



# Newsletter

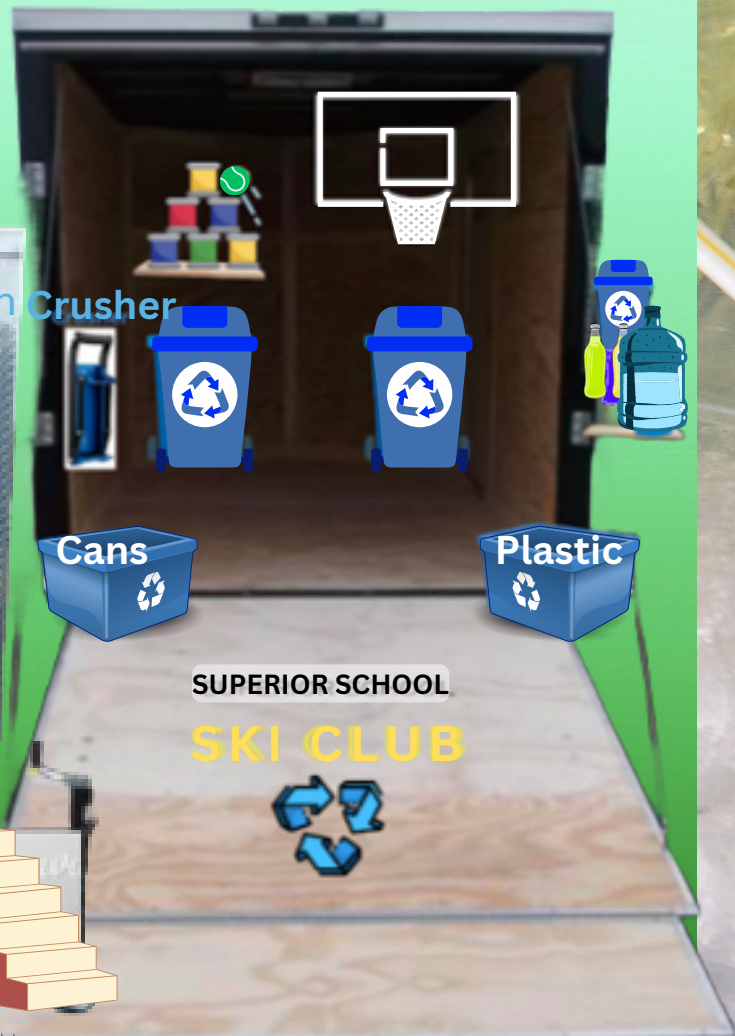
EVERYONE WORKING TOGETHER FOR A SUPERIOR EDUCATION

## SKI CLUB WINS BIG BUCKS!

**12** APPLICANTS **2** WINNERS **12** MONTHS **1** BIG FAT CHECK

Congratulations to the Ski Club for winning the Recycle Montana Contest! The club will now begin sourcing the items needed to build the mobile recycling trailer. Completion will be within twelve months, as stipulated by Recycle Montana.

### CONCEPT DESIGNS



**FEBRUARY**

2

**NO SCHOOL**

2-3

History Club at Helena

8

Blood Drive (MPR)

9

**NO SCHOOL**

14

School Board Meeting

16

**NO SCHOOL**

23

**NO SCHOOL**

29

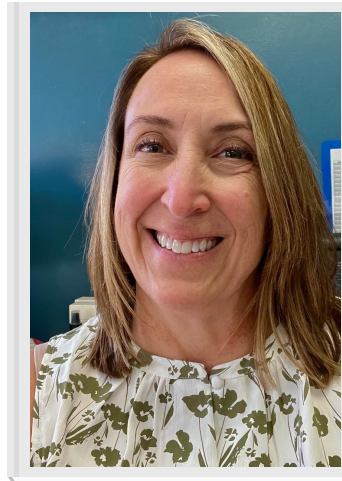
Mineral County Spelling Bee  
(HS Gym)For more school news:  
<https://www.ssd3.us/>For calendar and sports schedule:  
<https://www.ssd3.us/events>  
Call **822-4851 EX. 110**  
to bypass the directory

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

# EMPOWERING STUDENTS THROUGH AI EDUCATION



Dear Parents,

I hope this letter finds you well. As we navigate the ever-evolving landscape of education, it is crucial for us to equip our students with the skills and knowledge needed for the future. One key aspect of this is understanding and utilizing Artificial Intelligence (AI) effectively and with academic integrity.

