# SGPRRIGN TH/HS 

EVERYONE WORKING TOGETHERFOR SUPERIOR EDUCATION


3
Jr. Class Field Trip to UM
4-5
Jr GEAR UP Butte/Helena Trip
5
NO SCHOOL
5-6
History Club @ Bozeman
10
Blacksmith Workshop
10
School Board Meeting
12
NO SCHOOL
17
Community Engagement Night
17-18
Science on Wheels
19-20
HS District Music Festival

## 19

NO SCHOOL
24
Administrative Professional Day
26
NO SCHOOL
https://www.ssd3.us/
For calendar and sports schedule: https://www.ssd3.us/events

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Principal: Angie Gray Superintendent: Logan Labbe
GEAR UP liaison: Toni Labbe Newsletter: Teal Post

## SUPERIOR STUDENTS IN GOOD STANDING (SIGS) RECOGNIZED AT SCHOOL



It's that time of the year again when we recognize the outstanding efforts of our students who consistently go above and beyond. This tradition of acknowledging our Superior Students in Good Standing (SIGS) has always been a highlight, and this year, we've raised the bar just a bit
higher.
As "the new" Principal, I've never had the opportunity to participate in this fun event before, and let me tell you, seeing the smiles on our students' faces was truly heartwarming.

Our revised SIGS criteria reflect our commitment to recognizing those who not only excel academically but also demonstrate exceptional behavior and attendance. To be a SIG, students must maintain a 2.5 grade point average with no Ds or Fs, have three or fewer tardies, five or fewer absences, and receive two or fewer "minor" office referrals, with no "major" referrals.

When students were called to the office, some worried they were in trouble, but their expressions quickly changed to sheer joy when they found out they were SIGS. Their smiles were huge, and it was a moment of celebration for both them and me.

Now that the SIGS have been announced, everyone is eager to know what's next. Well, let me share some exciting news! We have a lineup of events planned for this 4th quarter to celebrate our SIGS in style.

We are hosting one on-campus fun event including game days and kickball games. Additionally, we will have one off-campus event such as a movie outing in Missoula or bowling.

But wait, there's more! We'll also have smaller pop-up events throughout the quarter, like hot chocolate breaks, dessert with lunch, ice cream bars, and impromptu dodgeball tournaments. Going forward, we plan to schedule celebrations each semester to celebrate the SIGS.

It's all about celebrating our students' achievements and creating memorable experiences for them. Congratulations once again to all our SIGS, and let the fun begin!


2021 Elk Calling Class
In previous years, our Junior and Senior High Schools put on a few Life Skills Days for the students. The Life Skills Days were designed to pique student interest in areas outside the normal academic study areas like science, math, and reading and point them toward everyday skills and disciplines. In 2018, I decided to introduce and teach a Beginner's Elk Calling class. Within the class, we taught our students about basic elk anatomy, habitat, and calling techniques. The class is designed to encourage students to learn more about elk with an emphasis on elk calling and to promote conservation. Our school purchases diaphragm calls and has a few bugle tubes. Since the pandemic, we stopped having the Life Skills days, so I decided to incorporate the lesson into my Animal Behaviors curriculum. This usually falls in around late March or early April.

A few years back, Corey Jacobsen (11-time world elk calling champion) permitted me to use resources from the Elk101 online course and gave us a steep discount on elk calls. These videos on elk-calling basics were very helpful for this class. Each of the 30-40 students receives a diaphragm call for the class. We cover many different cow elk vocalizations from mews, chirps, and estrous calls. For the students that are getting a handle on it, we get out the bugle tube and practice various bugles from location calls, and challenge bugles, to barks and chuckles. I believe the students enjoy this very much and come into the class anticipating the sounds of fall.
-Chris Quinlivan

## SCIENCE OLYMPIAD



Each year I have a series of dissections for the sophomore Biology class. We work upward in complexity from invertebrates to vertebrates. Students have already dissected an earthworm and a squid and by the time this newsletter is produced, frogs and snakes will be completed. The culminating dissection is a fetal pig. The overarching reaction that I get when students learn that we are opening up an animal is "EW!" The smell can sometimes be a little overbearing, but the opportunity for students to learn about the complexities of living things can truly be appreciated when you get out a scalpel and dissection pan. I allow students to work in groups of two or three so that if any students do not want to touch the animal then they have help from their partners. It is amazing how many students go into the dissection with the thought that they are going to pass out, to be very excited for the opportunity to get in elbow deep for the next organism.

