

GUIDANCE GAZETTE

Mt. Vernon Township
High School

mvths.org

May, 2011



Beyond the Books

Texting While Driving as Dangerous as Drinking Behind the Wheel

Teens often think driving is something they can easily do while doing other things, such as talking on the phone, eating or, even more dangerously, texting.

Texting while driving is more dangerous than driving while intoxicated, yet about a quarter of teens have texted while driving. The few seconds they take their eyes off the road to send a text can be deadly. In 2008, 16% of young drivers in fatal crashes involved distracted driving, including texting, according to the National Highway Traffic Safety Administration.

Since many teens have access to a cell phone, it's important to inform them of the risks created by texting behind the wheel and set ground rules.

Texting while driving is never safe. Period. However, teens think they can text safely by only texting while stopped at a light or holding their phone at eye level so their heads aren't down. They need to know that taking their eyes off the road (or their hands off the wheel) while driving is extremely dangerous.

A recent study found that reaction time slowed by 35% when young drivers were texting and by only 12% at the legal alcohol limit. The study also found that texting worsened steering control by 91% and texters drifted out of their lane more often and were less likely to maintain safe distances from other cars.

Rules and guidelines for new drivers should include how many people they can have in their car, the importance of wearing seatbelts, keeping cars maintained, and not driving while distracted (including texting).

Illinois bans texting while driving, and will issue penalties, you should also establish consequences if your teens text. Though you may not be in the car with them to know if they are texting, hold your teens accountable if you do find out they were texting while driving. Take away driving or phone privileges until they can be responsible enough to ignore their phones while on the road.

Nearly 50% of teens said they have been in a car with a driver who texts, and many of them said the texters were their parents. If your kids see you texting while driving, then they are more likely to do it themselves. While you should never make it a habit to text while driving, you should especially resist doing so when your teens are in the car. Remind them nothing is so important that it can't wait until they are safely parked or at their destination.

Even if your teens have agreed to not text while driving, there is a chance that some of their friends won't be as responsible. Teach your teens that it's okay for them to tell others that they aren't comfortable being driven by a texter. Let them know it's the same as refusing to get into a car with a drunk driver and they can always drive themselves or call you for a ride.

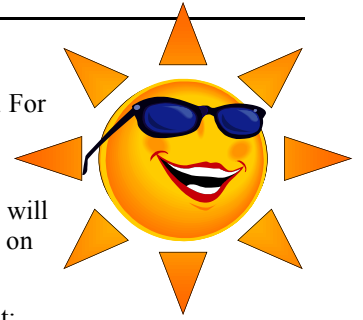
Teaching your teens these lessons may keep them from getting into accidents and could save their lives.

Read the entire article at byparents-forparents.com.

Summer Opportunities

Skill Building through Camps

- ◆ St. Mary's Good Samaritan is offering a Health Careers Camp June 24 & 25. For more information contact Rose Aldag-McVey at 436-6450 or via email at rose_aldag-mcvey@ssmhc.com.
- ◆ The Community and Corporate Education Department at Rend Lake College will offer a variety of athletic and special interest camps. Information is available on their website www.rlc.edu.
- ◆ S.I.U. – Carbondale will offer a variety of camp experiences. Check these out:
 - ✓ Camps for young writers, theatre, architecture, TV news, music, dance, athletics, robotics, or career exploration for pilots. Go to www.dce.siu.edu. Click on "Youth."
- ◆ Murray State will offer sports, art, and young writers camps. A complete list of summer camp opportunities can be viewed on the web: <http://ceao.murraystate.edu/noncredit/camps.htm>. In addition, a program for gifted juniors is available. It is called "Commonwealth Honors Academy," and it is open to juniors who have a grade point average of at least 3.5, and an ACT of 25 or higher. This residential program awards six hours of university credit, and is free to students. For more information, visit this website: www.murraystate.edu/cha/.
- ◆ Eastern Illinois University will offer camps in a variety of areas. Visit the EIU website: www.eiu.edu. Type "Summer Camp 2011" in the search box.



