

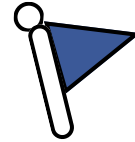


# Newsletter

EVERYONE WORKING TOGETHER FOR A SUPERIOR EDUCATION



We recently finished a unit in Montana History that covered Montana's indigenous people before European contact. We covered how they lived, including their food sources and hunting techniques. To show how challenging hunting was before bows and arrows, we created atlatls and the arrows to throw with them. Native American history students drew the mammoth and the students used their self-created arrows and atlatls to 'hunt' the mammoth. Each class had a successful hunt, finishing off the mammoth population of Superior.  
-Chris Clairmont



**MARKED SAFE  
FROM THE WOOLLY MAMMOTH  
TODAY**



## DECEMBER

1

NO SCHOOL

8

NO SCHOOL

13

School Board Meeting

14

JH/HS Holiday Concert

15

NO SCHOOL

16

Wood Shop Bazaar

22-1

NO SCHOOL-WINTER BREAK

## JANUARY

5

NO SCHOOL

9

BPA Regionals in Missoula

10

School Board Meeting

11

Financial Aid Night

12

NO SCHOOL

18

Sadie Hawkins Dance in MPR

19

NO SCHOOL

23

CHILD FIND

26

NO SCHOOL

For more school news:

<https://www.ssd3.us/>

For calendar and sports schedule:

<https://www.ssd3.us/events>

Call **822-4851 EX. 110**  
to bypass the directory

Follow us on social media:

 **Superior School District #3**

 **@superiorbobcats**

 **superior bobcats**

**Principal: Angie Gray**

**Superintendent: Logan Labbe**

**GEAR UP liaison: Toni Labbe**

Newsletter: Teal Post

WINTER | 2023/2024



## BRINGING BACK OLD TRADITIONS

Winter brings not only a season of beautiful, frosty landscapes but also an opportunity for renewal and growth within our school. It is with great enthusiasm that I announce the revival of the "S" Club, a tradition deeply rooted in the Superior School legacy.

The "S" Club is more than a club; it's

a commitment to student involvement and service, academics and leadership, and school and community engagement. Students who meet eligibility requirements and are selected for "S" Club will have the chance to give back through meaningful service projects for the community and school. They will serve as student ambassadors, showcasing the exceptional achievements and talents within our school to new students, parents, and the broader community. They will also spend time with our younger learners providing tutoring and being a positive role model.

Cheers to a winter season filled with warmth, growth, and the unwavering spirit of Superior. I look forward to continuing to build upon the legacy and tradition of excellence here in our schools. Here's to a great 2024 and the continuation of a Superior education! Happy Holidays! **-Angie**

### TUESDAY, JANUARY 23

Superior Elementary School

12:00 PM -3:00 PM

WHAT? A community-wide Chid Find Screening.

WHY? To learn about your child's language, hearing, learning and motor development.

WHO? Children age 0-5 years old.

Appointments are preferred, but walk-ins are welcome! Call 406-822-3600 ext. 200 to schedule your appointment.



