



## The Bathroom Sensation That's Sweeping the Nation

Did you all enjoy your break? Try not to spend too long in the restroom – finals are coming up soon, so it's best to pay attention and learn all you can so you don't have to cram right before you're tests. Here's a bite-sized preview for this week with some extra-special writing to boot!

### Sports are extremely beneficial for student athletes.

Though some might think that all student athletes are like the jocks they see in TV shows or movies – all muscles and no brains – that's actually far from the truth. Yes, some athletes do turn out that way, but sports have quite a few benefits outside of the obvious physical ones.

- Sports utilize skills like memorization, repetition, and goal-setting that improves their performance on homework and classwork.
- Most sports also take advantage of a team structure to teach athletes the benefits of leadership, team building, as well as communication – especially for communicating their limits or needs, which can be used in every-day life with our interpersonal relationships.
- Sports also boost personal self-esteem. Especially for hard-working athletes, the effort they put into achieving their personal goals will always pay off.
- The effort that athletes put into their sports also reduces stress over work and personal matters. Teams have built-in support systems and athletes can lean on each other or their coaches when things get hard.

### Self Esteem and Grades – Why are both so important?

In our every-day school lives, we get rewards when our grades are high, and reprimands and punishments when they're less than stellar. A study conducted at Michigan University in 2002 concluded that around 80% of students based their self-esteem on their grades. This startling number, while severely outdated, exposes a serious problem within schooling systems as a whole.

Many of you reading this can relate. When you get a low grade, your thoughts are normally something along the lines of "I'm stupid" or "I'm useless", which can be potentially dangerous – why should a number determine the worth of your entire life?

So when you feel stupid because of a low grade, remind yourself of something: you are not going to be good at something immediately. Sometimes, it'll take some time to understand difficult subjects. Your teachers can help you if you need it – for English or math related issues, the Help Center and the Writing Center can always help if you need it.

### Upcoming Events

Monday 11/27	Tuesday 11/28	Wednesday 11/29	Thursday 11/30	Friday 12/1	Saturday 12/2
Lunch LinkUp @ Room 212 (Both lunches)	Girl's Swim and Dive v Doherty High @ Home (4pm)		Girl's & Boy's Varsity Basketball v Garden City Kansas @ Home (6pm)	Boy's JV & C-Team Basketball v Palmer Ridge @ Palmer Ridge (4pm) Girl's & Boy's Varsity Basketball v Palmer Ridge @ Home (6pm) ThesCon Individual Preview Event (6:30pm)	Girl's & Boy's Varsity Wrestling v Arapahoe @ Arapahoe High (9am) Boy's JV Wrestling v Pueblo West @ Pueblo West High (9am) Girl's Swim and Dive v Woodland Park @ Home (1pm) Girl's Varsity Basketball v Fairview @ Home (3pm) Boy's Varsity Basketball v Lakewood @ Home (5pm)