



Marengo Community High School

Newsletter: Aug. 20 - Aug. 26

MCHS students experimenting in Physics class!!

Taking advantage of the nice weather, Mr. Watt's Honors Physics students launched water rockets as an introduction to motion, momentum, and forces. Students qualitatively looked at how the ratio of fuel (water/air pressure) to weight affected the maximum height.



What's Coming Up..

Aug. 28 - Soccer @ Woodstock (JV, V)
Aug. 28 - Boys Golf vs. Plano (V)
Aug. 28 - Volleyball @ North Boone (F, JV, V)
Aug. 29 - Volleyball vs. Grayslake (JV)
Aug. 29 - Volleyball vs. Antioch (JV)
Aug. 29 - Volleyball vs. Woodstock North (JV)
Aug. 29 - Girls Golf @ McHenry (V)
Aug. 29 - Soccer @ Stillman Valley (JV, V)
Aug. 29 - Girls Tennis vs. Streamwood (V)
Aug. 30 - Volleyball vs. Plano (F, JV, V)
Aug. 31 - Soccer @ Crystal Lake Central (JV, V)
Aug. 31 - Girls Tennis vs. Rockford Christian (V)
Aug. 31 - Volleyball @ Rockford Christian (F, JV, V)
Aug. 31 - Girls Golf @ KRC Meet (V)
Aug. 31 - Boys Golf vs. Elgin Larkin (V)
Sept. 1 - Football vs. Woodstock (F/S, V)
Sept. 1 - Boys Golf vs. TBA (V)
Sept. 1 - Cheerleading @ Woodstock (JV, V)
Sept. 1 - Girls Golf vs. TBA (V)
Sept. 1 - Boys Golf vs. TBA (V)

How Parents Can Support Kids Starting High School This Fall...

Starting high school is a rite of passage for teens, but for many it can be a daunting and challenging time. Here are tips for parents to help ease their child's worries about starting high school. Starting high school is an exciting time in your child's life. The transition from middle school to the big campus involves new teachers, new friends, and an abundance of new school activities, including clubs, electives, sports teams, and musical organizations. A child's high school career can significantly impact their future. For example, it can affect **where or if they attend college**; they may learn a trade or specialized skill or win a scholarship based on athletic or musical ability. While a high school freshman has plenty of time to figure out where their life is headed, their freshman year is their first step towards adulthood and their future. Both you and your child are likely feeling some anxiety, and if you are reading this, you are asking ways to support your child even before the first day of school. We've compiled an actionable list of things you can do to support your high schooler, covering everything from time management to homework to mental health, to help them gain the most from their high school experience!

1. Get Involved
2. Visit the school
3. Teach them organization and time management
4. Be aware of cliques, cyberbullying, and social media
5. Explore clubs and sports
6. Maintain a sleep schedule
7. Provide homework support
8. Talk about school
9. Encourage them to read
10. Teach self-advocacy

For the full article, please visit

<https://www.familyeducation.com/school-learning/back-to-school/how-parents-can-support-kids-starting-high-school-this-fall>.

If you have information about any safety issues at school, please report them to a trusted adult at the school. All information provided is kept confidential. You can also report any issues to tipline@mchs154.org.

Thank you for helping to keep our school safe!

Jay Mullens, Ed.S. | MCHS Principal