



## The Bathroom Sensation That's Sweeping the Nation

We're slowly approaching warmer weather, even if its only Colorado warm. This is the last week in Quarter 3, we should prepare to work hard until the end of the school year.

### Accessorize! Have Fun!

Sometimes, the things we have are way too boring; outfits, backpacks, purses, doors, walls, even windows...it's so much more fun to have fun with things! Here's a few ways to do that!

- Use keychains! While they're mainly for keys, you can also attach them to your backpack, your purse, your bag, even your coat!
- Pins from your favorite game, TV show, movie, etc. can be pinned anywhere as long there's a piece of fabric. I'd recommend putting it somewhere you can keep an eye on it and somewhere that's low impact or isn't messed around with much.
- If you know how to sew, you can add little patches and designs to your clothing and belongings. Like adding little flourishes to articles of clothing that are too plain.
- For your room, if you have access to a printer, you can print out photos of things you like and tape them up around your room! The public library, Staples, or Office Depot offer services where you can use a printer, but you may have to pay.

### Why You Should Accessorize

Life is boring and way too long for us to go through it without any fun, frankly. Whether it's just adding keychains to your bag, or a fun belt to an outfit, there's a lot of things a person can do to spice things up, but what's important is WHY we could be doing these things.

With accessories, you can express yourself easier – what you like, what your favorite color is, and so on. Self expression helps you develop self confidence, which lets you understand your own feelings and becoming comfortable with yourself. Especially when putting together accessories for outfits, you should aim for something you like rather than what others like. You'll always kill it!

Decorating your room can relieve stress, and it also makes it yours, a space you have control over, which is important to us as teenagers. It can also make you more confident and comfortable in social situations.

Being too bored can also lead to behavioral issues and mental health issues, so it's nice to have something fun and interesting around you, either at school or home.

### Upcoming Events

Monday 3/11	Tuesday 3/12	Wednesday 3/13	Thursday 3/14	Friday 3/15	Saturday 3/16
Outdoor Expeditionary Science to Moab, UT Vision & Hearing Screening (9:40am) Lunch LinkUP @ Room 212 (11am) SAC Meeting @ HELP Center (5:30pm) Board of Education Town Hall @ Media Center (6pm) PTA Meeting @ HELP Center (6:30pm) Boys JV & Varsity Volleyball v Sand Creek @ Home (4pm) Girls JV & Varsity Tennis v Lewis Palmer @ Lewis Palmer (4pm)	Vision & Hearing Screening (8am) Choir Concert @ Auditorium (7pm) Varsity Baseball v Liberty @ Liberty Girls JV & Varsity Tennis v Pueblo County @ Home (4pm)	End of Quarter 3 Audiologist Screening (8am) Vision & Hearing Screening (8am) Girls JV Soccer v Colorado Springs Christian @ UCCS (4pm) Boys JV & Varsity Volleyball v Doherty @ Home (4pm)	Teacher Work Day Girls JV & Varsity Soccer v Pueblo Centennial @ Home (5pm) Boys Swim & Dive Tri @ Woodland Park Aquatic Center (5pm)	District Development Day (No Students) Girls C-Team Soccer v Harrison @ Harrison (4pm) Boys JV & Varsity Volleyball v Cheyenne Mountain @ Home (4pm)	Girls Varsity Soccer v Sand Creek @ Home (10am)