



Montesano Jr-Sr High School

November 2023



Principals' Corner

Can you believe it!?

This Friday will mark the end of the first quarter for the 2023-24 school year. As we approach the end of the quarter, now is a good time to check in with your student to talk about staying focused on school. If your student is behind in classes, it is not too late to catch up. Conferences will be held next week, and it's a good time to check in with teachers to monitor the progress of your child. It's a busy time of year and many students struggle to stay focused, so offering a quiet time and place at home to devote to homework each night is highly encouraged, especially during this rainy season.

As we move into second quarter, remember that our junior high students will be changing their elective classes, and we are also cranking up the athletic activities. Our sports teams are heading into districts, we have the start of junior high wrestling and girls basketball, in addition to start of winter sports for high school athletes just around the corner. Keep up the great work, Bulldogs!!

Mr. Pugh & Ms. Greene

IMPORTANT DATES THIS MONTH:

Wednesday, Nov.1

MHS Meeting Day

Friday, Nov. 3

Early Release (Report Cards) 12:20PM

Wednesday, Nov. 8

Early Release -Conferences 1-5PM, 6-8PM
12:20PM (see information below)

Thursday, Nov. 9

Early Release 12:20PM

Friday, Nov. 10

No School - Veterans Day

Wednesday, Nov.22

Early Release 12:20PM

Thursday & Friday, Nov. 23 & 24

No School - Thanksgiving Break



**LEMON HILL CAFE &
BOOKSTORE**

Two students have received \$15 coupons to use at the bookstore! Thank you for supporting Monte students - your generosity is appreciated!

MHS FALL CONFERENCES

MHS Fall Conferences will take place on Wednesday, November 8. Conferences will be from 1:00-5:00PM, and 6:00-8:00PM. We will be using Skyward Family Access to schedule all conferences. The scheduling window is Monday, October 30 through Friday, November 3. All conferences must be scheduled during this window. Conferences at the Junior-Senior High School are encouraged but not required, unless specifically noted by a teacher.

VETERANS DAY



— Honoring All Who Served —



Thank you Veterans!

We will be honoring our veterans on Thursday, November 9. We will be hosting breakfast at 8:00AM and an all-school assembly at 9:00AM.

If you are a veteran and are interested in attending our breakfast & assembly, please email Kellie Dalan at kdalan@monteschools.org by Friday, November 3.



Class of 2024: Senior Events

November 25	Yearbook Deadline for Senior Portraits & Senior Quotes
March 6	Senior Ad (Yearbook) Deadline
April 9	Josten's Cap & Gown Delivery – 12:20PM MHS Commons
April 27	Junior-Senior Ball 8:00-10:30PM - MHS
May 7	Senior Walk & Class of 2023 picture (caps/gowns) 9:15AM Commons
May 28	Honors Banquet 6:30PM (Sponsored by the Chamber. <i>By Invitation Only</i>)
May 29	HS Band Concert 7:30PM HS Gym
June 4	HS Academic Awards Assembly 8:30AM HS Gym
June 4	Senior Awards & Recognition Night 6:30PM HS Gym
June 5	Senior Picnic All Day (Seniors Only)
June 5	Baccalaureate 7:00PM MHS Commons (Sponsored by Kiwanis & Ministerial Assoc.)
June 6	No School – Seniors Only
June 7	Senior Breakfast – 9:45AM-10:30AM MHS Commons (Seniors)
	Graduation Practice – 10:30AM-11:30AM HS Gym (Seniors & Staff)
June 9	Graduation - 2:00 PM HS Gym (Doors open at 12:45PM)

COUNSELING CENTER NEWS

SCHOLARSHIPS: Senior students and parents: PLEASE make sure you are checking the list of up-to-date scholarships located on the [MHS Counseling Webpage](#). It is being updated frequently with statewide and national scholarships, and soon will have local scholarships posted. Also, don't forget about the monthly senior workshops that counselors are hosting to prepare seniors for scholarship applications. These are the last Wednesday of each month at 2:00PM in the library!

Upcoming College & Career Visits:

College & Career visits are open to 10th, 11th, and 12th grade students who sign up ahead of time in Google Classroom. Students must be signed up to attend. Presentations take place in Room 502 unless otherwise stated.

Nov. 2 - Oregon State University 8:30AM

Nov. 2 -Perry Technical Institute 2:00PM

Nov. 3 - University of Washington 8:30AM

Nov. 6 - Centralia Beauty College 9:00AM

Nov. 12 - NACAC Virtual College Fair 1:00PM

Other Important Dates and Events:

~November 8 - World Class Scholars sign up with Grays Harbor College in 9th grade English classes

~November 29 - Senior Workshop #3, 2:00PM in the library. Topic- *Personal Essays*

Washington Guaranteed Admissions Program (WAGAP):

Montesano School District is now part of the Guaranteed Admissions Program, which means students with a 3.0 GPA and the qualifying course credits are guaranteed admission into several four-year universities:



SKYWARD:

Quarter 1 ends on November 3 and we would like to remind students and families to get into the habit of checking grades at least weekly. Students were shown a video on how to use Skyward and its features, primarily the *Gradebook*. If you need help with Skyward, please don't hesitate to reach out. Skyward can be downloaded as an app or accessed through the MSD website: [SKYWARD LINK](#).