AI has become an integral part of various industries, influencing how we

live, work, and learn. In the academic realm, it serves as a powerful tool for students to expand their ideas and enhance their learning experience. Through AI, students can access vast amounts of information, engage in interactive learning experiences, and develop critical thinking skills.

Teaching our students how to use AI responsibly is essential for their academic growth. It not only prepares them for the challenges of the future workforce but also instills values such as integrity and ethical use of technology. As your school's principal, I am committed to fostering an environment where our students not only embrace AI but also understand the importance of using it ethically.

Now, I would like to engage you in a thought-provoking question: "Was this article written by AI or AG?" AI, or artificial intelligence, represents the cutting-edge technology shaping our world. AG, on the other hand, stands for Angie Gray, principal of Superior, MT high school and junior high. It's an intriguing way to ponder the intersection of human and machine intelligence.

I encourage you to have conversations with your children about AI, its potential, and the responsibilities that come with its use. Together, we can empower our students to be not just users of technology but thoughtful contributors to the future.

Thank you for your continued support in preparing our students for success.

**-Angie Gray, principal**

**SAVE THE DATE****GRADUATION****MAY 26****1:00-2:00PM**

# NAME that TEACHER

## ANSWERS ON PAGE 7

I was a Potato Farmhand and a River Guide.

I wouldn't have been able to make it to and through college without the help of my high school sweetheart and our high school guidance counselor, Darlene Jasper.

I went to an all girls school, was a Girl Scout and visited the GS headquarters in Switzerland. I participated as a Smokejumper for the Forest Service Jamboree and did a daughter day with my Dad at the Pentagon.

I taught horseback riding and worked in a group home.

I hate wearing pants.

I had an ancestor on the Mayflower.

I've been here Since the dawn of time.

I have nine siblings

I can walk, turn, sit, stand, etc with a text-book on my head for any amount of time (the whole day if I wanted). HaHa. And I was a US Navy Cryptologic Linguist!

I'm a huge nerd and love playing tabletop games like Dungeons & Dragons.

I am a fishing guide in the summer!

I'm older than a Dairy Queen Blizzard, can still twirl a baton and am married to my high school sweetheart.

I was a Detachment Sergeant and Training NCO in the Army.

I spend my summers riding horses, but I like riding motorcycles more.

In the 6th grade, I was a paperboy and delivered 102 papers every day.

