

Montesano Jr-Sr High School

March 2024

Principals' Corner

Bulldog Families,

We hope this newsletter finds you well. As we look at the school calendar, we wanted to remind you that school will not be in session Friday, March 8. We are in the midst of 2nd semester and want to encourage parents to keep checking academic progress on Skyward and work with your student to reach out to teachers if your student is falling behind. We also wanted to share some exciting news from our winter sports season. Our boys' basketball team had a phenomenal season earning a spot in the first round of the state play-offs. Likewise, our girls' basketball team also made us proud competing in the state championships in Yakima. A special shout out to our boys and girls wrestling teams for their remarkable season. Seven wrestlers competed in the state championships with Kya Roundtree taking 2nd place. We are proud of all of our student-athletes and the way they represent our school in the classroom and in competition.

Along with supporting our students, we wanted to give you an opportunity to support our principal, Mr. Pugh, and his family as he fights cancer. "Pugh Can Do It!" t-shirts and "Alec's Army/Monte Strong" bracelets are now on sale! T-shirts are \$20 and can be ordered at the HS Office. Bracelets are \$5 and can be purchased with cash at the HS Office. We also have a box in the office accepting cards and well wishes for Mr. Pugh and his family. We know the Pugh family truly appreciates the support.

Once again, thank you for your continued support, and let's cheer on our students as they excel both academically and athletically.

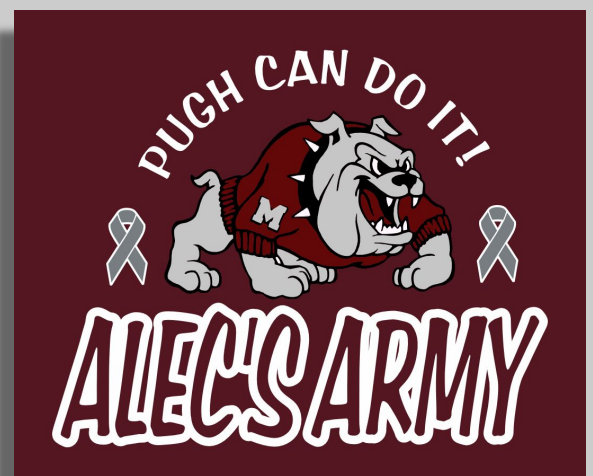
Go Dogs!



IMPORTANT DATES TO REMEMBER:

- March 5 - HS Band Concert 7:30PM
- March 6 - Meeting Day and JH Band Concert 7:30PM
- March 8 - No School - Weather Day
MHS Tolo (HS students only)
- March 11- Business Week Begins (Juniors)
- March 22 - No School - Weather Day
- March 29 - Early Release 12:20PM
Report Cards

MONTE STRONG!



COUNSELING CENTER UPDATE:

2024-2025

Registration is Coming!

8th-11th grade students will be registering for next year's courses in March. Please see the 2024-2025 [course catalog](#) for class choices and requirements available for high school students.

Registration Dates:

March 4th- Juniors

March 5th- Sophomores

March 5th- 8th grade (students can register for classes at 8th grade parent night)

March 11th- Freshmen

March 12th- 8th-11th (for 8th grade students who didn't attend/register at 8th grade parent night and other students who were unable to attend.)

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.

Skyward/Grades:

Quarter 3 will be ending on March 29! Students should be checking their grades daily in Skyward, and reaching out to their teachers regarding any missing work!

8th Grade Parent Night!

Tuesday, March 5, is our **8th Grade Parents Night!** Please join the school counselors at 6:00 PM in the MHS Commons. Information regarding course selection for freshmen year and graduation requirements will be discussed. After the counselor presentation students will be allowed to register for their 9th grade classes. If you have any questions, please contact the Counseling Center.



Scholarships:

Seniors, please make sure you are checking Class of 2024 Google Classroom and/or the [scholarship link](#) daily for new local scholarships. Here are few important upcoming deadlines:

Grays Harbor Community Foundation- Due March 1, 2024

Vaughan Company Scholarship- Due March 29, 2024

Seabrook Community Foundation- Due March 31, 2024

Twin Harbors Community Credit Union Scholarship- Due March 31, 2024



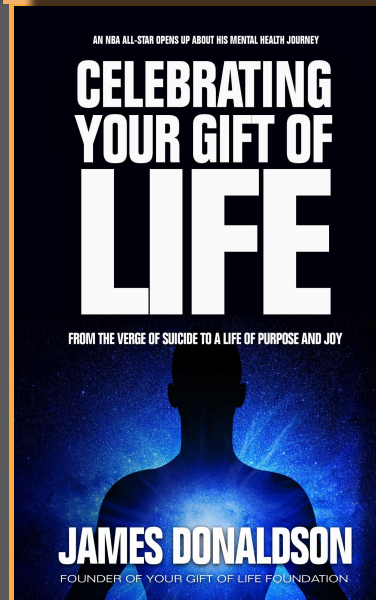
James Donaldson, Special Assembly Guest Speaker

SEL UPDATE

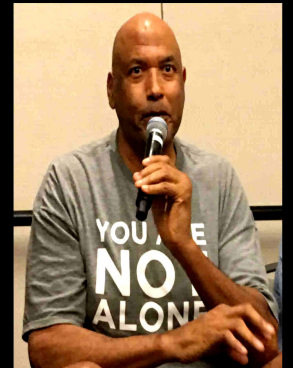
James Donaldson, former Seattle Supersonic, was a guest speaker at Montesano Jr/Sr High School in February. He shared his personal experience of overcoming depression. Sixty-two percent of our students out of the 343 that responded to our survey felt Mr. Donaldson's message was very engaging and had at least one positive take away. Please ask your student if they had a take away from Mr. Donaldson's presentation.

