

Montesano Jr-Sr High School

Principals' Corner

As Spring approaches, so does state testing, spring sports, and culminating events for our seniors. When we return from Spring Break, we will have 47 school days left with that number even less for the Class of 2024!

During this time, students need to be focusing on classes, but state testing will also begin for our 7th, 8th, and 10th grade students. Parents please make sure to schedule appointments outside of this time and please help your student get a good night's sleep and healthy breakfast the day of testing. Alongside academics, spring sports are in full swing, and we are excited with the number of students participating in golf, track, soccer, tennis, softball, and baseball.

A special shout out to our Drill Team who recently competed in the state competition and ended their year with a strong finish. HS Knowledge Bowl also competed at their State meet and placed 2nd! We are pleased to say this is the highest place ever for Montesano. Congratulations to them! Our Jazz Band would like to invite you to their annual Jazz-N-Desserts on Sunday, April 14 at 2PM in the Commons. Last, but certainly not least, this season marks a memorable journey for our seniors as we commemorate their high school years with a series of special events designed to honor their accomplishments and create lasting memories. From Junior-Senior Ball to graduation, let's cherish these moments as *Bulldogs*. Senior Parents: please reach out if you have questions about scholarships or any of the events on the [senior calendar](#).

Let's finish strong Bulldogs and make 2024 a year to remember!

Mr. Pugh & Ms. Greene

April 2024



Important Dates

Spring Break! April 1-April 5

Junior High Track Begins: April 8

State Testing: April 8-29

Cap & Gowns Arrive: April 9

MHS Meeting Day: April 10

Jazz & Desserts: April 14

Junior-Senior Ball: April 27

SENIORS

Have you signed to play sports, perform, etc. for a college next year? If so, we want YOU at the **MHS Signing Day** in May! Please contact the HS Office to let us know where and for which activity you've signed for. You will be able to invite your friends & family to this celebration!

Congratulations!

ATTENDANCE OFFICE REMINDERS!

Dear Bulldog Families,

We wish you a restful and refreshing Spring Break! We appreciate everyone's hard work and commitment to your student's educational success.

School Resumes April 8:

- We begin our window for state testing when we return from Spring Break. Please ensure your student is well rested and does not miss school during testing times!
- We are in the midst of spring sports. Please remember in order to participate in sports, including practice, your student may not miss the school day unless they have a doctor's note. Athletic attendance is communicated to coaches daily.
- If your family or your student needs support, please reach out to our Counseling Center for help.

As long as your student is healthy, please encourage showing up to class when school is in session. If you have questions about your student's health and coming to school, you may contact the school nurse at 360.249.1650.

Please remember to call the school to excuse your child's absences. Absences must be excused within 24 hours per the [Student Handbook](#). You will find attendance communication and letters in the "portfolio" section of your Skyward account. *Please check it regularly.*

Every day of school is an important opportunity for students to learn as well as connect to peers and their teachers. Have a wonderful Spring Break!

State testing for grades 7-11 is approaching after Spring Break from April 8-May 3. Please work with your child to ensure they are well-prepared by getting **plenty of rest**, eating a nutritious **breakfast**, and arriving **on time**.

Testing for *Running Start* students will take place April 8-April 12 from 8:00AM-3:20PM. We will work around your schedule, however you should plan on at least a two hour block during these dates/times to complete your testing.

For more information about the tests, [visit the OPSI's website](#) and try an online practice test. Contact your student's teacher or school administrator if you have any questions or concerns. We appreciate your support in ensuring your child's success in our school.

State
Testing
in
April



COUNSELING CENTER NEWS:

Twin Harbor Skills Center Summer Programs Open May 6, 2024

This is a great opportunity for students (incoming 9th-12th grade) to make up or earn credits this summer. If you'd like more information please attend the Twin Harbors Skills Center Open House on Monday, May 6 from 6-7PM at Aberdeen High School. You will be able to meet the instructors, tour the classrooms, and register for summer sessions. Summer registration will be online.

Session 1: June 14-July 3 (no school 6/19)

- Automotive Technology
- Construction Basics
- Culinary Arts
- Fire Science (Incoming 11 & 12 only)
- Health Care Careers
- Video Production

Session 2: July 8- July 24

- Digipen Animation
- Forestry
- Welding

Important Dates - Senior Reminders!

- **April 9-** Caps & Gowns will be delivered during lunch
- **May 7** - Seniors will be visiting both Simpson and Beacon schools for the "Senior Walk" in their caps and gowns. Ms. Wisdom and Ms. Quinn will introduce each senior and announce their post graduation plan. Seniors need to watch their google classroom for the form to enter this information for counselors.
- **Watch for [SCHOLARSHIP](#) deadlines!**
- **Finish Strong!** Monitor grades so there are no last minute surprises.

University of Washington STEM Camp

....is August 5th-8th in Chehalis at WF West High School. Transportation and lunch will be provided and the Grays Harbor Community Foundation has covered the fee for the students of Grays Harbor!

Registration opens April 1, 2024.



SPONSORED BY: 

W
UNIVERSITY of
WASHINGTON

**SUMMER
STEM CAMP**
ALL NEW ACTIVITIES

AUGUST 5-8, 2024
W.F. WEST HS, CHEHALIS WASHINGTON

REGISTRATION OPENS
APRIL 1, 2024

The graphic features a photograph of students and an instructor at a STEM camp activity table. The table has a green tablecloth and various scientific equipment like a globe and a microscope.