**STUDENTS OF THE MONTH**

**OCTOBER: Enthusiasm**



Kamryn Church, 7th and Henry Hanson, 9th

**NOVEMBER: Kindness**

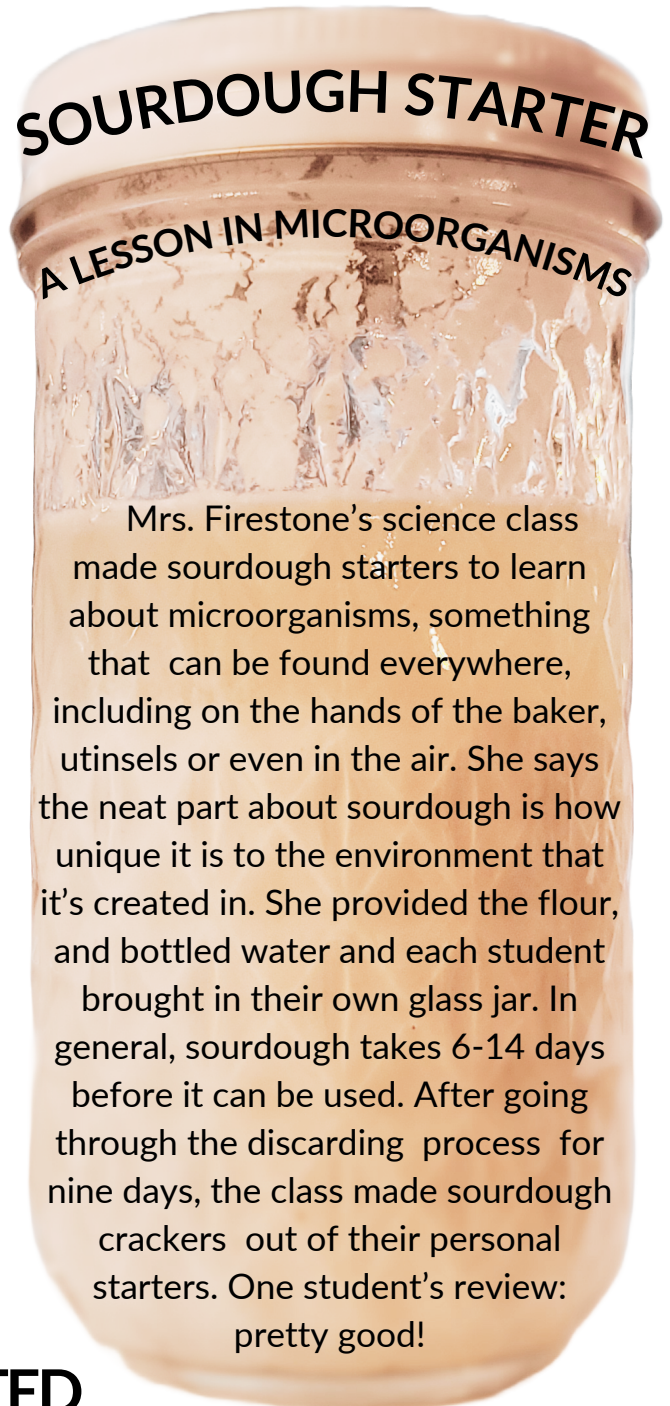


Wyatt Doughty, 8th and Riley Tweed, 10th

**DECEMBER: Determination**



Connor Jordan, 8th and Conner Eatwell, 9th

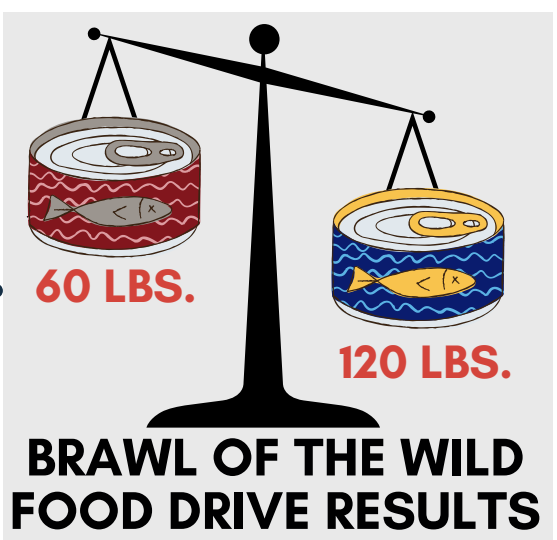


Mrs. Firestone's science class made sourdough starters to learn about microorganisms, something that can be found everywhere, including on the hands of the baker, utensils or even in the air. She says the neat part about sourdough is how unique it is to the environment that it's created in. She provided the flour, and bottled water and each student brought in their own glass jar. In general, sourdough takes 6-14 days before it can be used. After going through the discarding process for nine days, the class made sourdough crackers out of their personal starters. One student's review: pretty good!

**CLOTHING DONATIONS WANTED**



We are beginning a collection of clothing to have on hand for the junior high and high school students and seeking donations. We request you donate clothing in good condition and laundered. Donations can be dropped off in the front office.



# What TEENS Can Do Now To Prevent Heart Disease Later

# 5 TIPS

-Barb Jasper, school nurse

## EXERCISE REGULARLY

Teens should aim for at least sixty minutes of moderate to vigorous exercise each day. This is great for your heart and builds muscle mass and bone strength.

## DON'T USE NICOTINE

Smoking, vaping, chewing or nicotine pouches are all bad for your health. Nicotine increases blood pressure and heart rate, narrows arteries and blood vessels, and eventually contributes to hardening in your arteries, which can cause heart disease, heart attack, or stroke. Nicotine stays in your body for up to eight hours after ingesting and is extremely addictive.

## EAT A HEALTHY DIET

Focus on lean proteins, whole grains, fresh fruit and vegetables, and healthy fats and dairy. Limit intake of food with a high level of sugar, salt, processed and fast foods. High sugar foods increase obesity risk, raise blood pressure and contribute to inflammation. Salty foods cause fluid retention, high blood pressure and contribute to arterial stiffness.

## PRIORITIZE SLEEP

Quality of sleep helps regulate blood pressure and supports cardiovascular functioning. Teenagers require eight to ten hours each night.

