



Montesano Jr-Sr High School

October 2022



IMPORTANT DATES THIS MONTH:

Wednesday, Oct. 5

MHS Meeting Day

Senior Class Meeting w/Jostens 10:00AM

Thursday, Oct. 12

MHS Picture Retake Day

Friday, Oct. 14

No School - Training

Monday, Oct. 17 - Friday, Oct. 21

Homecoming Spirit Week*

*See Homecoming Spirit Week Calendar of Events on page 2

Thursday, Oct. 20

Great Shake-Out Earthquake Drill

Principals' Corner

Hello, Bulldogs....Happy Fall Equinox!

A huge shout out to all the families and students at MHS for making the start of the 2022-23 school year a success. Students are getting well adjusted to having six classes again and getting comfortable with their locker muscle memory. Our "Bulldog" spirit has been tremendous for the first month of school. Let's keep it going as we enter into October and move into fall and winter.

Parents, make sure you are checking Skyward regularly. First quarter progress report grades will be here before we know it. We also want to commend our attendance efforts for the first month of school. *The number one key to academic success is attendance!* Keep up the great work bulldogs!

We would like to take a moment and thank the community on the behalf of our PE department during their recent bike unit. Your patience with our bikers while they have been through intersections and down the streets of Montesano is greatly appreciated. Our students have thoroughly enjoyed the bike unit.

Go Dogs!

Mr. Pugh & Ms. Greene



THE GREAT SHAKE OUT - OCTOBER 20!

This year's International ShakeOut Day is October 20, when millions of people worldwide will participate in earthquake drills at work, school, or home! We will be conducting our drill at 10:15AM. You, too, can join millions of people across the world practicing **earthquake safety**.

Great ShakeOut earthquake drills are an opportunity to practice how to be safer during earthquakes: "**Drop, Cover and Hold On.**"

Shake
Out™

HOMECOMING

Homecoming events, including Spirit Week, are for high school students only.

HOMECOMING SPIRIT WEEK - OCTOBER 17 THROUGH OCTOBER 21

- Monday, October 17 - Pajama Day - HS Assembly 9:15AM
- Tuesday, October 18 - Time Machine Tuesday
- Wednesday, October 19 - Class Color Day - Parade 6:30 PM & Pep Rally (stadium)
- Thursday, October 20 - Adam Sandler Day
- Friday, October 21 - Maroon & Gray Day - HS Coronation Assembly 2PM
Football vs. Tenino 7:00 PM

HOMECOMING DANCE - SATURDAY OCTOBER 22 (8:00-10:30 PM)

Starry Night

Tickets go on sale Monday, October 10. See the Bookkeeping Office. The Homecoming Dance is for high school (9th-12th) students only. If an MHS student would like to bring a guest from another school, they will need to complete a dance guest form in the Office.

All outside guests must meet with administration to be approved.



Neighbors: as part of our upcoming Homecoming festivities & Senior Night celebrations, we will again have **FIREWORKS** during the following evenings: Friday, October 21, 2022 & Friday, October 28, 2022

If you have pets, please keep them safe on Friday nights.
Thanks for being great neighbors and Go Bulldogs!

HAUNTED HALLS ARE BACK!!! October 31 ~ 5:00-6:30 PM

We will be holding the Haunted 'Halls' in the tennis courts again this year (weather permitting), or in the junior high gym in the event we need to move inside. We look forward to seeing our Beacon & Simpson (and younger) students on Monday, October 31!



REMINDER:

Costumes *are not* allowed at the Jr/Sr High School during the school day.



COUNSELING CENTER NEWS:

For 12th graders:

October 1 – First day you can apply for **FAFSA**. What is the FAFSA? The Free Application for Federal Student Aid (FAFSA) is the first step to apply for **FINANCIAL AID**. Completing the FAFSA is **free and gives you access to the largest source of financial aid** to pay for vocational, technical, 2-year and 4 year colleges. Please see your school counselor if you have questions.

For 11th and 12th graders: Upcoming College Visits in Room 502 (students must sign up in Google classroom to attend): * Grand Canyon University: October 7 @ 10:00AM

* Saint Martin's University: October 18 @ 10:00AM

* Western Washington University: October 27 @ 11:00AM

For 10th and 11th graders:

October 12 – PSAT. Sign up and pay for the PSAT beginning October 3 with Mrs. Bruland in the ASB office. There are only 25 spots. The cost is \$18. The content of the PSAT is very similar to the SAT with reading, math and writing and language sections. To prepare, get practice tests and much more with the Official SAT Practice on Khan Academy.

SEL Update



Hello Bulldog families~

We are off to a great start to our 2022-2023 school year. Our students are engaged and full of **Bulldog Pride**. We have initiated a Bulldog Pride wall in our SEL Office where students can write posts to fill our wall with positivity. We have also had a great turnout in our Jr. High Lunch Groups which meets on Monday, Wednesday and Fridays in Mr. Pace's room #502. We have guest speakers once a month; October's focus is on friendship and boundaries.

We have SEL resources for students! Mr. Bertram's office is the HS Library and Mrs. Peterson's office is in the Counseling Center.

A Note from Nurse Georgia.....

Flu Season 2022

Influenza (flu) season is upon us and it is important to know the symptoms & what you can do to help prevent the spread.

- Fever
- Chills
- Muscle aches
- Cough
- Shortness of Breath
- Fatigue
- Sore throat
- Runny nose
- Headache

Influenza is a contagious respiratory virus.

Staying home when having any combination of these symptoms and when you are feeling unwell is crucial to stopping the spread of contagious respiratory illnesses. It is also important to remain home for a full 24 hours after a fever has resolved, without taking any fever reducing medications.

Remember to cover coughs and sneezes in the crook of your arm and to wash your hands frequently when not feeling well. Thoroughly washing hands before and after touching your face and before eating for a full 20 seconds with warm, soapy water, helps prevent the spread of contagious illnesses.

Please do your part to help keep our schools healthy!