

Montesano Jr-Sr High School

May 2024



IMPORTANT DATES IN MAY:

Wednesday, May 1

MHS Meeting Day

Monday, May 6-Friday, May 10

Teacher Appreciation Week!

Connections Fundraising Week!

Tuesday, May 7

Senior Walk & Class of 2024 Picture

Wednesday, May 8

MHS Signing Day

Friday, May 10

Junior High Spring Dance 7:30PM

Friday, May 24 & Monday, May 27

No School

Tuesday, May 28

Honors Banquet (by invitation only) 6:30PM

Wednesday, May 29

HS Band Concert 7:30PM HS Gym

Thursday, May 30

JH Band Concert 7:30PM HS Gym

Principals' Corner

Bulldog Families,
It's difficult to believe, but we are rounding the corner of the school year with something like 30 days remaining... which means even less for the Class of 2024!

Members of the FBLA team competed at State in Spokane last weekend. Congratulations to Landon McKinney (personal finance) and Taylor Galvin (multimedia and website development) for taking 1st in their respective categories.

To our seniors, please pay attention to the [Senior Calendar of Events](#) and reach out to the school if you have any questions about what is happening the remainder of the school year. Graduation practice is *required* in order to walk on June 9. **Running Start students:** please make arrangements with your college professors for missing class that day for the senior breakfast and practice. We are very proud of you and wish you all the best.

Go Dogs!

Mr. Pugh & Ms. Greene

SENIOR WALK AND CLASS OF 2024 PICTURE

The Class of 2024 Senior Walk and panoramic picture will take place on Tuesday, May 7. Seniors should bring their caps & gowns and meet in the Commons at 9:00AM. The buses will depart for the elementary schools at 9:15AM. *As is Montesano High School tradition, we do not allow decorating the caps or gowns, with the exception of wearing significant tribal or cultural regalia. Please contact the HS Office with any questions.*



Montesano Jazz Band performed at Jazz & Desserts, a band boosters fundraiser. Thanks to everyone's generosity that day the Band Boosters met their goal for the year and can now purchase a new baritone saxophone for the band program.



Next Friday, May 3, is Swing into Spring at Hoquiam HS Student Center 7:00-9:00PM.

HS Band & Senior Recognition May 29 at 7:30PM. May 30 is the 6th grade band's debut performance at 6:30PM in the HS Gym followed by the JH Band Concert at 7:30PM.

DRAMA!!

The Drama production of **Mamma Mia** will be June 1 & June 2. Performance times will be 6:00PM on Saturday night, and 2:00PM for the Sunday matinee. Cost is \$10 at the door. Please come support the MHS Drama Club!



8th Grade Band at South Puget Sound Community College on Friday, April 26.

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 (Science, CTE or Elective credit)
- Welding (CTE or Elective credit)

June 14- August 27, 2024

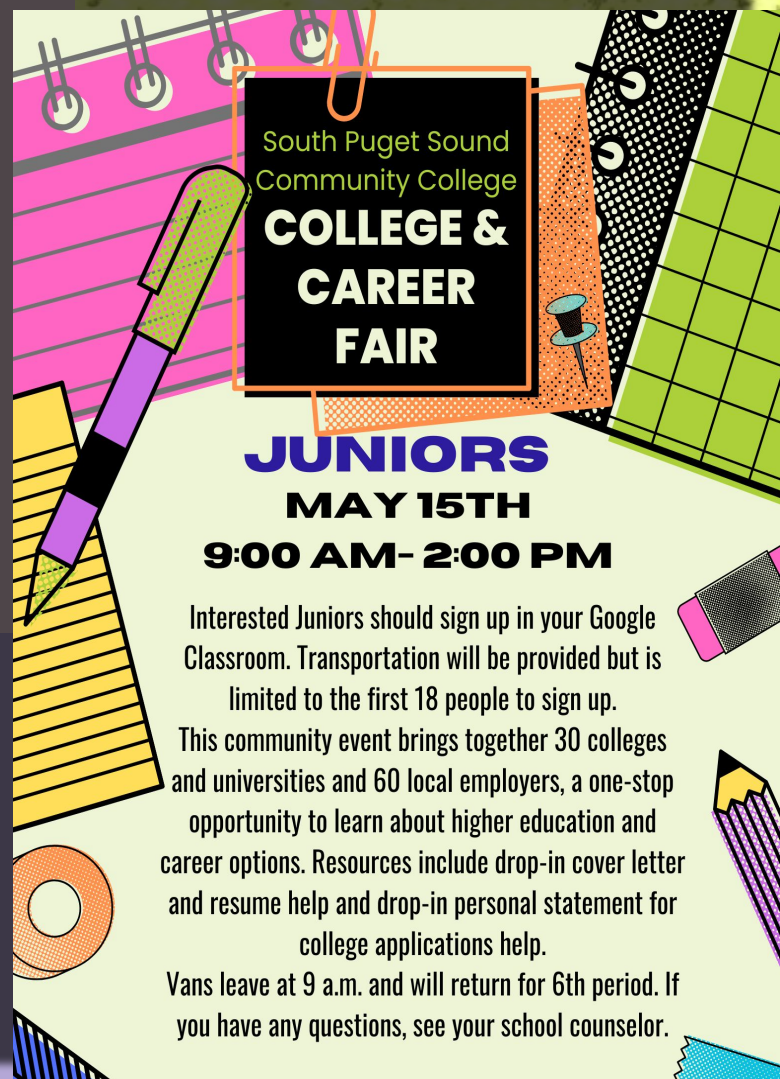
- Cosmetology (Please contact the skills center for paperwork/CTE or Elective credit)

