



CENTRAL HIGH SCHOOL COMET CONNECTION



TUESDAY, JANUARY 26, 2021



HAPPY BIRTHDAY!

🎁 DYLAN PELEHOWSKI



GENERAL NEWS

TODAY IS A REMOTE LEARNING DAY:

Office Hours 8 a.m.-10:30 a.m.

1st - 10:30 a.m.-11:08 a.m.

2nd - 11:08 a.m.-11:46 a.m.

3rd - 11:46 a.m.-12:24 p.m.

4th - 12:24 p.m.-1 p.m.

COMET MASK STYLES CURRENTLY AVAILABLE ARE SHOWN BELOW. THEY MAY BE PURCHASED IN THE HIGH SCHOOL OFFICE. COST IS \$6.00.



SPANISH 1 & 2 TUTORING AVAILABLE FROM 1:30 – 2:00 PM DAILY IN ROOM A104. YOU WILL NEED TO SEE MRS SANCHEZ DURING THE DAY TO GET A PASS TO SHOW TO YOUR HOMEROOM TEACHER.

GROUP/CLUB PICTURES FOR YEARBOOK WILL BE TAKEN ON FEB 3RD AND 4TH DURING HOMEROOM. MORE DETAILS TO FOLLOW.

CONGRATULATIONS TO OUR COMETS OF THE WEEK FOR JAN 25TH – 29TH ...IZZY BARBER AND MRS MCGILL! PLEASE SEE MS

DAVIDSON TO PICK UP YOUR FREE T-SHIRT.

JUST A REMINDER THAT ANY EMAIL COMMUNICATION FROM STAFF TO STUDENTS WILL BE THROUGH SKYWARD AND TO YOUR SCHOOL ACCOUNT... FIRST NAME.LASTNAME@CUSD4.ORG. YOU NEED TO BE CHECKING THAT EMAIL FOR SCHOOL RELATED THINGS. WE DO NOT USE OR SEND ANYTHING TO STUDENT'S PERSONAL EMAIL ACCOUNTS.

THE \$5 OFF YEARBOOK SALE HAS BEEN EXTENDED! GET YOURS NOW BEFORE THE OFFER ENDS ON *SUNDAY*. ORDER ONLINE, SEE MS SHIFFLET, OR GIVE YOUR \$55.00 TO THE OFFICE.

ANY POSITIVE COVID TEST RESULTS SHOULD BE REPORTED TO THE HIGH SCHOOL OFFICE. ALSO, PLEASE SEND COPIES OF PUBLIC HEALTH DEPT RELEASE LETTERS FOR STUDENTS TO CWEBER@CUSD4.ORG. THANK YOU.

LOST & FOUND ~ ARE YOU MISSING YOUR:
~ CHAIN (CHOKER)
~ DECORATIVE ORNATE CROSS
STOP BY THE OFFICE TO SEE IF WE HAVE YOUR ITEM!

SOPHOMORES & JUNIORS

THE APPLICATION FOR KACC IS POSTED ON SOPHOMORE AND JUNIOR GOOGLE CLASS(ROOM) AS A GOOGLE FORM. THE DEADLINE WILL BE POSTED AS WELL AND WILL BE EARLY FEBRUARY. THE MAXIMUM NUMBER IS WHAT WILL FIT ON A BUS, WHICH IS 48. IF YOU PLAN ON GOING, GET YOUR APPLICATION IN EARLY. LAST YEAR WE HAD ABOUT 10 ON A WAITING LIST.

CAREER CENTER STUDENTS

KACC IS CLOSED TODAY (TUESDAY)



SENIORS ONLY

THERE IS A TABLE IN THE GUIDANCE MAIN AREA LOADED WITH LOCAL SCHOLARSHIPS. THEY ARE ALSO AVAILABLE ONLINE, AND UPDATED ON GOOGLE CLASSROOM FOR SENIORS.

THE DEADLINE FOR SENIOR PHOTOS FOR THE YEARBOOK IS *SUNDAY!* NO LATE PHOTOS WILL BE ACCEPTED! PLEASE EMAIL THE PHOTO TO MS SHIFFLET AT NSHIFFLET@CUSD4.ORG.