## MANAGE STRESS

Stress leads to the release of cortisol in your body. Studies suggest that the high levels of cortisol can increase blood cholesterol, triglycerides, blood sugar, and blood pressure; all common risk factors for heart disease. Encourage teens to manage stress by engaging in enjoyable activities, having regular social interactions with peers and seeking support when they feel overwhelmed.



*Want FREE  
feminine hygiene  
products,  
delivered to your  
home?*

*SCAN CODE:*



*Contact Carissa Kuhl at [ckuhl@ssd3.us](mailto:ckuhl@ssd3.us)  
with questions or for help with ordering.*

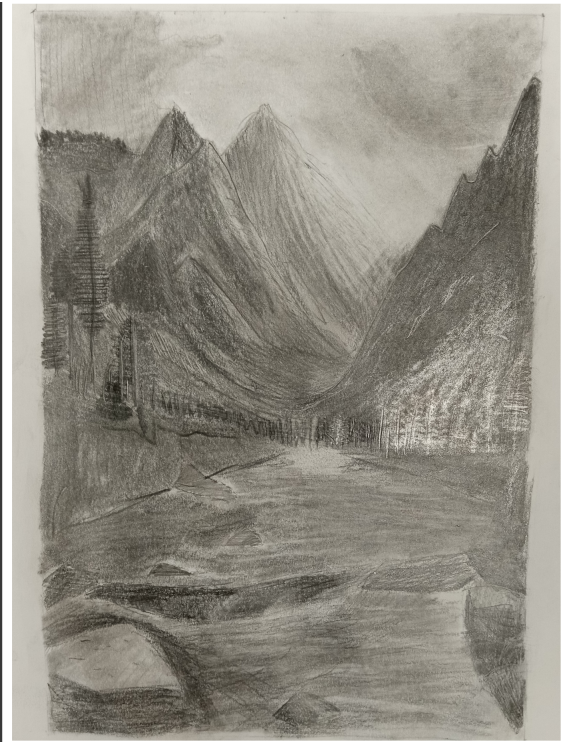
## FROZEN FOOT CHALLENGE

Hosted by BPA, Lane DiGiando organized last December's Frozen Foot Challenge. Open to all junior high and high school students, participants had 30 minutes to complete as many laps around the track as they could. For each lap completed, the students received a "Get Out of School" card. These cards allowed students to get out five minutes early for lunch when presented to Mrs. Gray. There was a \$5 entry fee with all proceeds going to Montana Special Olympics. In total, \$80 were raised which the Superior BPA Chapter matched, bringing the total to \$160. Zaimon Firestone and Nicholas Cooper received the most cards, each completing 11 laps.



Emma Lommen

STUDENT ART



Luca DiGiando



Ireland Heinrich



Lane DiGiando

# Little Caesars FUNDRAISER

Help support the Pep Club! Pizza kit orders are being accepted through February 15, delivery is the week of March 4th, specific date tbd. Proceeds will go toward the purchase of spirit gear for the games and a reusable run through banner. Order through a pep club member or scan the QR code.



You can also order online at [pizzakit.com](http://pizzakit.com) > Products > Shop > Support A Seller You Know > Fundraiser ID 436476



## DRAMA CLUB -ADVISORS JESSE & TAMARA DUROVEY

The Drama Club has expanded this year to include all of the junior high and high school students with assignments ranging from back stage stagecraft to front stage limelight. The club hopes to renovate the stage and bring it up to date with new walls and a new layout. This years performance is *Circus Olympus*, and full of many acting opportunities for all talents.

Club officers:

President-Caelen Pittsley

VP-Gage Horn

Treasurer-Olivia Grueter

Lead Stage Hand-Trina Azure

Asst. Stage Hand-Lane DiGiando

"The circus has come to town! Well... sort of. There's no elephant on a bicycle but there are the Greek Geeks and have they got a story or two to tell. More specifically, a myth or two: Pandora's Box, Persephone and the Underworld, King Midas, Athena and Arachne, and don't forget the Mythapalooza Slam Jam!" -*Theatrefolk.com*



**1** Mr. Durovey

**2** Mr. Clairmont

**3** Mrs. Keyser

**4** Mr. Schultz

**5** Mr. Quinlivan

**6** Ms. Reich

**7** Mrs. Randall

**8** Mr. Quinlan

**9** Mr. Crabb

**10** Mr. McElroy

**11** Mr. Bishop

**12** Mrs. Merrill

**13** Mrs. Gray

**14** Mrs. Wheeler

**15** Mr. Doughty