Better FAFSA/WASFA

Big changes are coming to financial aid applications this year! The 2024-25 FAFSA (Free Application for Federal Student Aid) and WASFA (Washington Application for State Financial Aid) will not be available until late December 2023.

Applications usually open October 1 of a student's senior year, so this is a major shift in the college planning process. The good news is that this delay is due to positive changes. The FAFSA form will be shorter and less complex, more students will be eligible for federal Pell Grants, and the average Pell award will be larger. Stay tuned for more information and find resources [here](#) from WSAC.

Ms. Wisdom and Ms. Quinn will go into senior classes in December and help students set up their FAFSA ID's. In January there will be an evening FAFSA/WAFSA event to help parents navigate the process.

Tips for Junior High Success

- Sleep Well. Teens and young adults should be getting 8 to 10 hours per night. ...
- Eat Right. Healthy and balanced meals give your body and mind energy to work well throughout the day. ...
- Complete your homework on time and turn it in with your name on it
- Talk to your teacher if you don't understand something
- Check your grades often in SKYWARD
- Stay organized
- Google Classroom: monitor assignments, submit work properly
- Study
- Ask for help. ...
- Keep your parents informed especially with big projects
- Be involved but don't overschedule yourself

Monthly Digital Detox Challenge:

Get your priorities in order

The road to discovery can be one fraught with distractions and time-sucking activities. That's where planning ahead can be critical. Time management can help us squeeze the most out of our day while ensuring time for rest, relaxation, and new adventures. Consider using the **Time Management Matrix** that prioritizes tasks using two domains: level of urgency and level of importance. *Social Media may be fun, but it is rarely urgent or important.*

Fall is here and our Bulldogs are busy!

We are happy that our students are engaging in many activities and above that, being kind people. We have started two lunch groups. The Junior High lunch group consists of students who aim to establish friendships, opportunity, engagement and connection to others and their community.

Our other lunch group is for High School students and allows for more of a hangout spot for students. We talk about issues in school, ideas and promote engagement amongst peers. We have had great success in both groups allowing for positive feedback from parents and students.

If you feel your student would benefit from these lunch opportunities, please encourage them to reach out to me with their interest. Have a great month!

Mrs. Peterson



	URGENT	NOT URGENT
IMPORTANT	<p><i>Quadrant I</i></p> <p>Urgent and Important</p> <ul style="list-style-type: none"> ● The water pipe broke flooding the bathroom floor ● Deadline-driven project, due today ● A friend in need <p><i>DO IMMEDIATELY</i></p>	<p><i>Quadrant II</i></p> <p>Not Urgent yet Important</p> <ul style="list-style-type: none"> ● The water pipe is making strange noises ● Deadline-driven project, due next week ● Relationship building <p><i>Enter in calendar and keep track</i></p>
NOT IMPORTANT	<p><i>Quadrant III</i></p> <p>Urgent yet Not Important</p> <ul style="list-style-type: none"> ● The broken pipe inspired a remodel & you want it now ● Co-worker in a panic, you identify it's not an emergency ● Popular activities you enjoy <p><i>Delegate these tasks or recognize they don't need done right away</i></p>	<p><i>Quadrant IV</i></p> <p>Not Urgent and Not Important</p> <ul style="list-style-type: none"> ● Posting to Facebook about your bathroom remodeling project ● Complaining about your deadline ● Anything that wastes time <p><i>Tend to be time wasters so minimize these items</i></p>

A Note from Nurse Georgia

GETTING OVER A COLD?

When a cold strikes, you can expect to be sick for 1-2 weeks. While there is no cure for the common cold, there are plenty of remedies to help ease your symptoms and get you back on your feet and feeling better faster.

Here are some common cold remedies proven to help you feel better and to speed up your recovery:



- **Staying hydrated.** Water, juice, clear broth or warm lemon water with honey helps loosen congestion and prevents dehydration. Avoid alcohol, coffee and caffeinated sodas, which can make dehydration worse.
- **Rest.** Your body needs rest to heal.
- **Soothing a sore throat.** A saltwater gargle – 1/4 to 1/2 teaspoon salt dissolved in an 8-ounce glass of warm water – can temporarily relieve a sore or scratchy throat. Children younger than 6 years are unlikely to be able to gargle properly. You can also try ice chips, lozenges, or hard candy. Use caution when giving lozenges or hard candy to children because they can choke on them. Don't give lozenges or hard candy to children younger than 6 years.
- **Sip warm liquids.** A cold remedy used in many cultures, taking in warm liquids, such as chicken soup, tea or warm apple juice, might be soothing and might ease congestion by increasing mucus flow.
- **Try honey.** Honey may help coughs in adults and children who are older than age 1. Try it in hot tea.
Add moisture to the air. A cool-mist vaporizer or humidifier can add moisture to your home, which might help loosen congestion. Change the water daily, and clean the unit according to the manufacturer's instruction

Under the direction of a physician and under parental supervision, there are also many over-the-counter medications that can help relieve cold symptoms. It is important to note that many of these medications contain Tylenol (acetaminophen) or ibuprofen, which can help lower a fever. While fevers are considered rare with a cold virus, students must be fever free for 24 hours without taking fever-reducing medications, such as Tylenol or ibuprofen, before returning to school.

Source: Mayo Clinic (2022). Cold Remedies: What works, what doesn't, and what can't hurt. Retrieved on January 31st, 2023, from:

<https://www.mayoclinic.org/diseases-conditions/common-cold/in-depth/cold-remedies/art-20046403>