



The Eagle Eye

February Activities Calendar

1-Feb	JH Boys Basketball	IESA 8th Regional	TBA
	JH Wrestling	@Orion High School	9:00 AM
3-Feb	MCHS Scholastic Bowl	Co-op Erie/Prophetstown @Prophetstown HS	5:00 PM
	JH Volleyball	Home v. Monmouth-Roseville JH	5:30 PM
	Girls JV/V Basketball	@ Orion HS	5:30 PM
	Boys Freshman Basketball	Home v. Kewanee HS	6:00 PM
4-Feb	Boys JV/V Basketball	Home v. Brimfield HS	5:30 PM
5-Feb	SIP Day	Early Dismissal	2:00 PM
	JH Wrestling	@ United JH	5:30 PM
	JH Volleyball	@Kewanee Central JH	5:30 PM
	Boys Freshman Basketball	Home v. AlWood/Cambridge/Ridgewood Co-op	6:00 PM
6-Feb	JH Volleyball	Home v. Rockridge JH	5:30 PM
	Girls JV/V Basketball	@ Riverdale HS	5:30 PM
7-Feb	Boys JV/V Basketball and '25 Hall of Fame	Home v. Rockridge HS	5:30 PM
8-Feb	Wrestling IHSA Regional	@Canton HS	9:00 AM
	Boys Freshman Basketball Invitational	@Monmouth-Roseville JH	9:00 AM
	JH Wrestling	@Canton HS	9:30 AM
	Boys JV/V Basketball Senior Night	Home v. Camp Point Central HS	3:30 PM
10-Feb	JH Scholastic Bowl Meet	@Sherrard JH	4:00 PM
	JH Volleyball	@Sherrard Jr/Sr High	5:30 PM
	Girls JV/V Basketball	Home v. Sherrard	5:30 PM
11-Feb	Girls JV/V Basketball	@St. Bede Academy	5:30 PM
	Boys Freshman Basketball	@Orion HS	6:00 PM
12-Feb	SIP Day	Early Dismissal	2:00 PM
	JH Wrestling	@Macomb Jr/Sr HS	5:30 PM
13-Feb	JH Wrestling	Home . Colona Grade and Edison JH	5:00 PM
14-Feb	Boys JV/V Basketball	@Riverdale HS	5:30 PM
	JH Dance	MCJH Gymnasium	7-9 PM
15-Feb	Wrestling IHSA Sectional	@Clinton HS	TBA
	Girls Varsity Basketball	IHSA Regional	TBA
	JH Volleyball-8th Tournament	@West Central JH in Stronghurst	TBA
	Boys Freshman Basketball	Jamboree @St. Bede Academy	TBA
17-Feb	NO SCHOOL	PRESIDENTS DAY	
	Boys Freshman Basketball	@Macomb Jr/Sr HS	5:30 PM
	JH Volleyball	Home v. Knoxville JH	5:30 PM
18-Feb	JH Wrestling	Home v. Kewanee Central and Rockridge JH	5:00 PM
	Finance Meeting	District Office	5:00 PM
	Boys JV/V Basketball	Home v. Sherrard Jr/Sr HS	5:30 PM
19-Feb	SIP Day	Early Dismissal	2:00 PM
	JH Scholastic Bowl	@Orion JH	4:00 PM
	JH Volleyball	Home v. Orion JH	5:30 PM
	Board of Education Meeting	JH Music Room	6:30 PM