## -Chris Quinlivan




On MSU Billings campus, testing and presenting


Gaming together in their down time


Our two voting delegates


State Officer!

## NEXT UP:THE WINDY CITY STATE OFFICER DIGIANDO

-Michael Cooper
What a successful week and what an AMAZING group of kids we have at Superior HS!

I don't know what I am more proud of, the fact that we kicked-butt in our competitive events, that we now have a State Officer (more on that soon) from Superior, or that our kids are absolutely among the best behaved and most professional kids here. Kudos and a huge thanks to all of you (PreK thru 12) for making them who they are and how they represent!! GO BOBCATS!

Now to the details. The big news is that our very own Lane DiGiando has been elected to the BPA State Officer team. She was one of 15 candidates to fill only six positions. And she did it. Congratulations to her and amazing support staff.

We have seven of the 11 kids who contributed to Mr Cooper's migraines (er, I mean qualify for Nationals in Chicago).

- Olivia Greuter: 2nd in Medical Coding
- Abby Wheeler: 4th Spreadsheets and 5th in Integrated Office Systems
- Caelen Pittsley: 1st in Advanced Word and 3rd in Legal Office
- Eddye Betts: 4th in Fundamental Word
- Gage Horn: 5th Intermediate Word
- Lane DiGiando: 4th in Business Law and Ethics
- Brydon Drey: 2nd Basic Office Systems

Also congratulations to Perri, Janet, Cami and Trina for all their hard work and efforts leading up to this week.

Nationals will be in Chicago from May 9-14.

Out of six State Officers for Montana BPA, Lane DiGiando was elected Communications Director. She has a list of duties including monthly newsletters, coordinating with other chapters and CTSO, etc.

She (and her fellow officers) were elected after a day of campaigning and rallying at the recent SLC. Each chapter in the state nominates two voting delegates from their chapter that cast the actual ballots for the election.

The officers will represent Montana at the upcoming NLC in Chicago. I am not sure what that means or what their duties are there. But she can say she is going to Chicago as an elected official from Montana. Other positions include president, vice president, secretary, membership director and public relations director.

## BPA FUNDRAISER <br> WIN A CORD OF WOOD SPLIT AND DEMVERED

\$5 PER TICKET
5 TICKETS FOR \$20
DRAWING
MAY 9

ONE CORD FIRL. 50
SPLIT AND DELIVERED

...committee has scheduled a community event that will coincide with the Science on Wheels parent night on April 17th. We are planning a Superior Showcase to show off the cool things that students are doing in clubs and extracurricular activities and answer questions. Activities we are considering are:

- Maker Space
- Science Club
- STUCO
- National Honors Society
- BPA student and projects
- Pep Club
- Drama Club
- History Club - View the projects presented in Helena

We also plan to have some break out sessions to Empower Parents...

- Digital Literacy - (Al info, google classroom, etc...)
- Digital safety - keeping kids safe and what to look for
- Tobacco/drug safety and info
- Driver's Ed
- Mental Health resources

These are just a few ideas we're starting with. As the date gets closer, we will have a better idea about what will be presented.

## SCIENCE ON WHEELS

Science on Wheels, formerly known as Making Across America, will return for two days of, well, science! Hosted by spectrUM, this program will provide a number of interactive exhibits. Students will embark upon their science exploration during the day and the community is invited to participate in the evening.


