



The Bathroom Sensation That's Sweeping the Nation

Happy Quarter 4, everybody! Just 9 weeks left until the school year ends, and only 7 1/2 weeks for seniors until graduation (including spring break)! Next week is the start of spring break, so let's start off strong so we can finish strong!

Don't Give Up Yet! You're Almost There!

With the start of 4th Quarter, you might find yourself running out of energy. Make sure to take care of yourself during Spring Break, but don't give up! Once you stop, it'll be even harder to start again.

- Don't bite off more than you can chew. Do what you think will be the most manageable. Don't take on extra assignments or leave extra work for yourself if you know you won't be able to handle it.
- Ask for help. At this point in the school year, you should have developed the skills for self-advocation, and there's no shame in needing extra help. Especially in ELA and math, since those two are the skills tested by the PSAT and SAT.
- Don't stress about tests. Study for what you can, and review what you miss. Don't beat yourself up over low grades and don't overwhelm yourself with stress so close to the end. You'll do better than you think!
- Get some good sleep! Don't stay up late if you can control it. Getting good rest helps you do well as school and make it through the school day.

Tips For Big Tests (So You Don't Have to Stress!)

The biggest thing is that cramming does very little to help you. Cramming has been shown to increase stress, and it does little to prime your memory for that big test. Especially when you cram late into the night, when you could be sleeping. Getting a good night's sleep does more for your memory than cramming does!

Eat a good breakfast or lunch before your test, too. Make sure you have enough fuel, so your brain doesn't have to take shortcuts to conserve energy!

When you're taking the test, make sure to read all the instructions carefully. A lot of tests try to trick you by using strange language or using double negatives, so make sure you know what the question is asking before you answer – especially if there are two different right answers depending on if you fully read the question.

Answer the questions you know for sure, first. Sometimes if you don't know something, there's a question later in the test that answers what you need to know, so reading ahead is always helpful.

Upcoming Events

Monday 3/18	Tuesday 3/19	Wednesday 3/20	Thursday 3/21	Friday 3/22	Saturday 3/23
First day of Quarter 4! Cougars Care Clothing Exchange (7:30am) Lunch LinkUP @ Room 212 (both lunches) Varsity Baseball v Vista Ridge @ Vista Ridge (4pm) Girls C-team Soccer v Vista Ridge @ Vista Ridge (4:30pm) Boys JV & Varsity Volleyball v Mesa Ridge @ Mesa Ridge (4:30pm)	Calendar Meeting (11:40am) Girls JV Tennis v Palmer Ridge @ Palmer Ridge (3:45pm) Varsity Baseball v Discovery Canyon @ Discovery Canyon (4pm) Boys Swim & Dive v Discovery Canyon @ Liberty (4pm) Girls Varsity Tennis v Palmer Ridge @ Home (4pm) Girls JV & Varsity Soccer v Woodland Park @ Home	Varsity Track & Field Panther Invite @ Harrison (10am) Girls C-Team Soccer v Cheyenne Mountain @ Holmes (3:30pm) Girls JV & Varsity Soccer v Pueblo Centennial @ Home (5pm) Boys JV & Varsity Volleyball v James Irwin Charter @ James Irwin Charter (5pm) Robotics States @ Denver University (4pm)	Robotics States @ Denver University	Robotics States @ Denver University Boys JV & Varsity Volleyball v Sand Creek @ Sand Creek (4:30pm)	Robotics States @ Denver University Varsity Track & Field Invitational @ Dutch Clark Stadium (10am)