



Montesano Jr-Sr High School

December 2023

IMPORTANT DATES THIS MONTH:

Friday, Dec. 1

Food Bowl Kick-Off!*

Wednesday, Dec. 6

MHS Meeting Day

Wednesday, Dec. 13

High School Band Concert 7:30PM (HS Gym)

Thursday, Dec. 14

Junior High Band Concert 7:30PM (HS Gym)

Friday, Dec. 15

Early Release 12:20PM

Monday, Dec. 18 - Monday, Jan. 1

No School - Winter Break

***See Pages 2 & 3 for a full list of FOOD BOWL 2023 EVENTS!**

Buy Your Home Basketball Tickets Now!

This season, Bulldog Boys & Girls Basketball tickets can be purchased online! All home, regular season games* are now available for purchase. [Click this link to go to online ticket sales.](#)

**All events subject to change.*



Principals' Corner

Bulldog Families,

We are very proud of our students and their accomplishments in the classroom as well as in athletic competitions this fall. Girls Soccer made school history taking 3rd place in the 1A State Championships. The Bulldogs were also represented at the State Cross Country meet with our girls' team placing 5th at State with freshman Hailey Schweppe leading the pack with a 5th place individual finish. Volleyball also made it to State this year along with the Football team making it to the second round of State play-offs. Colton Grubb and Ayhden Sauer both qualified to compete in the Boys Golf State Tournament this Spring. Congratulations to all of our fall athletes, and a special thanks to our parents, families, and Bulldog fans who supported our teams this season. *Go Dogs!*

With the conclusion of fall sports, winter sports are well under way for both junior high and high school. In addition, winter activities such as Food Bowl and band concerts are fast approaching. Please watch the [school calendar](#) for times and locations of events and please make sure students are getting plenty of rest and keeping up on class work. Again, thanks for your support and continued involvement in our students' academics and extracurricular activities.

Mr. Pugh & Ms. Greene

~LOST & FOUND DEADLINE~



Our lost-and-found is piling up! If you are missing a water bottle, sweatshirt/jacket, lunchpail, etc., make sure you claim it from the MHS Office before **Thursday, December 14**. Any items not claimed by this date will be donated to a local charity.

FOOD BOWL IS COMING!!!

FOOD BOWL 2023



December 1, 2023
through
December 10, 2023

FOOD BOWL SPONSORED BY
MONTESANO HIGH SCHOOL ASB & LEADERSHIP CLASS
100% PROCEEDS go to the Montesano Food Bank



MAIN EVENTS

JINGLE BELL JOG

Run off pounds for FOOD BOWL!

Saturday, Dec. 9th, 9AM
5K from Fleet Park

KID ZONE

Bring your children to MHS for 2hrs of fun holiday themed activities.

Saturday, Dec. 9th, 1:30-3:30PM
MHS HS Gym

Children will rotate through holiday themed stations.

\$5 suggested donation per child

BAG DRIVE

Bags are dropped off on Sunday, December 3rd.

Pick up date for the bags is:
Sunday, Dec. 10 from 12-1pm

You can donate non-perishable food or money (an envelope is attached to the bag). If your bag isn't picked up by 5pm on Dec. 10th, please call 360-249-4041 and we will gladly pick it up. You can also donate with our QR code or mail the envelope to the high school - 303 N. Church St

Boy's Buff Volleyball

FAN FAVORITE!

Sunday, December 10, 2023
MHS HS Gym @ 6pm

\$3 or 6 cans of food to watch the fun

Concessions will be available

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Take a Bite Out of Hunger! Join the BULLDOGS for Food Bowl!