# REC CLUB (SKI BUS)

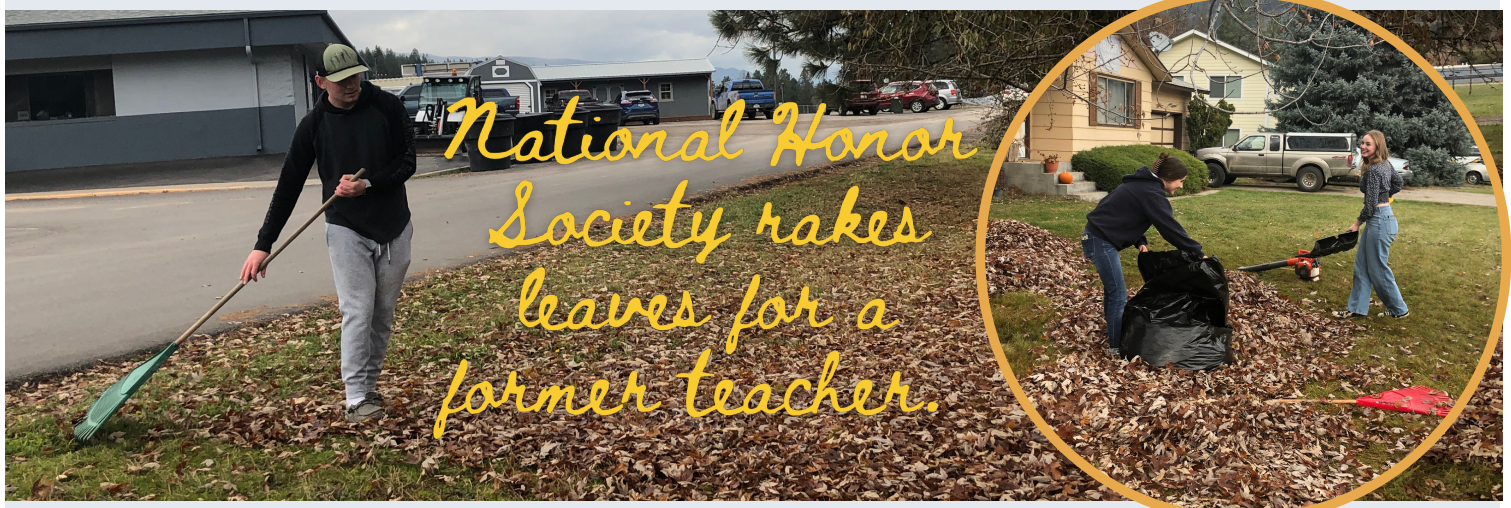
-ADVISOR CARISSA KUHL

New this year, the Mineral County Rec Club is partnering with its junior community members in reactivating the Ski (Bus) Club. Open to students in 5th-12th grades, Ski Club meets once a month during lunchtime in Mr. Qunlivan's room, depending on the monthly activity schedule. So far, this year's club has seven enthusiastic participants and anticipates more members as the winter season approaches and the snow flies! Club members will take an active role in coordinating outings to cross country or downhill skiing and have access to the ski bus that runs to Lookout Ski Pass on scheduled days throughout the ski season. Anyone who is interested in more information or who needs ski equipment can contact Mrs. Kuhl.

In the off-season, the club will explore other recreational activities based upon group member's interests. Students who have an idea or want to see a specific recreational opportunity are encouraged to join the club. All are welcome!



The Ski Club will be participating in the 2024 Recycling Trailer Contest for a chance to win \$10,000! They will submit plans to build a mobile recycling unit by mid December and know as soon as January 1st whether their proposal is accepted. Should they be the lucky recipients of the award money, they will then have a full year to construct their project. This recycling trailer will be available for use countywide with a plan to transport it to the various county events (Mineral County Fair, Railroad Days, River Street Festival) throughout the year and will also be available to reserve. Once the program is up and running, The National Honor Society will partner with the Rec Club to process classroom recycling receptacles weekly. Items that can be collected are paper, plastic, and aluminum. Students will learn about what is recyclable and how to participate in the program through classroom education and signage. Recycled aluminum cans will be traded in for money that will go toward reducing costs for club members who need help with gear and equipment costs.



## HISTORY CLUB-ADVISOR VICKY NYTES

This year's newly-formed history club is preparing for the National History Day event that is held in Bozeman in early April. Students are given the option to complete individual or group research projects covering any topic in history following this year's theme, "Turning Points in History". Students then choose one of five ways of sharing that research with an audience; write a paper, a performance, an exhibition board, a website, or make a documentary. Projects are judged and the top finishers are invited to compete at the National competition held every June in College Park, Maryland.

"The club will have a couple of group meetings as we get ready for the competition but for the most part students are meeting with me one-on-one to begin the research process."

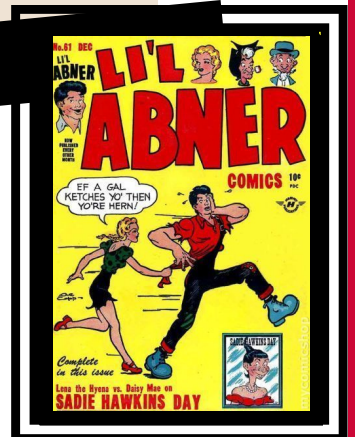
The program allows for junior high and high school students, but as a new project this year, it's only being offered to high school students with the possibility of extending it to junior high students later.

