

Montesano Jr-Sr High School

January 2024



IMPORTANT DATES THIS MONTH:

Tuesday & Thursday, January 9 & 11

ASVAB Testing for Juniors

Wednesday, January 10

MHS Meeting Day

Monday, January 15

No School, Martin Luther King, Jr Day

Friday, January 26 - End of Semester 1

Early Release 12:20PM - Report Cards

Monday, January 29

Semester 2/Quarter 3 Begins

Principals' Corner

Bulldogs...Welcome to 2024!

We hope that you had a restful time away from school. Can you believe that we are only a little over three weeks from the end of first semester? To the *Class of 2024*, we are fast approaching the final push to graduation. Let's finish the semester with as much excitement and energy as we started the school year. January is also a busy time for games and events so be sure to get plenty of rest and stay on top of your studies.

As always, parents, please check in with your student to be sure they are doing what is needed to stay on top of assignments as we move into the final weeks of the semester. We also encourage you to review grades on Skyward with your student so there are no surprises when final grades are posted. [You can access Skyward through our school website.](#) We also posted a tutorial on how to use Skyward which can also be found on the Montesano Jr/Sr. School homepage. Let's have a strong finish to our semester Bulldogs!

Mr. Pugh & Ms. Greene



SEL UPDATE

Happy 2024!

**Cheers as we reset for a great year full of goals and achieving them!
Here are some ways to make and keep resolutions:**

*Start small, aim big

*Prioritize goals

*Include friends & family members in goals to surround yourself with support

*Set goals in different areas of your life

*Drink Water

*Write goals down where you can review them from time to time

*Get adequate sleep

*Repeat positive affirmations

*Laugh

*Exercise

Let's start the year strong!

WE GOT THIS ~ GO DOGS!

~Montesano Jr/Sr. High Social Emotional Learning Team

CLASS OF 2024

Looking for Scholarships?

Many scholarships become available during the months of January, February, and March. Be sure to check the [Montesano High School Counseling webpage](#) for the most recent updates. Please see your school counselor if you have questions or need assistance with applying for scholarships.

Important Date: January 31 - 2:00PM Scholarship workshop in the library!



Do you need a **TRANSCRIPT** to include with your scholarship applications? You can request one online on the school website:

<https://www.monteschools.org/jr-sr-high-counseling-center>

A yellow sticky note pinned to a corkboard with a red pushpin. The note has the text "College App Checklist" written in black marker, with a checkmark at the bottom right.

College
App
Checklist
✓

Financial Aid Night!

January 25th, 6:00PM is Financial Aid Night at Montesano High School. Seniors and their parents are welcome to join us in the library where you will have the opportunity to fill out the FAFSA or WAFSA application and get your financial aid questions answered by a college financial aid representative from Grays Harbor College.

For more information about applying for financial aid please visit this link:

[WASHINGTON STUDENT ACHIEVEMENT COUNCIL](#)

If your senior applied to colleges this fall, make sure they are following through by setting up their portal accounts with each college they applied to. It is the student's responsibility to make sure they are meeting deadlines and communicating with colleges when information is requested.

If your senior needs help with college admission applications, or with making other post graduation plans, please have them see their school counselor.

The Junior-Senior Ball will be Saturday, May 4
8:00-10:30PM

***See the Senior Calendar of Events for important dates!**

COUNSELING CENTER NEWS:

Juniors:
There is
ASVAB
testing next
week!



ASVAB TEST **FOR JUNIORS**

DATES:

LAST NAME (A-K): JANUARY 9TH @ 8:30

LAST NAME (L-Z): JANUARY 11TH @ 8:30

LOCATION:

MHS LIBRARY

WHY YOU SHOULD TAKE THE ASVAB TEST?

Are you still figuring out your future? Can't decide on a college major, or career to pursue? Then the ASVAB is for you. As an aptitude test, the ASVAB measures your strengths, weaknesses, and potential for future success. The ASVAB also provides you with career information for various civilian and military occupations and is an indicator for success in future endeavors whether you go to college, vocational school, or a military career.



Monthly Digital Detox Challenge:

Put on your leotard, basketball shorts, or hiking shoes!

Few distractions are as effective as **EXERCISE**. Whether done solo or in a group class, even 30 minutes of exercise can be enough to boost your mood and let your worries fall by the wayside.

Feeling adventurous? Go for a hike with a friend or take that Zumba or boot camp class!



A Note from Nurse Georgia about...SLEEP IN ADOLESCENCE

Teenagers ages 13-18 years old need 8-10 hours of sleep per night to feel adequately rested. When teenagers are continuously sleep deprived, they are more likely to:

- perform poorly in classes
- perform poorly in extracurricular activities
- be involved in car accidents (if driving)
- suffer from poor mental health
- have problems with attention and behavior

Teenage brains naturally work on later schedules due to a later release of the hormone melatonin, a naturally occurring sleep hormone in the human body. Bright lights and the blue light from electronic devices also delay the release of melatonin, making it even harder to fall asleep.

Some ways to improve sleep quality and increase the amount of sleep you get each night include:

- Keeping the bedroom dark, cool, and quiet.
- Avoid keeping a TV or video game system in the bedroom.
- About an hour before bedtime, put away homework & turn off all screens (TV, computers, & handheld devices). Turn off or silence cell phones. Consider charging phones outside of the bedroom.
- Incorporate a relaxing bedtime routine, like taking a warm bath or shower, reading, listening to music, or meditating before going to sleep.
- Avoid caffeine (found in coffee, tea, soda, energy drinks, & chocolate) in the late afternoon and evening.
- Getting regular exercise (but not too close to bedtime).
- Take a short nap (< an hour) in the early afternoon. Longer/later naps make it harder to sleep at night.

Sources:

CDC (2020). Sleep in Middle and High School Students. Retrieved December 19th, 2022 from: <https://www.cdc.gov/healthyschools/features/students-sleep.htm>
Gavin, M. (2020). Common Sleep Problems. Retrieved December 19th, 2022 from: <https://kidshealth.org/en/teens/sleep.html>

Attendance Office Reminder....

Thank you, parents & guardians, for working with us to keep your student's attendance updated. As we continue through the year, please remember to contact the Attendance Office at least *one week prior* to any absence that is *not* listed in the *Attendance Policy* under "*authorized reasons to be absent*". These types of absences will require a pre-excused absence review by the Attendance Office & Administration.

You can review and report absences through Skyward Family Access. All absences need to be reported within 24 hours of the absence. Please contact the Attendance Office at 360.249.1634 or via email at ksouthard@monteschools.org with any questions.



Congratulations to the 10th grade students for having the highest attendance rate for first quarter: 94%