<p><u>Friday, December 1</u> Food Bowl Begins! Bring \$\$ to the Assembly Kick-Off Assembly - Service Auction - 9am (reg. schedule) Silent Auction in Office Begins</p>	<p><u>Friday, December 8</u> JH Lunch Auction <i>Spirit Week Theme</i> Stop the Bop / Candy Cane Grams JH Fun Period (6th Period) 8:30-10pm HS Dance - \$\$ at door w/student ID (Holiday Hoedown) ONLY MHS 9th-12th students... no outside guests</p>
<p><u>Monday, December 4</u> JH Lunch Auction Stop the Bop / Candy Cane Grams 4-6pm Student Stoplight <i>Spirit Week Theme</i></p>	<p><u>Saturday, December 9</u> 9am Jingle Bell Jog 1:30-3:30pm Kid Fun Zone Festival of Lights Parade</p>
<p><u>Tuesday, December 5</u> JH Lunch Auction Stop the Bop / Candy Cane Grams 4-6pm Student Stoplight HOSA Game Collections <i>Spirit Week Theme</i></p>	<p><u>Sunday, December 10</u> 12-1pm Bag Pick Up 6pm - Boys Buff Volleyball</p>
<p><u>Wednesday, December 6</u> JH Lunch Auction Stop the Bop / Candy Cane Grams 4-6pm Student Stoplight <i>Spirit Week Theme</i></p>	<p><u>Monday, December 11</u> HS Game Show Mash Up (6th Period)</p>
<p><u>Thursday, December 7</u> JH Lunch Auction Stop the Bop Candy Cane Grams Student Stoplight 4-6pm 5-7pm Thriftway Caroling Band <i>Spirit Week Theme</i></p>	



**GO FOOD BOWL!
GO DOGS!**



COUNSELING CENTER NEWS: SENIORS

SCHOLARSHIPS: There are many national and state level scholarships coming due this month. You can find these on Class of 2024 Google Classroom, or on the [Counseling website!](#)

COLLEGE APPLICATIONS: Keep working hard on those college applications if you have a December or January deadline! If your college application requests a transcript- make sure you request one through the following link:

[TRANSCRIPT REQUEST](#)

FINANCIAL AID: In partnership with Grays Harbor College we will host a Financial Aid Night to help students and parents fill out their FAFSA/WAFSA application. Stay tuned for more information regarding this event.

UPCOMING IMPORTANT DATES: December 13- 2:00PM (library) Scholarship Workshop #4, Topic: Transcripts



Washington State University Junior Scribe Program

Washington State University has launched a first-of-its-kind online certificate program for high school-aged students contemplating careers and secondary education in veterinary medicine.

The program, known as the **Junior Veterinary Scribe Certificate**, is open to **anyone ages 16 or 17** and is designed to prepare graduates for entry-level positions in the veterinary field, including as a scribe, or to provide more advanced skill sets for those who are already working in a clinic.

The certificate is one of three currently available through WSU's [Veterinary Paraprofessional Certificate Program](#) which also offers a Veterinary Scribe Certificate and a Veterinary Preventative Health Certificate to those 18 and older.

The time to complete the certificate varies based on a student's educational background and experience, but most can expect to conclude the program in between 90 and 130 hours. Students are allowed six months to finish the course, giving flexibility to those with different learning paces and scheduling needs. Parental consent is required for a minor to enroll, and the cost of the program is \$500.

ASVABS are Coming!

All juniors are scheduled to take the **ASVAB (Armed Services Vocational Aptitude Battery)** test which will be administered mid-January. The ASVAB Career Exploration Program is designed to help your student learn more about themselves and the world of work, and to identify and explore potentially satisfying occupations. Students **DO NOT** have to be military bound to take this test. It provides them with Math, Verbal, Science and Technical career exploration scores which can gauge college and career readiness. For those who are interested in the military, it helps determine their chances for qualifying for various military occupations. There will be an option to *opt out*, but please understand that the ASVAB minimum score can be used as a pathway option if a student has not met the pathway graduation requirement.

COUNSELING CENTER NEWS

UNDERCLASSMEN: DON'T KNOW WHAT YOU WANT TO DO AFTER HIGH SCHOOL YET?

- **Think about your interests:**
List job ideas and interests and then research how they can connect to a job.
 - Visit [Career Coach](#) through South Puget Sound Community College to take a career interest inventory- You can take either the 6 or 60 question assessment
- **Determine how to qualify for different jobs:**
 - Learn job requirements (skills, classes, specific degrees/training, etc.)
 - Talk to a career counselor, mentor or family member.
- **Get Experience.**
 - Volunteer, get an internship or job shadow.

World Class Scholars

On November 8, a representative from Grays Harbor College gave a presentation about World Class Scholars (WCS) to our freshmen . WCS is offered through Grays Harbor College and awards students \$2000 for their first year at GHC if they meet the required scholastic, leadership, and community service goals. Students can use this money for online or summer courses as well. Here is the link to learn more about the program: <https://www.ghc.edu/wcs>

Summer Job Opportunity: Department of Natural Resources (DNR) Help Fight Wildfires!