STAFF ONLY

FRIDAY:
~ SPIRIT AND JEANS DAY
~ EMERGENCY SUB PLANS AND ROSTERS FOR 2ND SEMESTER ARE DUE TO THE OFFICE.
~ CALENDARS, TIMESHEETS, LEAVE REQUESTS, ETC DUE BY 9 AM

COMET SPORTS

RIFLE CLUB ~ PRACTICE FOR TUES, JAN 26TH HAS BEEN RESCHEDULED TO WED, JAN 27TH.

THIS WEEK FOR APT, BOYS AND GIRLS BASKETBALL WILL ONLY COMPLETE THE TOP 4 EXERCISES TODAY-THURSDAY.
CHECK IN 2:00-2:10 PM
WEIGHT TRAINING 2:10-2:45 PM

APT WEEK 2 WORK OUT SCHEDULE:
WEDNESDAY ~ MEET IN THE WEIGHT ROOM AFTER SCHOOL. CHECK-INS WILL BE 2:00-2:10 PM. WEIGHT TRAINING WILL END AROUND 3:10 PM.

THURSDAY ~ MEET IN THE CRATER AFTER SCHOOL. CHECK-INS WILL BE 2:00-2:10 PM. SPEED AND WEIGHT TRAINING WILL END AROUND 3:40 PM.

WE UNDERSTAND THAT THE SPORTS SEASONS CONTINUE TO BE IN A STATE OF UNCERTAINTY, HOWEVER IN THE EVENT A STUDENT PARTICIPATES IN A SPORT AT ANY TIME THIS YEAR, THE FOLLOWING FORMS STILL NEED TO BE TURNED IN TO

THE OFFICE. THE FORMS MAY BE FOUND IN THE FOUR CORNERS INFORMATION RACK OR AT THE END OF THIS COMET CONNECTON. ALSO, REMEMBER THAT ALL SCHOOL FEES MUST BE PAID, IN ADDITION TO A SPORTS FEE BEFORE THE FIRST EVENT/GAME:

ITEMS CURRENTLY MISSING FOR WINTER SPORTS

SMAC FORM (GREEN):

ALLISON COX	ANTHONY JENSEN
AUDREY SCHUNKE	BLAIKE ARCHER
BLAKE HEMP	BRAYDEN MORRIS
BRYAN WINKEL	CALEB MEISTER
CAMDEN GERDES	CARSON TURNER
CHRIS PAPINEAU	DAMIAN BAILEY
DELANA SHEFFLER	EMMA SKEEN
ETHAN FAULKNER	EVAN DONNELLY
EVAN REDWING	EVAN WARNER
GAGE POYNER	GAVIN MCKEE
GIACOMO PANOZZO	GRANT GRIDER
HAVEN BEHERNS	ILANA VANHOVELN
IZZY BARBER	JACE FONTAINE
JANESSIA VILLAGOMEZ	JAMES PETERS
JUSTIN KUNTZ	KALEB LAFINE
KAYDEN CODY	KAYLEE BROSSAU
KAYLEE MATHY	KENDALL ANTONS
KENDRA CODY	KODEY KRUMWIEDE
KYLE PLANTE	LEXI SALAZAR
LOGAN FRITZ	MACY CRABTREE
MADISON MARTIN	MAXWELL JOSEPH
MICHAEL HESS	NATHAN KUNTZ
NICK KRUEGER	PAIGE TAYLOR
PATRICK LINDGREN	PEYTON CHANDLER
QUINN SMITH	RYAN KOHLER
SAIGE DUBY	TATUM PARKS
TYLER MORRIS	VANESSA GONZALEZ
WILL EVANS	XAVIER MCCORKLE

CONCUSSION FORM (BLUE):

ALLISON COX	ANTHONY JENSEN
AUDREY SCHUNKE	BLAIKE ARCHER
BLAKE HEMP	BRAYDEN MORRIS
BRYAN WINKEL	CALEB MEISTER
CAMDEN GERDES	CARSON TURNER
CHASE FIELKE	CHRIS PAPINEAU
DAMIAN BAILEY	EMMA SKEEN
ETHAN FAULKNER	EVAN DONNELLY
EVAN WARNER	GAGE POYNER
GAVIN MCKEE	GIACOMO PANOZZO
GRANT GRIDER	HAVEN BEHERNS
ILANA VANHOVELN	IZZY BARBER
JACE FONTAINE	JANESSIA VILLAGOMEZ
JAMES PETERS	JUSTIN KUNTZ
KALEB LAFINE	KAYDEN CODY

