

Montesano Jr-Sr High School

February 2024



Principals' Corner

Can you believe we have made it to the halfway point of the school year? As we mark the end of first term, here are a couple of reminders.

Seniors; please be sure you are watching the Counseling Center website and Google Classroom for the updated list of available scholarships. Also remember, that there are a few requirements that must be met before you can be considered ready to graduate so be sure to stay on top of your "to-do's" as we move into spring and look toward June.

We are pleased to announce that we will be having an all school assembly in February from the Gift of Life Foundation with motivational speaker, James Donaldson. We are excited and looking forward to this opportunity.

Again good work during the first half of the school year! Let's make the second semester even better!

Go Dogs!

Mr. Pugh & Ms. Greene

BUSINESS WEEK ***is next month!***

Business Week 2024 for *Juniors* will be Monday, March 11 through Friday, March 15, 8:20AM-2:50PM. Business Week informational letters will be mailed home to all junior families this week.

IMPORTANT FEBRUARY DATES:

REMINDER!

While the elementary schools have early release February 8 & 9, the Jr-Sr High School will be on **REGULAR** schedule.

Monday, February 19
No School (Presidents Day)

Tuesday, February 20
ASB Blood Drive

LEMON HILL CAFE &
BOOKSTORE



A lucky student has received a \$15 coupon to use at the bookstore! Thank you for supporting Monte students - Your generosity is appreciated!

PROM UPDATE!

Due to scheduling conflicts beyond our control, the **Junior-Senior Ball** date has been moved back to our original date of Saturday, April 27 from 8:00-10:30PM.

CLASS OF 2025

11th Grade Parent Meeting!

Wednesday, February 21
6:00PM - HS Library

This meeting will provide information to help you and your student prepare for next year including graduation requirements, financial aid, scholarships, transcripts, college and other post-graduation application processes and more. Your student does not have to be college bound to attend this meeting as it also applies to trades, apprenticeships and other post grad plans students may be considering. Your student is welcome to attend with you. A representative from Grand Canyon University will be present to speak about planning for college.

Monthly Digital Detox Challenge: *Outsmart Yourself / Journal Instead of Tweeting*

Having a tough time disconnecting on your own? Use your smartphone to **OUTSMART YOURSELF!** You can apply settings to many phones that don't allow use of apps after a certain period of time has been exceeded. You can also enable "do not disturb" mode in the evening to keep you off your screens.

Upset and feel like venting? The natural response for many is to turn to social media for support. Instead, learn how to be your own cheerleader in difficult situations and **START JOURNALING INSTEAD OF BROADCASTING!** Taking time to process your emotions on paper instead of through the virtual world can go a long way in helping you feel better.

SOPHOMORES & JUNIORS: INTERESTED IN RUNNING START?

There will be a **Running Start Informational Meeting** on Tuesday, February 27 at 6:00PM in the HS Library for interested sophomore and junior parents/students for the 2024-2025 school year. Lori Christmas from Grays Harbor College will be here to discuss the process of signing up and answering any questions.

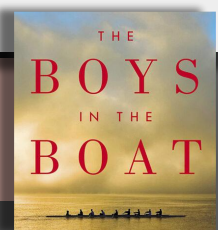
Other tips regarding social media venting:

- Don't ever post online or on social media when you are upset
- Call a trusted family member instead
- Consider meeting with a close friend face-to-face to vent over coffee
- Call a friend and vent over the phone "one to one" instead of to many
- Before posting, ask yourself if you would want to include this post in the application of your dream college, or future employer, or would you show it to your grandparent. If the answer is no, (or even *maybe*) then DO NOT POST IT.
- If there's any chance your post could offend someone, assume it will and do not publish your post.

Great things to keep in mind!

SEL UPDATE:

REMEMBERING BOBBY MOCH CLASS OF 1932



We are excited to highlight one of our own Montesano graduates, Robert "Bobby" Moch. Robert Gaston Moch was an American rower who won Olympic gold at the 1936 Summer Olympics. Moch was born and raised in Montesano, Washington. He was the 1932 Montesano class valedictorian. Mr. Moch is in the famous book now made motion picture, *The Boys In The Boat*. It is the story of nine Americans and their epic quest for gold in rowing at the 1936 Olympics. Mr. Moch was the lead coxswain. A coxswain is a steersman of the ship's boat.

We wanted to share some fun facts about Mr. Moch. He grew up in the house across the street from the tennis court parking lot. His dad owned a jewelry store in town. During the 1936 Olympic race, it was so loud that he had to pound on the side of the boat so they could hear the cadence.

Have a great February everyone! Please remember to pack water bottles and snacks in your back packs.

Class of 2024

Senior Calendar of Events

Effective January 31 - Subject to Change

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 (<i>date change</i>)
May 7	Senior Walk & Class of 2024 picture (caps/gowns) 9:15AM
May 28	Honors Banquet 6:30PM (<i>Sponsored by Chamber of Commerce-By Invitation only</i>)
June 4	HS Academic Awards Assembly 8:30AM HS Gym
June 4	Senior Awards & Recognition Night 6:30 PM HS GYM
June 5	Senior Picnic All Day (Seniors Only)
June 5	Baccalaureate 7:00PM (<i>Sponsored by Kiwanis & Ministerial Assoc.</i>)
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	<u>Graduation</u> - 2:00 PM HS Gym (Doors open at 12:45PM)

Scholarships: Local scholarships are starting to become available for students. Please make sure your student is checking their *Class of 2024* google classroom frequently. School counselors are holding Senior Workshops the last Wednesday of each month during 6th period in the Library to help with scholarships, High School & Beyond Plans, Financial Aid, etc. Use this link to monitor scholarships and deadlines: **SCHOLARSHIPS**

Don't Forget Your Financial Aid!

This is a reminder that by now all college-bound (*includes: universities, community college, tech/trade school, apprenticeships*) seniors and their parents should have filed the **Free Application for Federal Student Aid (FAFSA)**. Please contact your school counselor if you have any questions or need assistance with the application process.

Seniors: Make sure your cap & gown is ordered no later than **March 1** to ensure it's delivered at our Jostens event on Tuesday, April 9. Grad orders will be picked up during high school lunch in the Commons. If you still need to order, visit jostens.com, or call their office at 253.210.0575



Senior Ads are due March 6!

Quarter page, half page, and whole page ads can be purchased for your Senior. You may design the page yourself, or have the Yearbook staff design it for you (with your input).

Do not delay! Payment and ads must be complete and submitted by March 6.

See the Yearbook page of the school website for more information.

The final sale of Yearbooks is happening NOW! Make sure to purchase your 2023-2024 yearbook by February 9 for \$75 via the [Bulldog Online Store](#). Cash or check payments are accepted at the MHS Bookkeeping Office.

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 instructions.

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.