Perry Technical Institute Visit:

For 10th-12th grade students
May 21 at 9:30 AM

Sign up [HERE](#) to attend

Perry Tech offers programs that meet the real needs of industry, are hands-on, and can be completed in five weeks to two years. Explore more of Perry Tech's 14 program options [HERE](#).



South Puget Sound Community College
COLLEGE & CAREER FAIR

JUNIORS
MAY 15TH
9:00 AM- 2:00 PM

Interested Juniors should sign up in your Google Classroom. Transportation will be provided but is limited to the first 18 people to sign up. This community event brings together 30 colleges and universities and 60 local employers, a one-stop opportunity to learn about higher education and career options. Resources include drop-in cover letter and resume help and drop-in personal statement for college applications help. Vans leave at 9 a.m. and will return for 6th period. If you have any questions, see your school counselor.



SENIORS:

May is the busiest month for local scholarships: please see below for upcoming scholarship due dates!

SCHOLARSHIPS

Class of 2024

NEED HELP?

Please email Ms. Quinn or Ms. Wisdom if you have questions or need help with scholarship applications.

rquinn@monteschools.org
awisdom@monteschools.org

SCHOLARSHIP LINK

Use the link above to see scholarships offered during your student's senior year!

IMPORTANT UPCOMING SCHOLARSHIP DUE DATES

MAY 1

- Montesano Volunteer Fire Dept. L.J. Smith Memorial Scholarship
- 2024 Master Gardeners Don Tapio Scholarship
- 2024 Dave Rabey Memorial Scholarship- Hoquiam Loggers' Playday

MAY 3:

- Grays Harbor County Fair Board Scholarship

MAY 10

- Grays Harbor 4-H Council Scholarships
- Kiwanis Scholarship

MAY 15:

- 2024 Grays Harbor Deputy Sheriff's Association Scholarship
- Annie Becker Memorial Scholarship
- Montesano Wrestling Booster Scholarship
- Public School Employees of Montesano Scholarship
- Montesano Pep Club Scholarship

MAY 16:

- Montesano High School Booster Scholarship
- Herbert C. Reiter Scholarship

Have you received a scholarship from your college/trade school or an outside organization?

If so please email the name of the scholarship to the counselors so you can be recognized for your scholarship at the Senior Recognition Night- June 4th @ 6:30

NEXT UPCOMING SCHOLARSHIP WORKSHOP
Tuesday, April 30- 2:00 in the MHS Library

Seniors:

High School and Beyond Plans (HSBP) are DUE!

This is a graduation requirement and *must be completed to participate in the Senior Walk on May 7, attend the senior picnic and to walk at graduation and receive your high school diploma.* Counselors have sent multiple communications out to students whose plans are not complete and have offered monthly work sessions. If you have any questions, contact your school counselor.

[Access HSBP using this link.](#)

MAY 17

- GH Fire District #2 Volunteer Association Scholarship
- Montesano Football Parent Booster Scholarship
- Summit Pacific Medical Center Employees Scholarship
- Torrens Family Scholarship, Margaret Downey Scholarship, Montesano Faculty Scholarship, Alda France Scholarship, Marshall Vasser Scholarship, Arda Glandon Memorial Scholarship, Lindel Family Memorial Scholarship, and the Nethery Scholarship (one application and scholarships are picked by the MHS Scholarship Committee).

MAY 20:

- Milton Gire Memorial Scholarship- Aberdeen Police Officers Guild

MAY 23:

- Montesano Police Department Scholarship

MAY 24:

- Marvin L. Zillyett Memorial Scholarship

Monthly Digital Detox Challenge

GET YOUR ZZZ'S!