KAYLEE BROSSAU	KAYLEE MATHY
KENDALL ANTONS	KENDRA CODY
KODEY KRUMWIEDE	KYLE PLANTE
LEXI SALAZAR	LOGAN FRITZ
MACY CRABTREE	MADLYNN ODLE
MADISON MARTIN	MAXWELL JOSEPH
MICHAEL HESS	NATHAN KUNTZ
NICK KRUEGER	PAIGE TAYLOR
PATRICK LINDGREN	PEYTON CHANDLER
QUINN SMITH	RYAN KOHLER
SAIGE DUBY	TATUM PARKS
TYLER MORRIS	VANESSA GONZALEZ
WILL EVANS	

XAVIER MCCORKLE

EXPIRED OR EXPIRING PHYSICAL:

CALEB MEISTER	CARSON TURNER
EVAN DONNELLY	EVAN REDWING
EVAN WARNER	GAGE POYNER
GIACOMO PANOZZO	GRANT GRIDER
HAVEN BEHERNS	IZZY BARBER
JACE FONTAINE	JUSTIN KUNTZ
KASSIDY LECLAIR	KAYLEE BROSSAU
KODEY KRUMWIEDE	MICHAEL HESS
NATHAN KUNTZ	PEYTON CHANDLER
RYAN KOHLER	SAIGE DUBY
VANESSA GONZALEZ	

MEDICAL FORM (PINK):

ALLISON COX	ANTHONY JENSEN
AUDREY SCHUNKE	BLAIKE ARCHER
BLAKE HEMP	BRAYDEN MORRIS
BRYAN WINKEL	CALEB MEISTER
CAMDEN GERDES	CHASE FIELKE
CHRIS PAPINEAU	DAMIAN BAILEY
EMMA SKEEN	ETHAN FAULKNER
EVAN DONNELLY	EVAN WARNER
GAGE POYNER	GAVIN MCKEE
GIACOMO PANOZZO	GRANT GRIDER
HAVEN BEHERNS	ILANA VANHOVELN
IZZY BARBER	JACE FONTAINE
JANESSIA VILLAGOMEZ	JAMES PETERS
JUSTIN KUNTZ	KALEB LAFINE
KAYDEN CODY	KAYLEE BROSSAU
KAYLEE MATHY	KENDALL ANTONS
KENDRA CODY	KODEY KRUMWIEDE
KYLE PLANTE	LEXI SALAZAR
LOGAN FRITZ	MACY CRABTREE
MADLYNN ODLE	MADISON MARTIN
MAXWELL JOSEPH	MICHAEL HESS
NATHAN KUNTZ	NICK KRUEGER
PAIGE TAYLOR	PATRICK LINDGREN
PEYTON CHANDLER	QUINN SMITH
RYAN KOHLER	SAIGE DUBY
TATUM PARKS	TYLER MORRIS
VANESSA GONZALEZ	WILL EVANS

BLAKE HEMP (12/14)	NICK KRUEGER (12/17)
SARAH GIGL (12/17)	KYLE PLANTE (1/3)
ANTHONY JENSEN (12/26)	KALEB LAFINE (1/6)
BRAYDEN MORRIS (1/9)	TYLER MORRIS (1/9)



ORGANIZATIONS & EVENTS

PROM COMMITTEE ~ MEETING IN MRS MCGILL'S ROOM ON WED, JAN 27 FROM 1:30 - 2:30 PM.

STUDENT COUNCIL ~ MEETING ON THURS, JAN 28TH FROM 1:30 – 2 PM.

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COMET GEAR

SEE MS DAVIDSON TO PURCHASE YOUR COMET GEAR



HOODIES.....\$30
T-SHIRTS.....\$15
BUY BOTH FOR..... \$40
SIZES SMALL THROUGH 3XL

CONCUSSION TESTING:

AUDREY SCHUNKE	BLAIKE ARCHER
BLAKE HEMP	BRENNABLE
CAMDEN GERDES	CHASE FIELKE
CHRIS PAPINEAU	EMMA SKEEN
ETHAN FAULKNER	ETHAN TROUT
EVAN WARNER	GAVIN MCKEE
JANESSIA VILLAGOMEZ	KAYDEN CODY
KENDRA CODY	KYLE PLANTE
LEXI SALAZAR	LOGAN FRITZ
MACY CRABTREE	MAXWELL JOSEPH
QUINN SMITH	REECE JARVIS
TATUM PARKS	TYSON OROSCO



