



## MONTESANO JUNIOR-SENIOR HIGH SCHOOL

September 2022 Newsletter:

### *WELCOME BACK, BULLDOGS!*

School has started, and we are off to a great start. The first days of school are always the most exciting, and sometimes nerve racking for everyone. We welcome the class of 2028 and are excited to spend a “regular” year celebrating school with the class of 2023. As you read through our first monthly newsletter, pay attention to the information from our Counseling Center on upcoming events and calendar dates that might be of interest to you and your family.

Thank you to all of our Bulldog families for your continued support of our students.

We are looking forward to a great year! Go Dogs!

### *COUNSELING CENTER NEWS:*

Welcome back! We are excited to be back and working with our MHS students and families! As school counselors, our job is to support the social/emotional, academics, and college and career development of students. Please make sure you are frequently checking our [school counselor website](#), and the [MHS Daily Bulletin](#) as we post important information for our students and parents throughout the school year.

We already have a few important events to keep in mind:

- September 14th @ 6:00PM Informational **Senior Parent Night Meeting** at MHS.
- October 12th- **PSAT** for our 10th/11th grade students, stay tuned for more information about signing up and cost!
- As always, MHS is proud to partner with many colleges to offer visits from admission representatives to provide our students valuable information about different schools and opportunities. These happen through the school year and dates/times will be communicated through the daily bulletin.

Our Counseling Staff is always glad to answer any questions you may have, so please feel free to [contact us](#).



## *SEL UPDATE!*

Welcome back everyone! We are so excited for the SEL activities we have planned for the coming school year. SEL (***Social Emotional Learning***) is a new program to integrate social emotional wellbeing in our school.

We have two school social interventionists, Mr. Bertram and Mrs. Peterson.

We will be starting our first activity next week in Jr High lunch Groups. We will meet on Mondays, Wednesdays and Fridays in Mr.Pace's classroom #502. This is an opportunity to engage with peers and offer positive social engagement for our students. We will host guest speakers and have fun topics to chat about during the lunch hour. If you are interested, please let Mr. Bertram or Mrs. Peterson know.

We look forward to seeing everyone!

## *A MESSAGE FROM NURSE GEORGIA:*

Let's talk about the importance of eating and staying hydrated before, during, and after working out.

The number one reason I see student's in the nurse's office is for dizziness and feeling faint during and after exercise in their PE class. A majority of the time, students haven't eaten or haven't stayed hydrated throughout the day.

The American Heart Association (2015) states "your body is your vehicle, so you have to keep your engine running when you work out. That means fueling up your body by eating the right foods and drinking the right fluids, in the right amounts at the right times." Not fueling up before you work out is like "driving a car on empty," said an American Heart Association volunteer. You also won't have enough energy to maximize your workout and you limit your ability to burn calories. Additionally, the American College of Sports Medicine says, "Adequate food and fluid should be consumed before, during, and after exercise to help maintain blood glucose concentration during exercise, maximize exercise performance, and improve recovery time. Athletes (and students) should be well hydrated before exercise and drink enough fluid during and after exercise to balance fluid losses."

Mornings are busy and sometimes we don't get enough time to eat or we forget to grab our water bottle on the way out of the door. If this happens, stop by the nurse's office before heading to PE.

Source: American Heart Association (2015). Food as fuel, before, during, and after workouts. Accessed on September 2nd, 2022 from: <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/nutrition-basics/food-as-fuel-before-during-and-after-workouts>

## *STUDENT ACCIDENT INSURANCE INFORMATION*

The safety of our students is of critical importance to all of us and we want to protect them from injury. Even so, accidents do happen (at school and elsewhere) and required medical care can be expensive. [Click here to view the student accident information brochures from MYERS-STEVENSON & TOOHEY\\*](#).

<https://www.myers-stevens.com/enrollment-page/>

\*MYERS-STEVENSON & TOOHEY is not part of the Montesano School District.

## *IMPORTANT DATES THIS MONTH:*

Monday, Sept. 5 - No School (Labor Day)

Tuesday, Sept. 6 - [MHS Picture Day](#)

Wednesday, Sept. 7 - MHS Meeting Day

Friday, Sept. 9 - Senior Class Photo for Yearbook 2:10PM (Rottle Field)

Wednesday, Sept. 14 - Senior Parents Meeting 6:00PM MHS Commons

Wednesday, Sept. 14 - MHS Open House 6:30PM

