Parent Orientation Night

A Day In The Life:
LJHS PE Students
Mr. Havenaar
jhavenaar@naperville203.org

Mrs. Havenaar – Art Teacher at Jefferson Junior High
Mrs. Herrmann
bherrmann@naperville203.org

Teaching 21 years
Coach VB & Track

Sammy & Anna
Mr. Roucka
mrouckaa@naperville203.org
14 years at Lincoln/22 years teaching
Cross Country and Track Coach
Mr. Silvestri
asilvestri@naperville203.org
Ms. Stanley
nstanley@naperville203.org
630-848-5342
LEADERSHIP
- Positive
- Collaborative
- Responsible
- Confident
- Motivated

ACTION
- Engaged
- Involved
- Self-directed
- Empowered
- Make the Right Choices

NOBILITY
- Dependable
- Inspiring
- Respectful
- Honest
- Courageous

COMPASSION
- Empathetic
- Encouraging
- Kind
- Patient
- Community Contributor

EXCELLENCE
- Quality Producer
- Passionate
- Goal Oriented
- Complex Thinker
- “Do Your Best”

RESILIENCE
- Determined
- Diligent
- Persistent
- Adaptable
- Reflective
Boys & Girls Locker Rooms
Put all of your personal items in your locker.
When you get to the gym:
Stay to the right and be polite!
Flag Football
Lacrosse
Tchoukball
Badminton
Rain Day Activities
Rock Wall(s)
Fitness Center
# LJHS Physical Education Weekly Grading Matrix - 20 pts Weekly

## Skill Mechanics and Positioning

Executes basic skill mechanics and strategies while maintaining a high level of activity.

<table>
<thead>
<tr>
<th>Refusal - 1pt</th>
<th>Redirected Often by Teacher - 2pts</th>
<th>Teacher Directed - 3pts</th>
<th>Self Directed and Independent - 4pts</th>
<th>Total</th>
</tr>
</thead>
</table>

## Activity Rules

Adheres to the activity rules on a regular basis.

<table>
<thead>
<tr>
<th>Refusal - 1pt</th>
<th>Redirected Often by Teacher - 2pts</th>
<th>Teacher Directed - 3pts</th>
<th>Self Directed and Independent - 4pts</th>
<th>Total</th>
</tr>
</thead>
</table>

## Fitness Concepts and F.I.T.T.E.

Applies fitness concepts and FITTE during the class activity.

<table>
<thead>
<tr>
<th>Refusal - 1pt</th>
<th>Redirected Often by Teacher - 2pts</th>
<th>Teacher Directed - 3pts</th>
<th>Self Directed and Independent - 4pts</th>
<th>Total</th>
</tr>
</thead>
</table>

## Safety

Exhibits caution, uses equipment properly, and is aware of others around them.

<table>
<thead>
<tr>
<th>Refusal - 1pt</th>
<th>Redirected Often by Teacher - 2pts</th>
<th>Teacher Directed - 3pts</th>
<th>Self Directed and Independent - 4pts</th>
<th>Total</th>
</tr>
</thead>
</table>

## LANCER Pride and Team Play

Follows L.A.N.C.E.R. Pride and cooperates with teammates.

<table>
<thead>
<tr>
<th>Refusal - 1pt</th>
<th>Redirected Often by Teacher - 2pts</th>
<th>Teacher Directed - 3pts</th>
<th>Self Directed and Independent - 4pts</th>
<th>Total</th>
</tr>
</thead>
</table>
Absent from Class & Makeup Policy

When students are not feeling 100% or they have minor injuries, they are allowed to miss up to three days of PE Class with a signed parent note. Being released for more than three days of PE Class will require a doctor’s note being submitted to the Nurse’s Office. All medical notes must be given to the Health Technician to be maintained for our school records.

Make-Ups: When students are absent from class, it is the student’s responsibility to see their teacher to find out what they may have missed. When a student has missed a Health Assignment or a District Assessment, they will be required to make it up. When students have an extended absence from PE, they may be required to do a written assignment related to the current unit of study during regular class time.