February Activities Calendar Continued

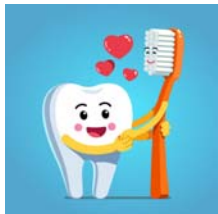
February 2025

20-Feb	Wrestling IHSA State Finals	@Champaign	TBA
	JH Scholastic Bowl	@Monmouth-Roseville JH	4:00 PM
	MCHS Scholastic Bowl	@Mendota HS	5:00 PM
	Boys Freshman JV/V Basketball	@United HS	5:00 PM
	JH Volleyball	@Monmouth-Roseville JH	5:30 PM
	Athletic Booster Meeting	MCHS Library	5:30 PM
	Boys JV/V Basketball	@United HS	6:00 PM
21-Feb	Wrestling IHSA State Finals	@Champaign	TBA
	FFA Sadies Dinner and Dance	MCHS	6:30 PM
22-Feb	Wrestling IHSA State Finals	@Champaign	TBA
	MCHS Scholastic Bowl	Masonic Sectional Tournament	TBA
	JH Wrestling	IESA Regional	TBA
24-Feb	Boys Varsity Basketball	IHSA Regional	TBA
	JH Scholastic Bowl	@Kewanee Central JH	4:00 PM
	JH Volleyball	Home v. Kewanee Central JH	5:30 PM
25-Feb	Girls Varsity Basketball	IHSA Sectional	TBA
	JH Volleyball	@ICS in Monmouth	5:30 PM
	Referendum Informational Session	@Eliza Community Century	6:00 PM
26-Feb	SIP Day	Early Dismissal	2:00 PM
	JH Scholastic Bowl	@Rockridge JH	4:00 PM
	JH Volleyball	@Rockridge JH	4:30 PM
	Boys Varsity Basketball	IHSA Regional-Home	6:00 PM
28-Feb	Boys Varsity Basketball	IHSA Regional-Home	7:00 PM



FFA FLORIDA STRAWBERRIES FOR SALE

Contact an FFA member or lindstromh@mercerschools.org to order fresh Florida strawberries! Payments of cash or checks payable to Mercer County FFA are accepted. Orders are **due Wednesday, February 19th**. Date of delivery will be announced once known by Mrs. Lindstrom. You may order a full flat (8-1 qt. clamshells) for \$32, 1/2 flat (4 -1 quart clamshells) for \$18 or 1 quart for \$5. See flier attached. Please support the FFA!



The Dental Clinic is coming to Mercer County!!!

All students are welcome and encouraged to participate in the clinic.

Tentative date scheduled: ELC - March 28 7:30 a.m. - 3 p.m.

More info to come next month!!



February 2025

Colds, Influenza, Stomach Bugs and Strep Throat



As with almost every winter, we've entered the season called: Every bug is out to get you! Not really, though. It just seems like that.

Take everyday preventive actions.

Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it. If you or someone in your family is vomiting or has diarrhea, be sure to disinfect surfaces in the bathroom you or they touched. Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand sanitizer. If you are sick with flu-like illness, CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone without the use of a fever-reducing medicine. Avoid touching your eyes, nose and mouth. Germs spread this way.

How can hand washing help my family and me?

Poor hygiene, usually unwashed or poorly washed hands on the part of a food handler, often causes food-borne illness outbreaks. Many diarrhea and vomiting illnesses (salmonella, hepatitis A, norovirus) can be passed from person to person. This occurs when someone doesn't wash their hands after using the restroom and then handles food, shakes hands, or touches door knobs. The organism gets into the other person's mouth when touching or eating, and he or she gets sick. Norovirus is often the cause of outbreaks of vomiting and diarrhea on cruise ships!

When should I wash my hands?

- After using the restroom
- After handling uncooked meat
- After changing a diaper
- After playing with a pet, especially reptiles, iguanas, turtles, and snakes
- Before eating or handling food
- After taking out the trash
- After handling money

How do I properly wash my hands?

- Use warm running water
- Lather hands with soap – any kind will do
- Rub hands together while you sing the ABCs twice
- Wash the back of the hands, between the fingers, and under the fingernails
- Rinse with warm water and pat hands dry
- Turn off the water using a paper towel or your elbow/wrist

Hand washing is the single most important way of preventing the spread of infections, according to the U.S. Centers for Disease Control and Prevention (CDC). Hand washing is the best "low tech" preventer of illnesses. Studies have shown that frequent hand washing actually lowers the rate of absenteeism. We have students wash their hands thoroughly and often. Please encourage this behavior at home.

Flu viruses and Strep throat spread mainly from person to person through coughing or sneezing. Sometimes people may become infected by touching something with the germs on it and then touching their mouth or nose.

It is a school rule that your child should be fever free (below 100 F), without fever reducing medicine, or have not vomited or had diarrhea for at least 24 hours before returning to school. It is important for them to completely recover from their illness so they do not have a relapse as well as to protect the other students from becoming ill.