QUESTIONS


4- $A \subset B C D$

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A B C D
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6- (A) $B C D$


If your child's birthday is on or before December 2, 2009, email Mrs. Hanson at dhanson@ssd3.us by April 22. Include their name, birthdate and what school they attend. You will receive a response with details regarding the mandatory parent meeting. You must be signed up in order to attend. If you do not hear from Mrs. Hanson WITHIN 24 HOURS, call the school at 822-3600 ext. 200

R Lexsee
Launched in early February, the new Lexsee app provides Superior students access to a learning tool that breaks down barriers to learning. Reading is key to good grades and achieving many life goals, but dyslexic students (or any student learning new words) sometimes need a personal reading helper. Created by Mrs. Keyser's brother, the Lexsee Chrome browser extension aims to help students boost their comprehension, expand their vocabulary, and pronounce new words. It's free, safe, private, and is available to all students who have Chromebooks or any Google Chrome browser.


10th Grade PreACT APRIL 11
8th Grade Preact

G. Horn, P. Jasper, G \& H. Hanson

N. Cooper, Z. Firestone, L. DiGiando, L. Jasper

O. Greuter, A. Wheeler, A. Dodd In preparation for the 2024 MCTM math competition, our mathletes worked through sets of challenging math problems during their lunches and after school four times a week for the past few months. On February 27, the team went to the University of Montana campus to compete in the regional competition, where they competed against students from neighboring schools. The students each took a few math tests to compete as individuals with other grade members, and then collaborated on a team test against other teams. Everyone had a great time, and they are already making plans to prepare for next year's competition!
 I will be taking the choir and band Missoula for the high school district music festival. The choir will sing Go Down Moses with one other unselected piece. The band will play Whispers of Hope (a slow lyrical piece) and a rousing march called Peace Jubilee.

We play and sing our pieces for judges and they give us a score on our performance. If we do well enough, we could come home with a trophy. It is a very formal and official MHSA sponsored event and is the "ACT test" for music educators. Superior has a massive band program and will be taking around 60 students. We usually take a side trip to the mall for ice cream between performances.


2022 Choir: judges working with the singers to offer pointers and suggestions to strengthen their skill.

## PeriMicah lane STUDENT COUNCIL LEADERSHIP <br> COUNCIL NEWS Chris Clairmont



The student council is gearing up for officer elections in April. Students who intend to run for the offices of president, vice president, and secretary/treasurer will start their campaigns at the beginning of April,
culminating with officer speeches and voting in early May.

Some long-term projects that the student council is still hoping to tackle are updating the graduating class photos in the hallways, add new trophy cases and create a new display for the Superior Scholarships which will replace the board that was taken down in the gym. The council is also working on figuring out a way to display the foreign exchange students who have attended Superior in the past. <br> \title{
TEEN HEALTH <br> \title{
TEEN HEALTH <br> NATIONAL STRESS AWARENESS MONTH <br> -Barb Jasper <br> <br> AWARENESS MONTH <br> <br> AWARENESS MONTH <br> -Carissa Kuhl \& Byron Quinlan
}

Teens and adults both feel stress regularly. Short term, limited stress can motivate you to prepare or focus for an upcoming event or goal. On the flip side, chronic, long term unhealthy amounts of stress can lead to feelings of fear, anxiety and even anger. It can be triggered by pressure to achieve in school or at work, peer relations, family changes, economic hardship, body changes, lack of support, health conditions and so much more.