Some takeaways students shared with us:

- ❖ 12th grader - *that this is a serious topic and many people suffer with it and that there is help when you need it*
- ❖ 11th grader - *even if you are/were a big superstar you can battle depression*
- ❖ 10th grader - *being surrounded by negative things on social media can increase feelings of self harm*
- ❖ 9th grader - *pay attention to the small things your friends do and if they change in a bad way, check up on them*
- ❖ 8th grader - *one take away I had from this presentation was that someone will always be there to help you, even if it's not a parent*
- ❖ 7th grader - *how to talk to your parents and friends and there is always someone there for you*



— 40 Habits For Sound Mental & Emotional Health



By James Donaldson
A Former NBA All-Star and Author of Celebrating Your Gift of Life:
From the Verge of Suicide to a Life of Purpose and Joy

Monthly Digital Detox Challenge

Be Bold! Take a social media sabbatical

Social media can be a social drain.

Perfected photos, plastered smiles, and exotic vacations can quickly put you in a funk. Consider taking a break from social media for a week and see how you feel. If you're feeling really brave, be a rockstar and go off all social media for a month. You will be amazed at how much lighter you feel.

BUSINESS WEEK IS COMING!

Washington Business Week will be held from March 11-March 15 for all Junior students (including Running Start* students). For one full and exciting week, students and some faculty will be engaged in a non-traditional discovery learning experience. Small “companies” of students will operate their own business for eight virtual quarters, solving the problems small businesses encounter with growth, production, and demand. The Montesano School District and the Kelsey Foundation have joined forces to make this exceptional experience possible.

***For company planning purposes, Running Start students have either committed to Business Week or will be absent due to their college class schedule(s).**

A Note from Nurse Georgia



Energy Drinks

Energy drinks ‘promise’ boosts in energy and nutrition and enhanced athletic performance. Most have lots of sugar and caffeine — sometimes as much caffeine as in 1 to 3 cups of coffee.

Both sugar and caffeine can have bad effects on your health. Too much sugar isn't good for your teeth and can lead to weight gain.

Too much caffeine can cause:

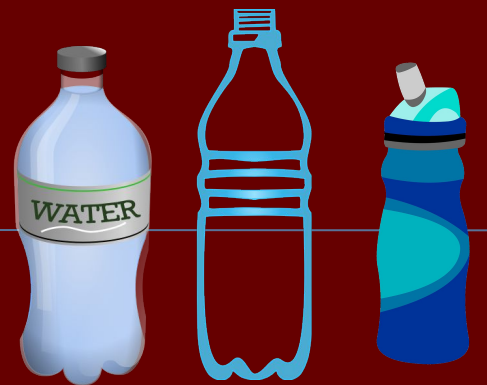
- * jitteriness and nervousness
- * upset stomach
- * trouble sleeping
- * trouble concentrating
- * headaches
- * frequent urination

In some people, large amounts of caffeine can have even more serious side effects, including fast or irregular heartbeats, high blood pressure, hallucinations, and seizures.

Many of these drinks also have other ingredients whose safety and effectiveness haven't been tested in kids and teens, including herbal supplements, guarana (a source of caffeine), and taurine (an amino acid thought to enhance performance and caffeine's effects).

What Should I Drink?

For most teens, drinking water before, during, and after playing sports will keep them hydrated. Some athletes who exercise for long periods or in very hot weather can benefit from a sports drink that has sugar and electrolytes



It's best to skip the energy drinks. Many of the ingredients have not been studied in kids and teens and could be harmful. To improve your game, choose hard work and practice — not an energy drink.

Source: Kids Health (2019). Sports Drinks and Energy Drinks. Retrieved on February 28th, 2023 from: <https://kidshealth.org/en/teens/sports-energy-drinks.html#catexercise>

LET'S HEAR IT FOR THE BAND!

Concerts are March 5-March 6

The HS Band and 8th Grade Band will be performing the music they have prepared for Regional Band Festival later in the spring. The juniors and seniors will be presented with their band letter. Jazz Band will be performing the music they performed at their regional festival in February.

Upcoming Dates:

March 5 - HS Band Concert 7:30PM

March 6 - JH Band Concert 7:30PM

March 13 - Jazz Combo is playing at Lemon Hill at 5:30PM

March 19 - HS Band will be performing at our regional festival at Capital High School. That's our biggest performance of the year!

March 23 - JH Solo & Ensemble contest. We have 6 JH band members working on solos that they will be performing. This will take place at Tumwater Middle School.

Last Friday, the 7th Grade Band (& the 4th graders from Simpson) attended a concert put on by SOGO's Academy Orchestra at the 7th Street Theatre in Hoquiam. Willobelle Valentine and Luke Mathes are members of SOGO's Academy Orchestra. The concert also featured Kyle Craig and Danny Schmidt as guests, and they performed the final song with the orchestra.

Sunday, March 3, is the **SOGO Winter Concert**, which includes:

Aiden Bowe (8)

Kiana Brenton (8)

Karina Bone (8)

Willobelle Valentine

Luke Mathes

Thursday, March 14 is the **Grays Harbor College Jazz Band Concert**, which includes:

Hudson Royer

Spencer Mahugh

Luke Mathes

Travis Blumberg

Jazz-n-Desserts

The Jazz-n-Desserts fundraiser will take place on Sunday, April 14 at 2:00PM in the HS Commons. The Jazz Band will perform and the Band Boosters will host their annual Dessert Auction. Entrance is by donation.