Below is some information from the CDC (Communicable Disease Center), regarding things to keep in mind for school-age children:

- Encourage children to cover coughs and sneezes, wash hands frequently, and keep hands away from eyes, nose and mouth.
- If a child cannot control his or her cough at home, it won't be any better at school.
- A sick child is advised to stay at home during the first days of illness when symptoms are most severe and the infection is most contagious. Encourage parents of sick children to keep the children away from child care settings until without fever for 24 hours, to prevent spreading illness to others. Unfortunately, children often can spread germs before they actually show symptoms like fever or sore throat.

February 2025

HEAD LICE INFO

What are Head Lice:

Head lice are tiny insects that feed solely on the blood of people, and are most common on children of early elementary school age. Head lice grasp the head hair with their claws and insert their tiny mouth-parts into the skin for just a minute or so to drink a tiny droplet of blood.

- Lice do not hop, jump or fly; Transmission occurs from prolonged direct head to head contact
- Lice cannot burrow into the skin and do not play a role in transmitting any disease-causing organisms.
- Head lice are rarely anything more than a nuisance.
- These insect pests are most commonly shared by direct head-to-head contact.
- Activities such as hugging, play wrestling, and sharing a bed all offer opportunities for lice to spread between friends and family members.
- Lice lay and attach their eggs to hair close to the scalp. They cannot survive more than 1 day without a blood source.

How to manage and prevent head lice at school:

- Head lice infest people, not school buildings or buses.
- A louse that falls from the hair will very likely die within hours, and almost certainly die by the next day. Thus, applying insecticides in the school or bus to control or prevent head lice is unnecessary and wasteful. It may also be prohibited by law.
- If a child is suspected of having lice, he or she should be examined by a medical professional (such as a school nurse), not by a teacher, secretary, or parent volunteer. If a school nurse is present, he or she should make an assessment and **return the child to the classroom per the recommendations of American Academy of Pediatrics and CDC.**
- Head lice may be an annoyance, but they are neither a serious medical problem nor a public health issue reported by the American Academy of Pediatrics and CDC.
- The school's efforts regarding lice should be limited to educating students, parents, and school personnel with up-to-date information.
- The Academy of Pediatrics and the CDC advocate whole classroom screenings, or school-wide screenings, and exclusion for nits or live lice Should Be Discontinued.
- Unjustified actions include screening children for lice or nits, treating children at school, treating the school building, and excluding from school children who are infested or presumably infested.
- Academy of Pediatrics, CDC and National School Nurse Association supports schools should not exclude students for active infestation or when nits remain after appropriate lice treatment.

February 2025

How to manage nits:

- Lice eggs seem to cause more panic among parents and school staff than does nearly any other problem associated with head lice. Dead eggs and the remnants of hatched eggs remain firmly glued on to the hair for weeks, months, or even years.
- If nits are discovered, look for a live (crawling) louse. If none is found, then the logical conclusion is that the child is likely no longer infested.
- Check again occasionally, but do not treat unless a live louse is found. The vast majority of objects presumed to be nits are simply bits of debris. But because bits of debris are frequently misidentified as lice eggs, many children are misdiagnosed, sent home, and treated unnecessarily.
- Requirements imposed by schools to send children home if they have head lice or nits (often called “no-lice” or “no-nits” policies) are without any proven merit, and may result in litigation. Advocates for “no-nits” and similar policies say these efforts reduce the number of infested children and the risk of “catching” lice at school, but there is a lack of evidence supporting their claims.

What parents can do to eliminate and prevent head lice:

- Before considering any kind of treatment, find a live (crawling) insect and make sure it is a louse. If lice are found on one family member, then all other children and adults in the home should be checked as well.
- If the hair is fairly fine and not tangled, then a lice or nit comb can be useful in detecting and removing these insects and their eggs. Some, but not all, infestations can be eliminated by this method.
- Both the American Academy of Pediatrics and the CDC recommend treatment should only be initiated when at least one live louse has been identified.
- If combing is difficult, impractical, or has been unsuccessful, then pediculicides can prove valuable. Pediculicides are special insecticide products registered by the Food and Drug Administration (FDA) to treat lice. Most over-the-counter (OTC) pediculicides contain pyrethrins (extracts of chrysanthemum flowers) or their synthetic equivalent. Used as directed on the package, these products can be effective at killing lice. A repeat treatment, about 10 days after the first, is often needed.
- Some lice, however, are resistant to OTC products. If live lice are seen the day after the second treatment, parents should call a pediatrician to discuss other kinds of pediculicides, available only by prescription. When used according to their directions, pediculicides offer very little risk to children or adults.
- The main risks from pediculicides (and from virtually any medicine) come from gross overuse of the product, so read the labels carefully and follow the directions. If in doubt, ask your doctor or pharmacist. Avoid treatments that are not FDA-registered pediculicides.
- The American Academy of Pediatrics encourages caregivers to check your child's head for lice regularly.
- The American Academy of Pediatrics recommends the major focus of controlling the spread is to reduce the number of lice on an individual's head and to lessen the risks of head to head contact.
- Fortunately, most children, regardless of the size of their circle of friends and family, will never encounter a head louse. On the rare occasion that a child does acquire head lice, the CDC reports “The burden of unnecessary absenteeism to students, families, and communities far outweighs the risks associated with head lice.”



golden eagles

Counselor's Information

Contact Information

Mercer County High School
1500 South College Ave
Aledo, IL 61231
Phone: 309-582-2223
Ext. 1
Fax: 844-990-4134

School Counselors

Tami Hains
haindst@mercerschools.org
Catherine Staker
stakerc@mercerschools.org
Counseling Secretary
Ashley Clark
clarka@mercerschools.org

Like us on
Facebook!!!



Mercer County HS
Counseling Office

Follow us on
Twitter!!



@mercocounseling

Mark Your Calendars

- Feb 17** No School President's Day
Mar 13 Incoming Freshman (2025-2026)
Registration– 6:00pm @ MCHS auditorium
Mar 14 End of 3rd qtr.

Juniors—Prepare for the ACT

With all the scholarships available with national testing, it is highly recommended that juniors prepare for the ACT. The following is a list of suggestions for juniors as they prepare to take the ACT.

1. Use free online ACT practice at www.act.org
2. Contact the local library for additional ACT study materials.
3. Ask the high school librarian to order ACT study materials through the inter loan library system.
4. Take an ACT prep class.

Freshman Registration for Current 8th Graders

Freshman Registration for current 8th graders will be held on Thursday, March 13th at 6:00 p.m. in the high school auditorium. Registration packets will be handed out during this orientation. Reminders will be sent out via email and on our social media platforms.

Juniors



Please stop by the counselor's office with any questions or concerns you may have about Post-Secondary plans.

Juniors Research Post-Secondary Plans

During the month of February juniors are encouraged to discuss and research post-secondary options with their parents. Parents are asked to help students narrow the post-secondary selection to three schools by August of 2025. Please note the following suggestions to help with the post secondary search.

1. Take a career interest inventory on-line.
2. Research post-secondary schools on-line for chosen career fields.
3. Arrange post-secondary visits with schools of interest.
4. Compile a list of local scholarships & collect applications to review scholarship criteria.
5. Meet with college representatives in February, March, & April as they visit Mercer County High School.

2025 Graduates Post-Secondary Up-date

1. Complete the Free Application for Federal Student Aid at www.fafsa.gov as soon as possible.
2. Seniors should collect scholarship recommendations from teachers and community members by the second week in February.
3. Since housing will be limited at most colleges, seniors should notify colleges early in February and state their plans. Students should then make a housing deposit in about four to six weeks.
4. Seniors planning to enter the workforce immediately after high school should be completing job applications.
5. Most colleges will allow seniors to take the ACT/SAT on campus, with the understanding that the ACT/SAT scores are only valid at that school. Seniors may take advantage of this opportunity to raise ACT/SAT scores so they are eligible for scholarships at that college.
6. Seniors are encouraged to stop by the counselor's office for help in developing a post-secondary plan for next fall.
7. Parents are encouraged to call the counselor's office if they have any questions concerning their students post-secondary plans. (Phone: 582-2223 Ext 1)
8. Parents/students are encouraged to visit the following web sites: www.isac.org & www.collegeboard.org.



