

February 2017



INSIDE...

BENZIE CENTRAL SENIOR HIGH SCHOOL SCHOOL NEWS

MATT OLSON
LARRY HAUGHN
EMILY BURRUS
BARBARA POWELL
JOHN JUDGE

SUPERINTENDENT
PRINCIPAL
GUIDANCE COUNSELOR
GUIDANCE COUNSELOR
STUDENT SERVICES/ATHLETIC DIRECTOR

882-9653 EXT.2202
882-4497 EXT.2207
882-4497 EXT.2213
882-4497 EXT.2224
882.4497 EXT.2210

Calendar of Events

- February 2 10th graders visit CTC
- February 8 COUNT DAY
- February 11 Snow-coming
- February 17 Half Day Students/Full day Teachers
- February 20 President's Day—NO SCHOOL
- February 24 NHS Blood Drive Auditorium



Counselor's Corner: Mrs. Burrus & Ms. Powell

- ◆ Jr's & Sr's: Essay contest opportunity to win \$ find the details at <http://tceconclub.com/traverse-city-econ-club-essay-contest>. Essay's are due March 15.
- ◆ Attention current 10th and 11th grade students: The Electric Cooperative Youth Tour is an all expense paid leadership travel opportunity for students to visit 20 different memorials, museums and monuments in the greater Washington D.C area. To be eligible, students must live in a residence that receives electric service from the Cherryland Electric Cooperative. Eligible students can apply at www.cooperativemyouthtour.com. Applications are due February 28 but consist of several components.... so start early! Information cards are available in the counseling office and Civics (Mr. Kubit and Mrs. Balazovic) classrooms.
- ◆ Attention students: Summer program information is available for Penn Engineering and Michigan Tech youth summer programs. You can visit their websites at: ESAP.SEAS.UPENN.edu and syp.mtu.edu; You can also obtain more information in the counseling office.

The Michigan Merit Exam takes place April 11-13. Please follow this attendance schedule during these dates. If a student comes to school on an incorrect date, he or she will wait in the office for a ride home. Attendance on these testing dates is extremely important and opportunities for "make up" testing will be limited.

Tuesday, April 11:

11th grade: SAT test, full school day
10th grade: PSAT 10 test, full school day
9th and 12th grade: no school

Wednesday, April 12

11th grade: ACT Work Keys test, full school day
9th grade: PSAT 9 test, full school day
10th and 12th grade: no school

Thursday, April 13

11th grade: M-STEP tests, full school day
9th, 10th and 12th grades: full school day, regularly scheduled classes



MOVIE: Screenagers at the Garden Theatre in Frankfort:
This film will be shown at the theater in Frankfort on 2-12
at 2PM. The hyperlink is for the trailer. <https://www.youtube.com/watch?v=LQx2X0BXgZg>

5 Ideas for Better Sleep

Most teens need 8 to 10 hours of sleep each night. But many teens have trouble sleeping. Lack of sleep can affect everything from our emotions to how well we focus on tasks like driving. It can affect sports performance, increase our chances of getting sick, and may be linked to weight gain in some people.

How can we get the sleep we need? Here are some ideas:

1. **Be active during the day.** You've probably noticed how much running around little kids do — and how soundly they sleep. Take a tip from a toddler and get at least 60 minutes of exercise a day. Physical activity can decrease stress and help people feel more relaxed. Just don't work out too close to bedtime because exercise can wake you up before it slows you down.
2. **Avoid alcohol and drugs.** Lots of people think that alcohol or drugs will make them relaxed and drowsy, but that's not the case. Drugs and alcohol disrupt sleep, increasing a person's chance of waking up in the middle of the night.
3. **Say goodnight to electronics.** Experts recommend using the bedroom for sleep only. If you can't make your bedroom a tech-free zone, at least shut everything down an hour or more before lights out. Nothing says, "Wake up, something's going on!" like the buzz of a text or the ping of an IM.
4. **Keep a sleep routine.** Going to bed at the same time every night helps the body expect sleep. Creating a set bedtime routine can enhance this relaxation effect. So unwind every night by reading, listening to music, spending time with a pet, writing in a journal, playing Sudoku, or doing anything else that relaxes you.
5. **Expect a good night's sleep.** Stress can trigger insomnia, so the more you agonize about not sleeping, the greater the risk you'll lie awake staring at the ceiling. Instead of worrying that you won't sleep, remind yourself that you can. Say, "Tonight, I will sleep well" several times during the day. It can also help to practice breathing exercises or gentle yoga poses before bed.

Everyone has a sleepless night once in a while. But if you regularly have trouble sleeping and you think it's affecting your mood or performance, talk to your doctor.

Reviewed by: Mary L. Gavin, MD
 Date reviewed: October 2016
<http://kidshealth.org/en/teens/tips-sleep.html?view=ptr&WT.ac=t-ptr>
 teensHealth.org The Nemours Foundation



School Calendar 2017



February 17	Half Day Students/Full Day Teacher (PM Teacher PD)
February 20	President's Day – NO SCHOOL
March 24	Half Day Students & Teachers
March 25-31	Spring Recess
April 3	School Resumes
April 7	End of Third Marking Period
April 14	Good Friday – NO SCHOOL
May 26	Half Day Students/Full Day Teacher (PM Teacher PD)
May 29	Memorial Day – NO SCHOOL
June 4	Graduation
June 9*	Last Day of School (½ Student Day/Full Day Teachers)

*Approximate last day – not allowing for extra weather related delays.