

Student Highlight

Lizbeth Ramirez-Alcala is a senior here at MHS who aspires to study Forensic Psychology at UC Irvine. Lizbeth will be first-generation in her family to attend college. Lizbeth is intelligent, determined and a hard worker. Lizbeth is a student who does not shy away from a challenge for example, she currently is enrolled in the MCCAP program taking college courses, has taken AP courses, involved in Band, Link Crew, Madera Interact, CSF, Students and Animals association, Academic Honor Roll, holds a part time job and still manages to carry a 3.94 G.P.A. She is more than an impressive student to say the least! Not only has Lizbeth excelled in her academics she has also taken the initiative to step up and help her family financially. Lizbeth is truly an amazing individual. I am positive that she will go on to do awesome things in her future - Mrs. J Magallon



Counselors Highlights

Happy New Year everyone! The much needed winter break is over and we are back. It is spring semester and reality time especially for our SENIORS. Spring semester is flying by so make each day count before time runs out. Counselors have been busy making class changes that are needed at semester and especially watching those seniors. Students started classes in our after school program Edgenuity this last week of January to work on making up credits if needed. Counselors started the registration of our current students this month. We started with the 10th and 11th graders visiting their World History and US History classes giving presentations. We then saw each student individually to review their classes and elective selections for next year the week of January 21-24. This last week of January we visited the 9th graders in Living Earth classes and will finish up with their class selections by this Friday, January 31st.

School Climate & Culture

Every day students are recognized for demonstrating positive behaviors by staff.

PRIDE = **P**erseverance, **R**espect, **I**ntegrity, **D**edication, and **E**xcellence.

Congratulations to the following students and teachers for their commitment to COYOTE PRIDE!

Perseverance:

Emily Valencia Recognized by: Ms Pries

Sayra Chavez Recognized by: Mr. Aquino

Respect

Erik Young Recognized by: Nurse Dockery

Jenna Webster Recognized by: K. Smith

Integrity

Cassandra Trinidad Recognized by: Joe Valero

Dedication

Erick Pacheco Recognized by: Amanda Ramirez

Rogelio Ortiz Recognized by: Ms Treber

Excellence

Diego Mosqueda Recognized by: Ms Tucker

Geershann Singh Recognized by: Mrs. Sanchez

Nurse News



Flu Season

Flu season is here. Please tell students to wash their hands regularly, especially after using the restroom and before eating. It is the single most effective measure they can take to reduce the transmission of illness. Students need to cover their cough to prevent the spread of germs.

If a student has a fever of 100 degrees or greater, they need to stay home. MUSD policy states they can return only when they have been fever free for 24 hours without the use of medication. If they are vomiting, please keep them home. They cannot return to school for 24 hours.

Let's all do our part to keep our students healthy!

School Psychologists

Provide consistent expectations and support. Teaching children social skills, problem solving, and conflict resolution supports good mental health. "Catch" them being successful. Positive feedback validates and reinforces behaviors or accomplishments that are valued by others.



Helping your child get back into their school routine after a long break. Kids and teens might be a little nervous or resistant to returning to school after a long break it might be difficult for them to re-adjust back to their sleeping schedule, homework routine and social relationships. Ways you can help them, sufficient sleep can prevent irritability and lack of concentration in the classroom. Packing and

organizing their book bag can help them feel more confident and prepared about being back at school ready to take on the new semester. Help Them get back into the rhythm of doing homework and studying, have them go over their assignments or notes from the previous semester to remind them of where they had left off before the break, going back to school might be the best time to make an improvement or change their academic habits.

Ayudando a que su hijo/a vuelva a la rutina de la escuela después de un largo descanso. Los niños y jóvenes podrían sentirse un poco



nerviosos o resistentes a regresar a la escuela después de un largo descanso. Podría ser difícil para ellos tener que re-ajustarse a volver a sus horarios de dormir, la rutina de las tareas y relaciones sociales. Maneras en las que usted puede ayudarles: dormir lo suficiente puede prevenir la irritabilidad y falta de concentración en el salón de clases. Empacando y organizando la bolsa de los libros puede ayudarles a sentirse con más confianza y preparados acerca de estar de vuelta en la escuela listos para enfrentar el nuevo semestre. Ayúdelos a volver al ritmo de hacer las tareas y estudiar, haga que revisen las tareas o notas del semestre anterior para recordarles de donde quedaron antes de las vacaciones. Volver a la escuela podría ser el mejor tiempo para hacer una mejoría o cambiar sus hábitos académicos.



February Events

- **February 1st: WINTER FORMAL @JF Gym**
from 7:00-11:00PM / AcaDec "SuperQuiz"
@MSHS
- **February 3-4th: MAP Growth Testing (Block Schedule)**
- **February 4th: African American Student Leadership Conference @Fresno Convention Center, 8am-1pm (BSU club)**
- **February 5th: C&I Professional Learning @7:35am**
- **Feb. 6: Grading window opens / PLC Meeting @7:35am / Mock Trial competition begins**
- **February 8th: ACT Testing @MHS**
- **February 10th: Lincoln's Day, NO School**
- **February 14th: Winter Rally in JF Gym**

- February 17th: Washington's Day, NO School
 - February 24th: 4.0 Awards Night in JF Gym
 - February 28th: BSU's Black History Month, "Poetry Slam" in Cafe @6pm
- *event subject to change

AVID

Coyote Athletics