Digital Detox Challenge!

What: Digital Detox Challenge

Why? A digital detox may help boost your mental health. About 1 in 5 Americans said using technology causes great stress. It may also help you get better sleep, remove digital eye strain and help you build stronger relationships.

When: Try some of these tips *now* and watch for more tips in upcoming newsletters. See your school counselor if you wish for more ideas.

How: Be bold! Take a social media sabbatical!

Social media can be a social drain. Perfected photos, plastered smiles, and exotic vacations, can quickly put you in a funk. Consider taking a break from all social media for a week and see how you feel. If you're feeling brave, be a rockstar and go off all social media for a month! You will be amazed at how much lighter you feel.

Pick your poison: If a world without social media seems unimaginable, see if you can limit yourself to one platform only. Bored of Twitter? Tired of Facebook? If so, dump these and stick to only Snapchat or Instagram. The fewer the feeds the less complicated life gets!

And remember to **reduce** your notifications for less distractions!!



SEL UPDATE:

April is here!

Here are some fun things to do in Grays Harbor over Spring Break:

- ★ Be happy as a clam.....GO CLAM DIGGING!
- ★ Try beachcombing...take a walk in the sand and find some treasures
- ★ Explore State Parks!
- ★ Go for a hike in the Olympic National Park
- ★ Fish in Westport
- ★ Explore Ocean Shores
- ★ Catch the wind - go fly a kite!

Please find this list as well as other ideas on the [Fun things to do in Grays Harbor County](#) website. Please visit this website to get tips, locations, reviews and more exciting ideas for you and your family to enjoy over the break.

~Montesano Jr/Sr. High Social Emotional Learning Team

A Note from Nurse Georgia:

APRIL IS NATIONAL STRESS AWARENESS MONTH

Too much stress — or stress you can't manage — keeps you from doing and feeling your best. It can wear you down, drain your energy, and make it harder to get things done. Too much stress can lead you to feel cranky, annoyed, or scattered.

You can't avoid stress. But you can make it a goal to keep everyday stress at low levels. When you stress less over everyday stuff, you're better able to handle bigger challenges you might face. If you want to get better at managing everyday stress, here are ten things that can help you:

- 1. Balance work and play.** Make time to work on your tasks and goals (like schoolwork, chores, or practice). But be sure to make time for things you enjoy, too (like playing music, working out, playing with a pet, or spending time with friends). Even if it's only a few minutes, daily time to relax and recharge lowers your stress.
- 2. Plan your day.** Use a calendar or planning app to keep track of your daily schedule. Fill in your class times, tests, and when assignments are due. Add your activities. Block in times to study for tests and work on assignments. Block in times to do things you enjoy. Having a plan and a daily routine lowers stress.
- 3. Stick to your plan.** Of course, planning is no good if you don't *do* what you plan. Make it a routine to look at your planner every day. Check off what you've done. Get ready for what's coming up. Make a routine time to study. Keep on top of assignments. This lowers daily schoolwork stress.
- 4. Ask for help when you need it.** Schoolwork, grades, and tests are a big source of stress for many people. Keeping on top of it all isn't always easy. If you need help preparing for tests, planning projects, or getting things done, ask a teacher, parent, tutor, or mentor to coach you. If you tend to procrastinate, pair up with a classmate to study or do homework at a set time.
- 5. Use the positive energy of stress.** Don't put things off until the last minute. That's too stressful. And it's hard to do your best if you're in a rush. Instead, let stress motivate you to get moving on a task. If you have a deadline, give yourself a positive mental push. Think, "OK, I've got this — I'm on it." Then go ahead and get started.
- 6. Deal with problems as they come up.** Don't ignore everyday problems — but don't stress out about them either. Instead, figure out how to handle them. If you're not sure what to do, ask for help and advice from others.
- 7. Eat good foods.** What you eat affects your mood, energy, and stress level. Choose foods that are good for you. You don't have to avoid all treats. But if sweets are your main source of fuel, you're likely to crash or feel cranky — and stressed!
- 8. Get enough sleep.** After a long day of school and activities, you might feel like staying up late. Maybe you've still got homework to finish. Or you want time to talk to friends or binge-watch that show you like. But going to bed late doesn't leave enough time for sleep when you need to get up early for school. Without enough sleep, you're more likely to feel stressed over the day's ups and downs. To avoid a stressful morning rush, stick to a set bedtime and wake time. Turn off screens well before bedtime. Wind down with quiet activities.
- 9. Exercise every day.** Stress melts away when you're working out, playing a sport, or dancing to your favorite music. Exercise does more than keep you fit. It's a way to manage stress, lower anxiety and depression, and make your mood more positive.
- 10. Breathe deeply.** When you feel stressed or overwhelmed, take some deep, slow belly breaths. Belly breathing is a quick and sure way to turn off your body's fight-or-flight (stress) response. Practice belly breathing or mindful breathing every day to help you lower everyday stress.

Reference: Lyness, D. (2022). 10 Ways to Manage Everyday Stress. Retrieved on March 21st, 2024.

<https://kidshealth.org/en/teens/stress-tips.html#:~:text=Make%20time%20to%20work%20on,and%20recharge%20lowers%20your%20stress.>



Our school has partnered with Big Smiles to offer in-school dental care on May 9. Information regarding this program will be emailed home after Spring Break. [Click here to register your student for in-school dental care.](#) Contact the HS Office with any questions.