GET TOGETHERS

TUESDAY, JANUARY 26TH

- ♣ **WRESTLING ~ MEETING IN A107 DURING HOMEROOM - POSTPONED**

WEDNESDAY, JANUARY 27TH


- ♣ FIRE MARSHALL VISIT
- ♣ PROM COMM ~ 1:30 – 2:30 PM IN MRS MCGILL'S ROOM

THURSDAY, JANUARY 28TH

- ♣ STUDENT COUNCIL ~ HOMEROOM

FRIDAY, JANUARY 29TH

- ♣ COMET SPIRIT DAY



On The Menu

TODAY
NO SCHOOL

TOMORROW
WALKING CHICKEN FAJITA
SIDE SALAD
VEGETABLE CHOICE
FRUIT CHOICE
MILK

ON THIS DAY IN HISTORY

~ JANUARY 26TH ~

JANUARY 26, 1788 - THE BRITISH ESTABLISHED A SETTLEMENT AT SYDNEY HARBOR IN AUSTRALIA AS 11 SHIPS WITH 778 CONVICTS ARRIVED, SETTING UP A PENAL COLONY TO RELIEVE OVERCROWDED PRISONS IN ENGLAND.

Oct 5th - April 24th 2021

HELP US HELP OUR SCHOOL AND HELP YOU!

Bring in your aluminum cans to Belson Steel Center Scrap here's why:

When you bring in your aluminum cans you get paid! While you are there, give them our schools name and we get points for each pound you brought in. You get paid and we get points. So, it helps both of us! The SCORE program is running now until the middle of April. Make sure you bring in your aluminum cans now! The more you bring in, the better we do. We want to be one of the winning schools. Please help us!

SCORE PROGRAM
BELSON STEEL
CENTER SCRAP, INC.
1685 N. ROUTE 50
BOURBONNAIS, IL 60914
815-932-7416 EXT. 224

2020-21



IHSA Sports Medicine Acknowledgement & Consent Form

Acknowledgement and Consent

Student/Parent Consent and Acknowledgements

By signing this form, we acknowledge we have been provided information regarding concussions and the IHSA Performance-Enhancing Substance Policy.

STUDENT

Student Name (Print): _____ Grade (9-12) _____

Student Signature: _____ Date: _____

PARENT or LEGAL GUARDIAN

Name (Print): _____

Signature: _____ Date: _____

Relationship to student: _____

Consent to Self Administer Asthma Medication

Illinois Public Act 098-0795 provides new directions for schools concerning the self-carry and self-administration of asthma medication by students. In order for students to carry and self-administer asthma medication, parents or guardians must provide schools with the following:

- Written authorization from a student's parents or guardians to allow the student to self-carry and self-administer the medication.
- The prescription label, which must contain the name of the asthma medication, the prescribed dosage, and the time at which or circumstances under which the asthma medication is to be administered.

A full copy of the law can be found at <http://www.ilga.gov/legislation/publicacts/98/PDF/098-0795.pdf>.

2020-21



CENTRAL COMMUNITY UNIT SCHOOL DISTRICT No. 4

Tonya Evans
Superintendent
815-698-2212

Mrs. Dawn Oltmanns
Special Services Director
815-698-2212

Mrs. Andrea Lemenager
Chebanse Elementary
Principal and
Ashkum Early Literacy
Administrator
815-697-2642

Mr. Brandon Burke
Nash Middle School
Principal
815-694-2323

Mr. Marc Shaner
Central Senior High
Principal
815-694-2321

Consent to Share Student Medical and Confidential Information

Student's Name: _____ Date of Birth: ____/____/____
(please print)

I hereby give permission to release copies and/or share confidential information as listed below:

- * Medical Information
- * Athlete's Physical
- * Physical Therapy Evaluations
- * Occupational Therapy Evaluations
- * IMPACT Test Results
- * Concussion Forms
- * Medical Information Related to Injury
- * Other, as necessary

This information is to be released between:

- * Athletic Trainer
 - * Athlete's Physician: _____
 - * Oak Physicians
- Address: _____
Phone/Fax: _____

AND

Central High School
1134 E. 3100 N. Road, Suite A
Clifton, IL 60927
Attention: _____

J.L. Nash Middle School
1134 E 3100 N Road, Suite B
Clifton, IL 60927
Attention: _____

Chebanse Elementary School
475 School Street, P.O. Box 8
Chebanse, IL 60922
Attention: _____

Mailing Address:
Central Community Unit School
District No. 4
P. O. Box 158
Ashkum, Illinois 60911-0158

Physical Address:
Ashkum Early Literacy Center
203 N. Third--West Entrance
Ashkum, Illinois

Phone: 815-698-2212
Fax: 815-698-2635
Email: tevans@cusd4.org

~ I understand that in accordance with the Illinois Concussion Law, the Athletic Trainer is required to report concussions to a Medical Doctor or Doctor of Osteopathy during the Return to Learn and Return to Play process.