****Seniors ~ Don't forget to check our Scholarship page at mercerschools.org!! We update the links as Scholarships arrive!!!**

ACT Test Dates ACT Plus Writing

ACT No Writing—\$69.00

ACT Plus Writing—\$94.00



The following ACT test dates are available for all high school students who wish to take the test:

<u>Test Date</u>	<u>Registration Deadline</u>	<u>Late Fee Required</u>
February 8, 2025	January 3	January 20
April 5, 2025	February 28	March 16
June 14, 2025	May 9	May 26
July 12, 2025	June 6	June 20

Students may register on-line at www.act.org and use a credit card for payment. REMEMBER to include Mercer County High School's code 140008 on the registration information so the school has your ACT scores for your transcript. Keep in mind that the ACT can be taken multiple times & colleges do not care if scores go down on retakes. Colleges will not pull the highest scores from multiple dates but do take the highest scores from one single test date regardless of the number of times the test has been taken. **Fee waivers are available if you qualify.



School Counselors
Tami Hains
Catherine Staker

Counseling Secretary
Ashley Clark

(309) 582-2223
Ext. 1

SAT Test Dates — SAT.org

SAT No Essay—\$68

(late fee required—\$34)

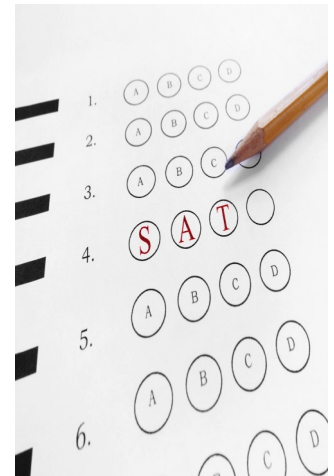


The following SAT test dates are available for school students who wish to take the test. note the SAT will be given here at the high school in April to all Juniors.

<u>Test Date</u>	<u>Registration Deadline</u>
March 8, 2025	February 21, 2025
May 3, 2025	April 22, 2025
June 7, 2025	May 27, 2025

all high
*Please

*Fee waivers are available if you qualify. See the Counseling office with questions



MCHS Key Club

Indoor Yard Sale



**SATURDAY MARCH 1 2025
8 AM - 2 PM**

**LOCATION: MERCER COUNTY
JUNIOR HIGH**

Donations for the yard sale can be dropped off at the junior high on February 28 from 3:30 - 5:30 PM

All proceeds will be given to the Mercer County Family Crisis Center



45th ANNUAL BEAR COUNTRY WRESTLING TOURNAMENT

Organized by the Mercer County Athletic Boosters



Saturday, March 15, 2025 at Mercer County High School

Weigh-Ins: Session I **7:00-8:00 AM** for Mini, Pee-Wee, and Bantam divisions
Session II **10:30-11:30 AM** for Novice, Junior, and Senior divisions

Start time: Wrestling will begin for Session I as soon as brackets are ready. Session II will begin once brackets are completed and Session I has completed.

SESSION I DIVISIONS:

Mini (Pre-K & Kindergarten)
Pee-Wee (1st & 2nd Grade)
Bantam (3rd & 4th Grade)

SESSION II DIVISIONS:

Novice (5th & 6th Grade)
Junior (7th & 8th Grade)
Senior (High School - NO SENIORS)

APPAREL PRE-ORDER:

Must order by 2/27/25



REGISTRATION FEE:

Mail in Pre-registration - \$20, postmarked by 3/7/25
Google Form Pre-registration - \$20, completed by 3/10/25
Walk-in registration - \$25 paid at the door

PAYMENT: Cash, check, or Venmo

Checks made payable to MCAB
Venmo: MercerCo-Boosters (include wrestler's name)
All Google Form registrations will require Venmo payment

RULES/INFORMATION:

- Folkstyle (high school rules) - No jeans or loose clothing
- Wrestlers will be grouped into 4-man round robin when feasible based on their weight and division
- All wrestlers will receive an award
- 1 coaches pass will be provided per wrestler
- Concessions will be available in the cafeteria throughout the day, with breakfast items 7-10 am
- Spectator Fees: Adults \$4, students \$2

MAIL IN REGISTRATION ADDRESS:

Mercer County Athletic Boosters
c/o Dustin Murray
1500 S. College Ave.
Aledo, IL 61231

GOOGLE FORMS REGISTRATION QR CODE:

****Reminder**** If you pre-register through the Google Form you MUST send payment via Venmo. If payment is not received your wrestler will not be pre-registered.



