



INSIDE...

BENZIE CENTRAL SENIOR HIGH SCHOOL SCHOOL NEWS

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Calendar of Events

June 1 Graduation Rehearsal & Breakfast HS Gym 7:45am
June 2 9-11 Honors Program High School Auditorium TBA
June 4 Graduation High School Athletic Field 3:00 p.m.
June 7-9 Exams grades 9-11
June 9 Last Day of School; 1/2 day students/full day teachers

****Just a reminder, that the last day of school is a tentative date due to weather related days. Please post these days for further reference.

Find us on Facebook: www.facebook.com/benziecentralhighschool find daily announcements, activities, sports, and more by visiting and liking our page.



CONGRATULATIONS

Class of 2017!

SUMMER SCHOOL INFORMATION

Orientation Tuesday June 13, 8am registration; 8.30am session
\$100 registration fee per student due by JUNE 13
Rotary Lab (between cafeteria & library)
Open Lab dates: Mon. - Thurs. 8am - 1pm 6/26 - 8/3
See Mrs. Burrus or Ms. Powell for course information
Teacher email coreyc@benzieschools.net; phone 231-383-3386

Points of Husky PRIDE



Scott Kubit:

1. Chicago trip 2017-- 50 students -- 480 students participated in the last 8 years --- another successful trip with lots of fun and lots of smiling faces
2. Boys varsity soccer -- district champs -- regional finalists --- 1 of 2 public schools in the top 8 teams in the state of Michigan for division 3



Five FFA members traveled to Fowlerville to compete in the Michigan FFA meat rabbit contest. There were 60 teams competing from all over the state. We had two Benzie teams competing, and each team raised a pen of 3 rabbits for the competition. Andy Bassett and Orrin Smith placed first in the state, and the team of Tristyn Klockziem, Alexes Leyland, and Joy Tester placed 20th. Congrats to both teams. This project represents a large investment in time and work. The swiss steak dinner was a success and there is a plant sale May 23-June 6, see information to the right.



University of Michigan Professor Dr. Simmons, Benzie Grad Taylor Nye and Racquel Huddleston secured a grant that allowed the Biology students to receive many lab supplies, lab equipment and 6 new MacBook Air Laptops. This is the third year, in a row, that Dr. Simmons and Taylor Nye have come and spent a day teaching in Mrs. Huddleston's classes. Benzie Central is very blessed by this relationship.



Starts May 16th
See Mr. Jones or an FFA member for assistance

Cash or checks only please

Prices:
Large Tomatoes- \$6
Small Tomatoes- \$4
Large Peppers- \$4
Small Peppers- \$2
Cilantro- \$3
Basil- \$3
Oregano- \$3
Thyme- \$3
Parsley- \$3
Herb Gardens- \$25



SAVE THE DATES:

- ⇒ Tues. **July 25** & Thurs. **July 27** 1-7pm Sports Physicals & Immunizations at Benzie Community Resource Center 6051 Frankfort Hwy Benzonia. Physicals \$25, Immunizations \$10; schedule your appt. by calling 231-383-4800
- ⇒ **Wed. Aug 30** 5.30-6.30pm MS/HS Benzie Central Open House; 6.30-7:30pm Elementary Open House
- ⇒ AP scores available in **July**. Visit apscore.org for details on how to set up your account.

Building the Resilience Muscle in Young People

In this *New York Times* article, Sheryl Sandberg (Facebook chief operating officer) describes the sudden death of her husband while they were on vacation two years ago and the unimaginable task of telling her children, then 10 and 7 years old, when she got home. Somehow she did it, and in the months that followed, Sandberg began a series of conversations with psychologist Adam Grant (Wharton School). They ended up writing a book together about dealing with adversity and building resilience.

"The good news," she says, "is that resilience isn't a fixed personality trait; we're not born with a set amount of it. Resilience is a muscle we can help kids build." This is an important fact for the millions of U.S. children who are homeless, live in poverty, suffer from a serious illness, are abused or neglected, experience a grievous loss, or have a parent in jail. "We know that the trauma from experiences like these can last a lifetime," says Sandberg; "extreme harm and deprivation can impede a child's intellectual, social, emotional, and academic progress." What are the best ways that adults can support traumatized children?

- Tell them they are loved and are not alone. This was the first piece of advice Sandberg got from a friend: tell your children this over and over again.
- Show them that they matter. This is the question children ask as they grow up: Do I make a difference to others? Do other people notice me, care about me, and rely on me? When young people think they don't matter, they're more likely to engage in self-destructive and antisocial activities, or simply withdraw.
- Companion. Parents and other adults can make a difference simply by walking alongside troubled children and listening with undivided attention, forming warm relationships, communicating openly, and using effective discipline.
- List coping mechanisms. Sandberg sat with her children and wrote down some "family rules" to remind them of how they would cope with their loss:- It's okay to be sad and take a break from any activity and cry.- It's okay to be happy and laugh.- It's okay to be angry and jealous of friends and relatives who still have fathers.- It's okay to say to anyone that we do not want to talk about it now.- It's okay to ask for help. They used colored markers to write these on a poster that still hangs in their hall two years later.
- Establish positive rituals. Sandberg continued a family dinnertime practice of each person sharing the best and worst moments of the day – the things that made them sad and those that made them grateful.
- Embrace family history. Having a sense of their roots builds children's sense of mattering, of being connected to something larger than themselves. This includes knowing where their parents and grand-parents grew up, what their childhoods were like, and how the family fared in good times and bad. "Studies show that giving all members of the family a chance to tell their version builds self-esteem, particularly for girls," says Sandberg. "And making sure to integrate different perspectives into a coherent story builds a sense of control, particularly for boys."
- Keep memories alive. Sandberg asked friends and family members to make videos of memories of her husband. At one point, her daughter said, "I'm forgetting Daddy because I haven't seen him for so long," and they watched one of the videos. This was painful, but there's evidence that remembering a loved one who has been lost builds mental health – even physical health – over time.

"How to Build Resilient Kids, Even After a Loss" by Sheryl Sandberg in *The New York Times*, April 24, 2017, <http://nyti.ms/2oDLRsB>; Sandberg's book, with Adam Grant, is *Option B: Facing Adversity, Building Resilience, and Finding Joy* (Knopf, 2017)