## WHAT CAN WE DO TO REDUCE STRESS?

Talk about it:
Try to identify what is causing your stress and plug it into a sentence; "I feel $\qquad$ when $\qquad$ ." You can say this in your head, write it in a journal, or share the statement with a trusted friend or mentor.
Connect with a friend in person: Communicating face to face with someone that supports and encourages you has been shown to relieve stress significantly more than digital communication.
Lean on a furry friend: Pets may help reduce your reaction to stress. Emotional pain is not something you have to hide. there is truth in your pain, and there can be a growth in your pain, but only if it's first brought out in the open.
What can you do?
Talk about your feelings with someone you trust, and explore other coping tools to manage your stress.
Don't wait. Reach out to Mr. Quinlivan or Mrs. Kuhl
CHECK OUT THESE SUPPORTIVE APPS AND SITES


What's Up



WWW.RBHI.ORG



Get out of the house: Take a walk in nature. Focus on the sights and sounds of the outdoors.
Explore mindfulness: Guided meditation helps focus your attention on the current moment and relieves the stress of a busy day.
Plan and Conquer: Make a list of upcoming events and assignments. A visual plan helps with organization and prioritization. It feels good when you can cross items off the list and see your progress!
Sleep: Getting eight hours of sleep a night decreases circulating stress hormones, increases focus and provides energy to help you work through busy days.
Exercise every day: Any level of exercise helps. Dance to your favorite music, hit a trail, go to the skate park or hit the slopes. When stress levels remain high for extended periods, depression, anxiety, aggression, impulsivity, emotional detachment or even self-destructive behaviors may occur.

## WHAT DO YOU DO IF SOMEONE YOU LOVE IS STRUGGLING?

Talk with them. Show extra love and support. Let them know you care and want to hear what they are going through.

Refer them to a mental health care provider or their regular health care provider for an assessment. If you're concerned about a student; contact your school counselor for a screening and referrals if needed. If you or someone you know is in crisis call 988 to be connected to the National Suicide Prevention Lifeline or 911 if a person is in immediate danger.


Eddye Betts


Curran Savage


Owen Doyle


Memphis Vulles


Addison Martin


Sydnie Smalley

## COLOR MIXING

These are complementary color scheme paintings.

Orange vs. Blue

Our Superior students used this artwork titled "Calf" by Theresa Paden to inspire their color mixing process and learn how artists "build" works.

We tried our best to produce accurate and proportional layouts on canvas with pencil as a guide.

We experimented with painting brushes and application to produce directional effects.

We think although we were using Paden's artwork as a guide, that our artworks individually look super interesting and shows the variety that is possible.
-Sara Forsythe

Copy of the US Constitution, a Superior "Lifer", and a French-English dictionary. That way you have the knowledge of our government, someone who knows the local history, and knowledge of another language.
-MRS. NYTES
Defibrillator, to help save lives; books, to preserve our culture; paper and pencils to record our situation and to teach the young. -MRS. KEYSER

Hatchet, My family, and matches. MR. SCHULTZ

Shop or Kitchen Weapons, Bobcat Bus, Charlie Crabb -MRS. FAUPEL

All we would need is Charlie Crabb to keep us safe. -MRS. LABBE

Obviously, I would grab my three kids to keep them safe. -MR. DUROVEY

Mr. Crabb, Raid the shop for sharp objects, The Crows Nest... -MR. QUINLIVAN

Charlie Crabb, he speaks zombie. The school mascot outfit, the zombie's wouldn't know what I was. And, I'd probably steal one of Mr. Doughty's go-karts. -MR. QUINLAN

One of Mr. Labbe's ties, they're so ugly they would be a great repellant. A base ball bat. Walking Dead Style. -MR. CRABB

Food, food, and more food b/c the sophomore class will be ahead of us and the only one that will survive is Perri Jasper. -MRS. FORSYTHE

Computers/laptops; staff and students -- move to safety; tech. can be helpful/useful -MRS. REICH

I would try to get home to Missoula to care for my children and grandchild. -MRS. RANDALL

Skittle Jar: Bribe Zombies. Yardstick: To maintain discipline. Past Yearbooks: Strength of nostalgia -MR. BISHOP


Mr. Crabb for lifting heavy things. Mrs. Bauer because she can make food anywhere I'm pretty sure and the mascot suit so I would appear to be an animal and the zombies would pass me up. -MR. LABBE