FOR MORE INFORMATION: Dustin Murray (309) 582- 4662 or Jeremy Finch (309) 371-8498

NAME _____ GRADE _____ AGE _____ BIRTHDATE _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

SCHOOL/CLUB _____

In consideration for your acceptance of my entry, my parents, intending to be legally bound, waive and release the MERCER COUNTY SCHOOL DISTRICT #404, TOURNAMENT REPRESENTATIVES, AND MEMBERS from any and all claims or rights to damages for injuries or losses suffered by me directly or indirectly in training for, traveling to and from, or competing in or attending this tournament. Participants must provide their own medical insurance and proof of birth by parent's signature.

PARENT SIGNATURE _____ PHONE NUMBER _____



February Breakfast Menu 2025

Menu Subject to Change



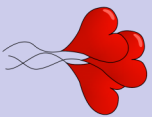
Mon

Tue


Wed

Thu

Fri



Nondiscrimination: In the operation of USDA Child Nutrition programs, no child will be discriminated against because of race, color, national origin, age, sex or disability. If you feel you have been, please call (309) 582-2238.

3	4	5	6	7
Ham/egg/cheese bars Cereal Fruit/milk	Breakfast pizza Fruit/milk	Waffles Fruit/milk	Biscuit & gravy Juice Fruit/milk	Cereal Muffin Fruit/milk
10	11	12	13	14
Oatmeal w/ brown sugar Nutri-Grain Bar Fruit/milk	Sausage links Egg patty Hash Brown Fruit/milk	Burrito Yogurt cup Fruit/milk	Cereal Donut Fruit/milk	Ham/egg/cheese bars Cereal Fruit/milk
17	18	19	20	21
NO SCHOOL PRESIDENTS DAY 	Cereal Muffin Fruit/milk	Pancakes w/ sausage links Fruit/milk	Breakfast pizza Fruit/milk	Cereal Donut Fruit/milk
24	25	26	27	28
Cereal Donut Fruit/milk	Sausage links Egg patty Hash Brown Fruit/milk	Oatmeal w/ brown sugar Nutri-Grain Bar Fruit/milk	Biscuit & gravy Juice Fruit/milk	waffles Fruit/milk



February Lunch Menu 2025

Menu Subject to Change



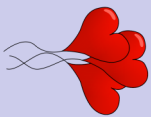
Mon

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Fri



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3	4	5	6	7
Deli sandwich Chicken noodle soup Red & green peppers Fruit/milk	Tenderloin on a bun Chips Baked beans Fruit/milk	Taco salad Romaine lettuce Tomatoes Chips/cheese Fruit/milk	Tator tot casserole Cottage cheese carrots Fruit/milk	Pizza Spinach salad Tomatoes/cucumbers Apple crisp Fruit/milk
10	11	12	13	14
Goulash Breadstick Corn Cheese stick Fruit/milk	Hot dog on a bun Baked beans Goldfish pretzels Fruit/milk	Chicken nachos Romaine lettuce Tomatoes Chips Refried beans Fruit/milk	Stew (made w/ burger and mixed veggies) Roll Autumn bar Fruit/milk	Crispito Carrots/broccoli/tomatoes Chips Fruit/milk
17	18	19	20	21
NO SCHOOL PRESIDENTS DAY 	Chicken fried rice Cooked carrots Pudding Fruit/milk	Taco salad Romaine lettuce Tomatoes Chips/cheese Refried beans Fruit/milk	Chili w/ crackers Cheese stick 1/2 deli sandwich carrots Fruit/milk	French bread pizza Romaine lettuce Tomatoes Cottage cheese Fruit/milk
24	25	26	27	28
Biscuit with gravy Sausage link Autumn bar Fruit/milk	Chicken patty on a bun Broccoli/cheese Fruit/milk	Chicken nuggets Potatoes/gravy Bread Fruit/milk	Deli sandwich Chips Carrots Apple crisp Fruit/milk	Shrimp poppers Baked beans Yogurt cup Fruit/milk