"I am really excited about this opportunity. Montana has not had a consistent National History Day for a while so I'm happy to see it come back to the state and give these students an opportunity to dig deeply into a research idea that interests them."

### Sadie Hawkins Dance

#### Sadie Who?

A little Sadie Hawkins history, for those who don't know, Sadie Hawkins is a character from the Li'l Abner comic strip that ran from 1934 to 1977. Poor Sadie was considered the homeliest girl in the fictional town of Dogpatch. Her father was determined she would not remain living at home with him for the rest of her life, so he declared Sadie Hawkins Day a new event. This event was a foot race where all of the unmarried women chased the eligible bachelors. Any captured bachelors were then sent to the altar with their captor. Sadie Hawkins day became an official celebration the first Saturday in November, and for the duration of the Li'l Abner run, Dogpatch held its annual bachelor race. The popularity of this seeped into the real world and replaced the matrimonial outcome with just a girl-ask-boy dance. A much less pannicky outcome, for sure!



**DID YOU KNOW...**

**Every Friday (now Thursday)**

**students can pay \$1 for the privilege to wear their hat in school.**

**Proceeds go to Student Council and have been used for student dress up days, dances, class parties and other student events.**



# MENTAL HEALTH CHECK-IN

The Student Council will begin providing information regarding the promotion of mental health. They have looked at information regarding mental health concerns from the Montana Youth Risk Behavior Survey and will be looking at literature to promote mental health awareness and resources for students. This is an ongoing development. -Chris Clairmont

## YOUR TEENS HEALTH

-Barb Jasper, school nurse

### TEENS NEED 8-10 HOURS OF SLEEP

#### IMPACTS related to inadequate sleep:

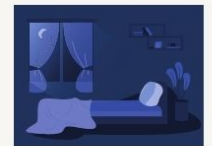
- Mood:** Irritable, frustrated and upset more easily
- Behavior:** More prone to risk taking activities
- Thinking:** Slow reaction time, attention and memory problems
- Academics:** May have poor performance, more tardies & absences
- Athletics:** Slower reaction times
- Driving:** More prone to accidents due to fatigue and slow reactions
- Obesity:** Fatigue can lead to hormone imbalance and weight gain
- Mental Health Problems:** Increase negative emotional responses to stressors and decrease positive emotions.

## TIPS FOR GOOD SLEEP



Keep all screen media out of the room where your teen sleeps.

Create a peaceful space for your teen to sleep in.



Exercise daily; Teens need an hour of exercise a day.

Avoid caffeine and nicotine.



The 2021 Mineral County Youth Risk Behavior Survey reported that 77.5 % of high school respondents reported getting less than eight hours of sleep most nights. The American Academy of Pediatrics called the problem of tired teens a public health epidemic. “What it means is that nobody performs at the level they could perform; whether it’s in school, on the roadways, on the sports field or in terms of physical and emotional health”, states William Dement, MD PhD, founder of the Stanford Sleep Disorders Clinic. “Social and cultural factors, as well as the advent of technology, all have collided with the biology of the adolescent to prevent teens from getting enough sleep.”

What can parents do? Have a conversation with your teens about the impacts and how to modify their schedule, habits and environment to maximize sleep.



# ZENTANGLE

The Junior High students created Zentangle pieces. Not to be confused with a doodle, they're a trademarked process of miniature pieces of unplanned, abstract, black and white art. They're created through a very specific method of a combination of simple, structured patterns called tangles. Simply put, "zen" means calm and "tangle" is a collection of overlapping patterns.