It can be challenging to fully engage in the world at large when you are groggy, sleep deprived, or exhausted. Set about fixing your 'sleep hygiene'. Dim the lights an hour before bed, **limit screen times two hours prior to sleep**, take an evening bath, read for 10 minutes, and possibly drink a soothing tea. Keep your room cool, avoid caffeine before bed and try your very best to get at least eight hours of sleep.

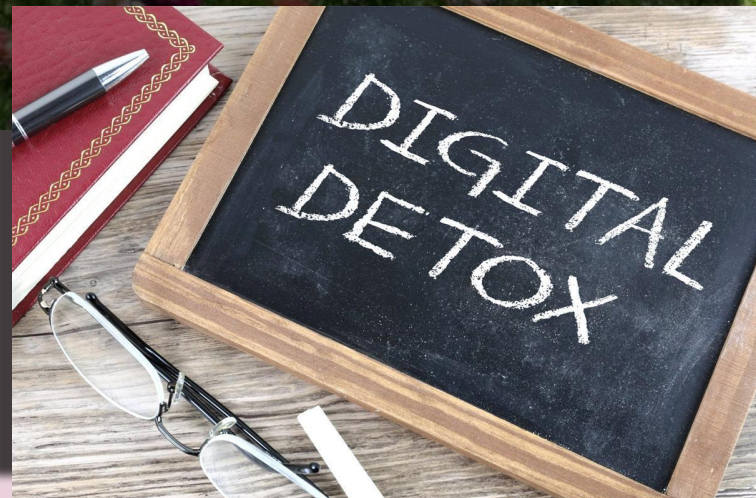
SEL UPDATE:

Hi Bulldog Families,

We wanted to share that the **Spike Squad**, our MHS peer to peer suicide prevention group will be hosting it's second annual *Hope Walk*. The Hope Walk happens on the track with our student body having the opportunity to visit with outside resources including mental health, counseling services, food bank resources, summer program opportunities and more. We have this fun walk every year to promote resources that our students and families can have over the summer months when school is not in session. The event will happen on June 11 from 2:20-2:50PM. Please email Mrs. Peterson npeterson@monteschools.org for more information or to register your company/agency to attend.

Please note, this is a student body only activity.

~Montesano Jr-Sr High Social/Emotional Team



Discover!

An amazing thing happens when **we start living life off our screens**. We start to notice the richness in everyday experiences and savor things in the moment. We live life in accordance with our own values **rather than attempting to gain superficial validation on social media**. Once we start looking up from our devices, we **DISCOVER** the abundance of beauty and experiences that are waiting for us.

A message from Nurse Georgia on SUN SAFETY:

As the days get longer and warmer, it is important to remember to protect yourself from harmful UV rays.

Skin cancer is the most common cancer in the United States. Experts say skin protection among youth is the most effective way to help prevent new cases, but according to a survey, less than one-third of youth between 11 and 18 years old regularly use sun protection.

Below are some important steps to help limit your exposure to those dangerous UV rays:



- If possible, avoid being in direct sunlight between the hours of 10AM-4PM, when UV rays tend to be the strongest.
- Check the UV Index forecast for the strength of UV rays each day. If the UV index is 3 or higher in your area, protect your skin from too much exposure to the sun.
- UV rays can reach you on cloudy and cool days, and they reflect off of surfaces like water, cement, sand, and snow.
- Apply a thick layer of broad spectrum UVA/UVB sunscreen on all areas of exposed skin.
 - ❖ Make sure to reapply sunscreen every two hours or after swimming, sweating, or toweling off.
 - ❖ Make sure you are using a sunscreen that is greater than SPF 15. The higher the SPF number, the better the protection.
 - ❖ Check the expiration date on the bottle. If the sunscreen has expired, the protection is less effective.

- Wear sunglasses while outdoors. Sunglasses with UVA/UVB lenses are standard in most US stores. Make sure to pick a pair that wrap around the sides to prevent rays from sneaking in.
- Wear protective, dry, light-colored clothing when possible. Clothes made from tightly woven fabric offer the best protection.
- Wear a wide-brimmed hat that shades your face, ears, and neck. Avoid straw hats that have holes and can let sunlight through.
- Seek shade during the hours of 10 am and 4PM whenever possible.
- Make-up doesn't always contain broad spectrum sunscreen to provide adequate protection to the skin on your face. Make sure to apply sunscreen to your face even if you are wearing make-up.

Centers for Disease Control. (2023). Sun safety. Retrieved on April 28th, 2023 from:
https://www.cdc.gov/cancer/skin/basic_info/sun-safety.htm

Cleveland Clinic (2022). Survey shows what you think of skin protection. Retrieved April 28th, 2023 from:
<https://newsroom.clevelandclinic.org/2022/07/22/survey-shows-what-youth-think-of-sun-protection/>