~ I also understand that this release of information is for the _____ school year (not to exceed one year), and that I may withdraw consent for this release, in writing, at any time.

Parent/Guardian Signature _____ /____/____
Date

Student Signature (if 18 or older) _____ /____/____
Date

IASB MEMBER

2020-21

Central High School

Clifton, Illinois

Parent and Student Contract for Neurocognitive Assessment

Student Name (printed): _____ Grade: _____

List Sport(s): _____

I agree and understand that CHS has implemented a program to safeguard student athletes from traumatic brain concussions. I agree that my student athlete will take a computerized examination before the season begins to obtain baseline data for future comparison, if he/she should suffer a concussion or be suspected of suffering a concussion. I understand that before the student will be allowed to participate in athletics again, a satisfactory result must complete the return to learn protocol, meet baseline of his or her neurocognitive online concussion assessment, and complete the return to play protocol. A final determination to play following a possible concussion will be made by a **licensed concussion trained physician (MD, DO, PA, and/or the certified athletic trainer** at Central High School consulting with the physician. CHS reserves the right to not allow student athletes to participate in sports if concussion or brain injury is suspected.

Return to Learn/ Return to Play Policy

In accordance to the IHSA policy and Illinois State Law, a student athlete who is suspected of sustaining a concussion of head injury in a practice or game shall be removed from participating in practice or competition at that time. A student athlete who has been removed from an interscholastic contest or practice for a possible concussion or head injury **may NOT** return to contest or practice unless cleared to do so by a **concussion trained licensed physician (MD, DO, PA)** to practice medicine in Illinois and/or a **certified athletic trainer**.

If not cleared to return to that contest, a student athlete cannot return to play or practice until the student athlete has provided his or her school with written clearance from a **licensed concussion-trained physician (MD, DO, And/or PA ONLY)** to practice medicine in Illinois and/or a **certified athletic trainer** working in conjunction with a physician to practice medicine in Illinois. **If there is a written clearance from a licensed physician to practice medicine in Illinois and/or athletic trainer, the student athlete must complete the return to learn protocol, meet baseline of his or her neurocognitive online assessment, and exertion portion of the return to play protocol to return to their prospective sport according to IHSA policy and Illinois Law.**

If the student athlete signs/symptoms of a concussion persist or signs/symptoms return and/or during the return to learn/return to play process, the athlete will be sent to a **licensed Concussion Trained Physician (MD, DO, PA ONLY)** that practices medicine in Illinois for further evaluation.

(Sign and Return to Athletic Trainer)

Neurocognitive online assessment scores will be recorded once the athlete is asymptomatic from the concussion. Scores will be compared to baseline scores and be made available to parents, student athletes, attending physicians and athletic trainers consulting with a physician. His or her neurocognitive online assessment must be normal when compared to baseline test results for a student athlete to progress to the next step in the return to play process.

Student athletes must be asymptomatic when beginning the following exertion/exercise components.

For each of the exertion/exercise components the student athlete must remain asymptomatic and cannot progress to the next step without waiting 24 hours between each step.

Step 1: 15-20 minutes of Light Aerobic Exercise (Stationary Bike)

Step 2: Sport Specific Training (i.e.: Running; Dribbling/Shooting; Technique Drills in Football)

Step 3: Non-Contact Practice

Step 4: Full Contact Practice

Step 5: Return to Competition/Game

"Consensus Statement on Concussion and Sport: the 4th International Conference on Concussion in Sport held in Zurich, November 2012." Journal of Athletic Training. 2013; (4): 434-448.

If at any time the student athlete experiences reoccurring signs and symptoms of a concussion, the athlete will wait 24 hours and return to the previous step in the protocol and progress according to the above steps.

Student's Name (printed): _____

Student's Signature: _____

Parent's Name (printed): _____

Parent's Signature: _____

Emergency Contact Name: _____

Emergency Contact Phone Number(s): _____

(Sign and Return to Athletic Trainer)