School Related Absences: Students are not required to makeup missed physical education classes when they are out for a school related reason such as band / orchestra, field trips, speech, etc.
Health

- 6th grade - Health Triangle, First Aid, Substance Abuse
- 7th grade - Personal Safety, First Aid, Healthy Relationships, Sexuality Education, Abstinence/Contraception
- 8th grade - Body Systems - Cardiovascular, Respiratory, Muscular, Skeletal, Nervous & Leading causes of death/Substance Abuse
Health Guests

6th Grade
- DuPage County- Decision Making & Stress
- Benedictine- College of Science
- NAMI- Depression
- Social Worker- Bullying
- Counselor- Communication
- Naperville Fire Department

7th Grade
- Think Smart
- Parent Teen Connection
- Naperville Fire Department
- Counselor-Healthy Relationships
- Naperville Police Department

8th Grade
- NAMI- (National Alliance of Mental Illness)
- Benedictine- College of Science
- Naperville Family Chiropractic
Intramurals

<table>
<thead>
<tr>
<th>Activity</th>
<th>Grade</th>
<th>Start Date</th>
<th>End Date</th>
<th>Days</th>
<th>Time</th>
<th>Location/Field</th>
<th>Coach</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lacrosse</td>
<td>ALL</td>
<td>Aug 26, 29</td>
<td>Sep 3, 9, 10, 12, 16, 18, 23, 25</td>
<td>6:45-7:45am</td>
<td>Athletic Fields</td>
<td>Mr. Zinn</td>
<td></td>
</tr>
<tr>
<td>Cross Country</td>
<td>6</td>
<td>Starts Aug 26</td>
<td></td>
<td></td>
<td>3:00-4:30pm</td>
<td>Front Veranda</td>
<td>Mr. Roucka</td>
</tr>
<tr>
<td>Basketball</td>
<td>7/8 Boys</td>
<td>Sep 22, 24, 26, 30</td>
<td>Oct 2, 6, 8, 13, 15, 17, 21, 22, 27, 29, 31</td>
<td>6:45-7:45am</td>
<td>Wood Gym</td>
<td>Mr. Havenaar</td>
<td></td>
</tr>
<tr>
<td>Cheerleading</td>
<td>7/8 girls</td>
<td>Sep 4, 8, 11, 15, 17, 24 Oct 1</td>
<td></td>
<td>3:00-4:00</td>
<td>Stage/Fields</td>
<td>Ms. Okarma</td>
<td></td>
</tr>
<tr>
<td>Cross Country</td>
<td>6</td>
<td></td>
<td>Oct 3, 6, 13, 15, 16, 17, 18, 20, 21, 27, 28 May 5, 7, 12</td>
<td>3:00-4:00pm</td>
<td>Stage</td>
<td>Mrs. Zeiler</td>
<td></td>
</tr>
<tr>
<td>Bowling</td>
<td>ALL</td>
<td>Sep 3, 12, 19 Oct 5, 17, 24 Nov 7, 14</td>
<td></td>
<td>3:15-5:15pm</td>
<td>AMF Bowling</td>
<td>Ms. Vivian / Ms. Miller</td>
<td></td>
</tr>
<tr>
<td>Pickleball</td>
<td>ALL</td>
<td>Aug 27 Sep 2, 5, 9, 11, 16, 18, 22, 24, 26</td>
<td></td>
<td>3:00-4:00pm</td>
<td>Tile Gym</td>
<td>Mr. Kleinman</td>
<td></td>
</tr>
<tr>
<td>Four Square</td>
<td>ALL</td>
<td>Aug 27, 29 Sep 3, 5, 8, 10, 12, 15, 17, 19</td>
<td></td>
<td>6:45-7:45am</td>
<td>Blacktop</td>
<td>Mr. Pape</td>
<td></td>
</tr>
<tr>
<td>Wrestling</td>
<td>6</td>
<td>Starts Nov 3</td>
<td></td>
<td>3:00-4:30</td>
<td>Tile Gym</td>
<td>Mr. Langes</td>
<td></td>
</tr>
<tr>
<td>Volleyball</td>
<td>7/8 ALL</td>
<td>Nov 18, 20, 24 Dec 1, 3, 4, 8, 10, 15, 16</td>
<td></td>
<td>6:45-7:45am</td>
<td>Wood Gym</td>
<td>Mr. Roucka</td>
<td></td>
</tr>
<tr>
<td>Basketball</td>
<td>ALL Girls</td>
<td>Dec 6, 9, 11, 17, 18 Jan 6, 8, 13, 14, 15, 20</td>
<td></td>
<td>6:45-7:45am</td>
<td>Tile Gym</td>
<td>Ms. Geraghty</td>
<td></td>
</tr>
<tr>
<td>Ski Club</td>
