



# Montesano Jr-Sr High School

## October 2023



### IMPORTANT DATES THIS MONTH:

Monday, Oct. 2 - Friday, Oct. 6

Homecoming Spirit Week\*

*\*See Homecoming Spirit Week Calendar of Events on page 2*

Wednesday, Oct. 4

MHS Meeting Day

Senior Class Meeting w/Jostens 10:00AM

Thursday, Oct. 11

MHS Picture Retake Day

Friday, Oct. 13

No School - Training

Thursday, Oct. 19

Great Shake-Out Earthquake Drill

Monday, Oct. 30 - Friday, Nov. 3

Conference Scheduler Open in Skyward

### Principals' Corner

Welcome Back Bulldogs!

We have had a great start to the 2023-24 school year. Anne and I would like to thank all of our Bulldogs for making the start of this year so smooth. Students have settled into the groove of school, and our fall sports teams are off to a great start as well. As we move into October, here are some reminders for you:

Progress reports for mid quarter will come out the first week of October, so now is the time to ask your student how school work is coming along. Be sure to check Skyward and reach out if we can assist in communicating with your student's teachers.

Homecoming week kicks off on October 2 culminating with the high school dance on Saturday, October 6. Be sure to look at the school website and calendar for a list of events and activities.

Thank you for your efforts starting the school year strong ..... let's have a great year!

Go Dogs!

Mr. Pugh & Ms. Greene



Shake  
Out™

### THE GREAT SHAKEOUT - OCTOBER 19!

This year's International ShakeOut Day is October 19, 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**. The Great ShakeOut earthquake drills are an opportunity to practice how to be safer during earthquakes: "**Drop, Cover and Hold On.**"

# HOMECOMING

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

## HOMECOMING SPIRIT WEEK - OCTOBER 2 THROUGH OCTOBER 6

- Monday, October 2 - **Ken & Barbie Day** - HS Assembly 9:00AM
- Tuesday, October 3 - **Generation Day!**
- Wednesday, October 4 - Class Color Day - Parade 6:30 PM & Pep Rally (stadium)
- Thursday, October 5 - **Country vs. Country Club Day**
- Friday, October 6 - **Maroon & Gray Day** - HS Coronation Assembly 2:00PM  
Football vs. Eatonville 7:00PM

## HOMECOMING DANCE - SATURDAY OCTOBER 7 (8:00-10:30 PM)

### *\*A Night In Paris \**

Tickets go on sale Monday, September 25 in the Bookkeeping Office. The Homecoming Dance is for high school (9th-12th) students only. If a MHS student would like to bring a guest from another school, they will need to complete a Dance Guest Form in the HS Office and meet with administration to be approved. The final day for guest approval is Friday, September 29.



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

Friday, October 6, 2023 & Friday, October 13, 2023

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 Junior High Gym this year. We look forward to seeing our Beacon & Simpson (and younger) students on Tuesday, October 31!



### REMINDER:

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

# A Note from Nurse Georgia

As we head into cold and flu season, and we are seeing more contagious illnesses passing through our student population, this is an important reminder to wash your hands! Washing your hands **frequently** and **thoroughly** with warm, soapy water for 20 seconds is the *number one* way you can protect yourself from contagious illnesses. Wash your hands before you eat, after using the restroom, and after sneezing, coughing, or blowing your nose.

Please do not share food, drinks, or personal care items with friends. Please also stay home when you are sick and not feeling well to help protect your friends, fellow students, and teachers. Thank you for helping to keep our school healthy



## Monthly Digital Detox Challenge

*Perform a random act of kindness*

The link between social media and narcissism is *real*. The more we post about our embellished picture-perfect lives, the more “likes” we get and the more special we feel. This continues the cycle and warps our reality as we keep projecting a ‘ME-centric’ image into the world.

*Break the Cycle!* **Consider a small random act of kindness each week.** Maybe it is paying for coffee for the lady behind you or simply holding the door open for someone. **Train your brain to think more about others than yourself.**

## Welcome Back, Bulldogs!

We are so happy to see our students again and are looking forward to a great school year. Our goal is to help prepare your students for school and beyond. A great way to help with that is to set your student up for success. Here are a few great tips to aid in your student’s mental health and academic goals:

**\*Sleeping\*** It is recommended that students get eight to nine hours of sleep at night. We know that this is hard to do all the time but try making sleep and rest a priority.

**\*Nutrition\*** Breakfast is one of the most important things a student can do to start their day off on the right track. If you are not a breakfast person, simply adding a high protein snack in between classes will allow for focus in the classroom.

**\*Social Media\*** Social media breaks are recommended for mental health anxiety relief in our students.

**\*Check ins\*** Check in with your student, know what they are doing, where they are going and friends that they are close with.

September is also Suicide Awareness month. We have tables, community agencies, Spike Squad and resources available to all of our students and families. Please call 988 if you are needing support. We will have two lunch opportunities to learn more about signs and support, as well as a table at our next home football game if you want to come say hi!



**Mrs. Peterson**  
SEL Interventionist

# COUNSELING CENTER NEWS:

**Senior Parents:** Your students receive a variety of important information in [The Class of 2024 Google Classroom](#) so please make sure your student has joined and ask them to check this regularly as the year goes on. We will post important dates, information, scholarship information etc throughout the year. Here is the link if *your student* still needs to join [Class of 2024 Google Classroom](#)

## 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.*

**Tuesday, September 26, 8:25AM. Central Washington University**

**Monday, October 9, 2:00PM. Washington State University**

**Tuesday, October 10th @ 9:00AM. Centralia Beauty College**



**Check out THE COLLEGE TOUR on Amazon Prime Video!** Each episode tells the story of what life is truly like on college campuses around the country. From academics, housing, sports, career preparation, campus life/location and much more. All episodes have been filmed in the last couple years so they are current. Here are a few specific episodes featuring campuses that some Montesano graduates currently or recently attend(ed) and we have also had representatives of some of these schools visit our high school this year.

Season 1, Episode 3 Arizona State University (ASU)

Season 2, Episode 1, Grand Canyon Univ. (GCU)

Season 3, Episode 13, Univ. of Puget Sound (UPS)

Season 3, Episode 14, Univ. of Montana (UM)

Season 4, Episode 3, Univ. of Oregon (UO)

Season 4, Episode 8, Central Wash Univ. (CWU)

Season 7, Episode 5, University of Idaho

## Class of 2024 Financial Aid Night

**Wednesday, October 11**

**5:30-6:30PM**

Students and families can join WSAC for a live, online information session to learn about financial aid. The session will cover Federal and Washington State financial aid programs including grants, scholarships, work study and loans. Students will also learn about when to apply, and where they can get help with the process. Students and parents will also receive support creating their FSA ID or WASFA account. These sessions are offered in both English and Spanish.



## Upcoming Important Dates!

**Wednesday October 25- PSAT/NMSQT @ 8:30AM in the Library.** There are limited spots left, juniors and sophomores who would like to take the PSAT/NMSQT need to sign up with Heather Bruland in the Bookkeeping Office- ASAP! Cost is \$18.

**Wednesday, November 15** University of Washington, Seattle, Application Deadline

**Friday, December 1** The Free Application for Financial Aid opens (this is later than normal this year because they are revising the application).