Paid training included. You must be 18 years old by the time the job begins. [Visit the DNR website for more information.](#) Thank you to the DNR for talking to our students about summer jobs & careers within their agency.

National Gratitude Month!

Hi Bulldog Families,

November was National Gratitude Month and showing gratitude is one of the best behaviors we can teach children and model ourselves. We wanted to share some fun gratitude ideas you can do at home with your children to initiate gratitude and kindness into action:

*Gratitude Journal: Journal ways you are showing gratitude.

*Gratitude Jar: Cut strips of paper and note your gratitude, read aloud when the jar is full.

*Gratitude Collage: Find a magazine & clip out things you are thankful for.

*Dinner time gratitude shout outs: Go around the table and have each person do a gratitude shout out.

Please let me know if you find these helpful. I would love to put your activity results into our next newsletter.

Enjoy the season!

~Mrs.Peterson



Monthly Digital Detox Challenge: Lean on Friends in Stressful Times

Companionship is one of the most effective stress busters. However, *be mindful not to rely on technology to keep friendships fires alive. Make a call, and set a time and date to get coffee, watch a movie, or just take a walk and talk.* There is a reason some of the longest-lived populations are also the most socially connected!

A Note from Nurse Georgia about E-cigarettes (vapes):

Quick Facts on the Risks of E-cigarettes for Kids, Teens, and Young Adults:

- The use of e-cigarettes is unsafe for kids, teens, and young adults.
- Most e-cigarettes contain nicotine. Nicotine is highly addictive and can harm adolescent brain development, which continues into the early to mid-20s.
- E-cigarettes can contain other harmful substances besides nicotine.
- Young people who use e-cigarettes may be more likely to smoke cigarettes in the future.

Why Is Nicotine Unsafe for Kids, Teens, and Young Adults?

- Most e-cigarettes (vapes) contain nicotine—the *addictive* drug in cigarettes, cigars, & other products.
- A CDC study found that 99% of e-cigarettes sold in assessed venues in the U.S. contained nicotine.
- Some vape product labels do not disclose that they contain nicotine, and some vape liquids marketed as containing 0% nicotine have been found to contain nicotine.
- Nicotine can harm the developing adolescent brain.² The brain keeps developing until about age 25.
- Nicotine use in adolescence can harm the brain areas that control attention, learning, mood, & impulse control.
- Each time a new memory is created or a new skill is learned, stronger connections – or synapses – are built between brain cells. Young people’s brains build synapses faster than adult brains. Nicotine changes the way these synapses are formed.
- Using nicotine in adolescence may also increase risk for future addiction to other drugs.

How Does Nicotine Addiction Affect Youth Mental Health?

- When a person is dependent on (or addicted to) nicotine and stops using it, their body and brain have to get used to not having nicotine. This can result in temporary symptoms of nicotine withdrawal.
- [Nicotine withdrawal symptoms](#) include irritability, restlessness, feeling anxious or depressed, trouble sleeping, problems concentrating, and craving nicotine.³ People may keep using tobacco products to help relieve these symptoms.
- Youth may turn to vaping to try to deal with stress or anxiety, creating a cycle of nicotine dependence.
- What may start as social experimentation can become an addiction.
 - *Most common reason U.S. 7th-12th students give for trying an e-cigarette is “a friend used them.”*
 - *Most common reason youth continue is “I am feeling anxious, stressed, or depressed.”*
- Youth e-cigarette & cigarette use have been associated with mental health issues such as depression.

What Are the Other Risks of E-cigarettes for Kids, Teens, and Young Adults?

- Scientists are still learning about the long-term health effects of e-cigarettes.
- Some of the ingredients in e-cigarette aerosol could also be harmful to the lungs in the long-term. For example, some e-cigarette flavorings may be safe to eat but not to inhale because the gut can process more substances than the lungs.
- Defective e-cigarette batteries have caused some fires/explosions, some of which have resulted in serious injury.
- Children and adults have been poisoned by swallowing, breathing, or absorbing e-cigarette liquid through their skin or eyes. *Nationally, approximately 50% of calls to poison control centers for e-cigarettes are for kids 5 years of age or younger.*

[Click here for online resources to help kick an addiction to E-cigarettes/tobacco products.](#)