<td>ALL</td>
<td>Jan 9, 9, 30 Feb 6</td>
<td></td>
<td>4:00-7:00pm</td>
<td>Four Lakes Ski Area</td>
<td>Mrs. Eysturlid / Mr. Kleinmaier / Mrs. Spordal</td>
<td></td>
</tr>
<tr>
<td>Bombardment</td>
<td>ALL</td>
<td>Jan 12, 16, 21, 23, 26, 27, 28, 29, 30 Feb 2, 3, 4, 6, 9, 10, 12, 13, 20</td>
<td></td>
<td>6:45-7:45am</td>
<td>Tile Gym</td>
<td>Mr. Pape / Mr. Silvestri</td>
<td></td>
</tr>
<tr>
<td>Volleyball</td>
<td>6</td>
<td>Feb 5, 11, 17, 18, 19, 23, 25, 26 Mar 2, 3, 5, 10, 12, 13, 16, 18, 23, 24</td>
<td></td>
<td>6:45-7:45am</td>
<td>Wood Gym</td>
<td>Ms. Herrmann / Mr. Hunt</td>
<td></td>
</tr>
<tr>
<td>Laser Tag</td>
<td>ALL</td>
<td>Dates TBD</td>
<td></td>
<td>3:15-5:15pm</td>
<td>Chasers Laser Tag</td>
<td>Mr. Hunt, Miss Kupsco</td>
<td></td>
</tr>
<tr>
<td>Ping Pong</td>
<td>ALL</td>
<td>Feb 5, 10, 12, 17, 19, 23, 25 Mar 3, 5, 10</td>
<td></td>
<td>3:00-4:00pm</td>
<td>Lower Hallway</td>
<td>Mr. Kowalkowski</td>
<td></td>
</tr>
<tr>
<td>Poms</td>
<td>ALL</td>
<td>Jan 22, 26, 27, 29 Feb 2, 3, 5, 9, 10, 17, 23, 25</td>
<td></td>
<td>3:00-4:30pm</td>
<td>Tile Gym</td>
<td>Mr. Okarma</td>
<td></td>
</tr>
<tr>
<td>Golf &amp; Golf Lessons</td>
<td>ALL</td>
<td>April - May (Dates TBD)</td>
<td></td>
<td>3:15-5:45pm</td>
<td>Springbrook G.C.</td>
<td>Mr. Hunt / Mr. Schmitt</td>
<td></td>
</tr>
<tr>
<td>Tag Football</td>
<td>6</td>
<td>Dates TBD</td>
<td></td>
<td>6:45-7:45am</td>
<td>Athletic Fields</td>
<td>TBD</td>
<td></td>
</tr>
<tr>
<td>Basketball</td>
<td>6 Boys</td>
<td>Apr 7, 9, 13, 15, 17, 21, 23, 28, 30 May 5, 7, 12, 15, 19, 21</td>
<td></td>
<td>6:45-7:45am</td>
<td>Wood Gym</td>
<td>Mr. Chaney</td>
<td></td>
</tr>
<tr>
<td>Rockclimbing</td>
<td>ALL</td>
<td>Apr 20, 22, 27, 29 May 6, 8, 11, 13, 18, 22</td>
<td></td>
<td>6:45-7:45am</td>
<td>Tile Gym</td>
<td>Mr. Havenaar</td>
<td></td>
</tr>
</tbody>
</table>

Paying an activity fee of $26 allows a student to participate in one or more programs.
There is an additional fee for participating in the bowling, ski club, laser tag, and golf programs.
Lincoln students have many opportunities to participate in athletics. Interscholastic sports are offered to seventh and eighth grade students. Boys' interscholastic sports consist of basketball, cross country, football, wrestling, and track. Interscholastic competition for girls is offered in cross country, volleyball, basketball, cheerleading, and track. Some teams will require that you qualify at the tryout. There is a separate fee to participate in each of these activities. In addition, a physical examination form must be on file in the health office prior to practicing or competing, which includes tryouts.

Interscholastic sports take place outside of regular school hours and are in addition to the regular physical education program. Students involved in sports must remain academically eligible to participate. Eligibility requires that a student maintain a satisfactory rating in both effort and citizenship and passing grades in all subjects. For more details on these programs, please use the top navigation under Athletics to get to the appropriate section.