*Kamryn Church*

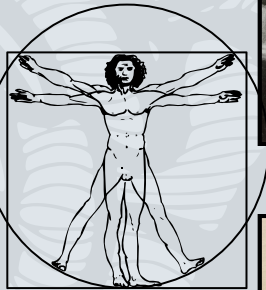


*Luca DiGiando*

# GRAPHITE ARTWORKS AND PORTRAITURE



*Ireland Heinrich*



*Emma Lommen*



*Ireland Heinrich*

Graphite art uses graphite pencils, not colored pencils. An art form used by Leonardo da Vinci, considered the first "famous" graphite artist, this is the method he used to create Vitruvian Man, the famous anatomical drawing.



# JANUARY 11, 2023

## SHS FINANCIAL AID NIGHT

**WHEN: 5 PM**

**WHERE: SHS Multipurpose Room**

**WHO: Parents/Guardian of 12th-grade students planning on attending college and/or post-secondary training**

**WHAT: FAFSA (Free Application for Federal Student Aid) and FSA ID Assistance, Scholarship Information, Reach High Montana Presentation & DINNER**

## WOODSHOP STUDENTS DON ENTREPRENEURIAL HATS

The woodshop students are learning entrepreneurial skills for this December's Craft Bazaar. The students have learned how to source their building materials, create their project and value it based upon time invested and materials used. They will be selling their projects in person, potential buyers unable to attend the December 16th bazaar can contact Mr. Schultz. Here is your sneak peek! →



# IF YOU COULD BE THE STUDENT FOR THE DAY, YOU WOULD...?

**JEFF SCHULTZ**

Shop and World History  
(Superior Lifer)

Play sports like I only had 1 day to play.

**CYNTHIA RANDALLY**

7th-12th Math

Attend all of Mr Quinlivan's science classes.

**KATE DIGIANDO**

Front Office

Ask lots of questions and enjoy the ride!

**CHRIS**

**CLAIRMONT**

7-8 PE/Health, MT  
History, Native  
American History

**BRIDGETT KOVALSKY**

7-12 Special Education  
(Superior Lifer)

I would bring all of my teachers chocolate and coffee every day!

**TONI LABBE**

GEAR UP Liaison

NOPE!!

Be a better student than I was when I was a student.

**JAKE MCELROY**

K-6 PE, 5th RTI Math,  
7th Math

Go to shop class

**VICKY NYTES**

8th US History,  
11th Dual  
Enrollment US History,  
7-8th French

Kinda why I still teach.  
I love school.

**MATT DOUGHTY**

AUTOMOTIVE AND MACHINGING

I would eat all the carbs and then run for as long as I could, enjoying an endless stomach and energy.

**COLIN BISHOP**

U.S. & World History  
and Government

Keep a detailed journal!

**BYRON QUINLAN**

School Counselor

Enroll in Mr. Schultz's welding and fabrication classes. Enroll in Mr. Schultz's Construction/CADD/Woods courses. And, of course, I'd be an aide for Mr. Schultz so I could watch football film.

**BETH KEYSER**

English

I would pay attention to all the things that students love and what they don't love. I would also look at all the vulnerabilities of the safety of the school.

**LOGAN LABBE**

Superintendent  
(Superior Lifer)

That's a no for me bruh.

**DEBBIE MERRILL**

Music

Play basketball!

**ANGIE GRAY**

Principal

Absolutely! I love to learn and our teachers are amazing!

**JESSE DUROVEY**

English Language Arts, American Literature and K-12 Librarian

Realize that the last thing I want to do is be a teenager again.

**CHARLIE CRABB**

P.E.  
(Superior Lifer)

Take my senior privileges

**NATALEE FAUPEL**

JH/HS Math

Wear sweats and shorts and a t-shirt and take woodworking class!

**SAMIJO FIRESTONE**

Life, Earth and Ecology Sciences

Fake sick and go home?! Also I'd love to observe my colleagues teaching styles. I'm intrigued by learning and would love to hear a history lesson or two, attempt to speak French, make some art, take apart an engine, and solve a few math equations.

**CHRISTOPHER QUINLIVAN**

8th Physical Science,  
10th Biology, Chemistry  
and Physics

Enjoy one last football game.

**PEG WHEELER**

RTI Math and Reading

be in Mr Schultz shop class