Summer Job Opportunity

The Summer Works Program, administered by Man-Tra-Con Corporation, provides area youth 16-24 years of age an opportunity to learn job skills while earning a paycheck. Applicants must meet income guidelines. Information is available in the Guidance Office, on their website at www.mantracon.org, or by calling 937-6005, ext. 278.

College Representative on Campus

A representative from Southern Illinois University-Carbondale will be on our campus on Wednesday, May 11. She will be located in the Career Center, 206B, after school that day. Students in any grade level may come to speak to the representative.



Quote of the Month

"The world needs dreamers and the world needs doers. But above all, the world needs dreamers who do."

Sarah Beth Breathnach

News for Seniors



The Student Services staff would like to take the opportunity to congratulate each of the 2011 graduates. We wish you much happiness and success as you begin life beyond high school.

Notice to College-Bound Seniors: A final *high school transcript* and *health record* can be sent to the college/university of your choice this summer only if you have a signed release of information form on file. Students who are 18 can sign the release for themselves; however, parent signature is also required for seniors who are 17. Counselors will give seniors the release form on May 10. In addition, since the seniors took the dual credit physical education class, plus

possible others, they must submit a *college transcript* from Rend Lake College to the school they are attending in the fall, 2011. The request can be made in the Student Records Office at RLC; it must be in writing with the student's signature and date.

Scholarship Information

Scholarship Winners Are Being Announced!

Throughout the year, college-bound seniors have been advised of scholarship opportunities, and since then, applications have been completed and forwarded to the appropriate sources. Scholarship winners are then directly notified by the awarding group, or in the case of the local scholarship recipients, notification is made at the Honors Program for seniors on May 19. It is truly an honor to receive a scholarship from any source because it often is a direct reflection of a student's hard work during his/her high school career. The Student Services staff wishes to congratulate each and every winner!



Congratulations Seniors!



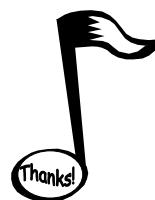
News for Juniors

On April 27 and 28 members of the junior class took the PSAE test. This group of students is to be commended for their exemplary behavior, cooperative attitude, and serious approach to the testing process. Juniors who were absent on those days will have a chance to take the PSAE on May 11 and 12.

For your information:

- The **ACT** scores (part of PSAE) will be mailed to the juniors by the end of May. Counselors will be happy to discuss score reports if students have any questions.
 - The final time to retake the ACT this school year is June 11. The regular registration deadline is May 6. Late registration deadline is May 20 (extra \$21 fee). The June ACT will not be given at MVTHS. Nearby test sites for this date include John A. Logan College, Kaskaskia College, and SIU-C.
 - The **WorkKeys** scores (also part of PSAE) and the actual **PSAE** scores will be distributed to students in the fall, 2011.
-

Bits & Pieces



A Note of Thanks

A special note of thanks is extended to all of our Guidance assistants, whose never-ending willingness to run errands, sharpen thousands of pencils, show new students around campus, answer the phone, stuff mailboxes, etc. is sincerely appreciated! This includes: Cody Ferland, Mercedes Rineheart, Taylor Stockman, Kathleen Sledge, Kaitlyn Simmons, Ashley Tobin, Presley Marlow, Annalee Schuette, Veronica Justice, Casey Jackson, Hunter Marler, Jonathan Stowers, Samuel Reece, and Victor Brooks. You are the greatest!

Congratulations to our senior assistants: Cody, Mercedes, Kathleen, Hunter, and Victor. Best of luck to you in the future!

Third Quarter in Review

Congratulations to the 361 students who made the third quarter Scholastic Honor Roll. Success and progress is what education is all about!

Mid-Term Reports Are Coming!

Fourth quarter mid-term progress reports were mailed home on April 21. With less than a month of this school year, there is only limited time left to correct grade problems. This is also the time of year that many students find it hard to keep working to finish that homework, to study for that test, or to attend ELO. Energy and determination can run low.

Parents can assist the student by supporting and encouraging their student's efforts or monitoring student homework. Call your student's counselor to set up parent conferences.

Summer School

Any student who has failed a class that is required for high school graduation may want to consider attending summer school this summer.

Interested students should see their counselor to complete the sign-up procedure.

