbara Compobasso, PHS College and Career counselor or Jan Lohrentz, Career Advisor.

The website www.edcareerpartnership.com will also have further details about the program.

Booking with the Pirates Program

This unique program is a cooperative effort between Palatine High School and District 15 that promotes the development of good reading habits in area youth. 5th and 6th grade students from Jane Addams, Lake Louise, Lincoln, Sanborn, Virginia Lake and Winston Campus, packed the Palatine gymnasium in order to celebrate their success while cheering on the Pirates. During half-time of the varsity basketball games, our special guests, along with school administrators and teachers, were recognized for their efforts. One classroom from each school was awarded a pre-game pizza party as an added incentive for having the most minutes read. Students that achieved their reading goals were invited, and also given a Pirate Pete ditty bag and pencil. The Booking with the Pirates reading program extended their invitation to the game with an exciting assembly at each participating school. Successful students were awarded their certificate and game ticket to the applause of classmates, PHS cheerleaders, basketball players and school administrators.

Academic Corner

The Student Services Department has been busy this school year meeting in small groups with students on our caseload. Please read below to see what we have been up to.

Seniors – Counselors met with senior students early in the fall for a post high school planning session. We have been busy sending in college applications/transcripts and making sure that seniors are ready to graduate on May 31, 2009.

Juniors – Counselors met with junior students early in the fall for a post high school planning session. In addition, we met with junior students in the computer lab using a program called Career Cruising. This program allows students to research careers, link to college options and create an online portfolio.

Sophomores – Counselors met with sophomore students in November to work with a computer program called Career Cruising. This program allows students to research careers, link to college options and create an online portfolio. We will meet with the sophomores a couple of more times this school year using Career Cruising.

Freshman – Counselors met with freshman students during the 1st quarter of the school year through the Freshman Advisory Program. This program is valuable in helping students make the transition from junior high to high school and to develop an early relationship with their counselor.

Additionally, counselors, psychologists, social workers and administrators have been meeting weekly in Problem Solving Teams to better service our students.

Furthermore, by the time you read this segment, registration for the 2009-2010 school year will have already taken place. Student registration was held from January 26, 2009 – February 13, 2009. Schedule changes can be made via the guidance counselor through March 2, 2009.

As always, if you have any questions or concerns regarding your child, please contact your child's guidance counselor at (847) 755-1630.