

January 2010

I hope everyone took the opportunity to get some much needed rest and relaxation during the Christmas break. Now that it is time to come back to school I would like to give you a few tips on how to make the rest of the successful. This list of activities comes from The College Board web page:

<http://www.collegeboard.com/student/plan/college-success/116.html>

Time Management Tips for High School Students

It's 10 p.m.—Do You Know Where Your Homework Is?

Does it seem like there's never enough time in the day to get everything done? Feel like you're always running late? Here are some tips for taking control of your time and organizing your life.

1. Make a "To Do" List Every Day.

Put things that are most important at the top and do them first. If it's easier, use a planner to track all of your tasks. And don't forget to reward yourself for your accomplishments.

2. Use Spare Minutes Wisely.

Get some reading done on the bus ride home from school, for example, and you'll kill two birds with one stone.

3. It's Okay to Say "No."

If your boss asks you to work on a Thursday night and you have a final exam the next morning, realize that it's okay to say no. Keep your short- and long-term priorities in mind.

4. Find the Right Time.

You'll work more efficiently if you figure out when you do your best work. For example, if your brain handles math better in the afternoon, don't wait to do it until late at night.

5. Review Your Notes Every Day.

You'll reinforce what you've learned, so you need less time to study. You'll also be ready if your teacher calls on you or gives a pop quiz.

6. Get a Good Night's Sleep.

Running on empty makes the day seem longer and your tasks seem more difficult.

7. Communicate Your Schedule to Others.

If phone calls are proving to be a distraction, tell your friends that you take social calls from 7-8 p.m. It may sound silly, but it helps.

8. Become a Taskmaster.

Figure out how much free time you have each week. Give yourself a time budget and plan your activities accordingly.

9. Don't Waste Time Agonizing.

Have you ever wasted an entire evening by worrying about something that you're supposed to be doing? Was it worth it? Instead of agonizing and procrastinating, just do it.

10. Keep Things in Perspective.

Setting goals that are unrealistic sets you up for failure. While it's good to set high goals for yourself, be sure not to overdo it. Set goals that are difficult yet reachable.

Consider these tips, but personalize your habits so that they suit you. If you set priorities that fit your lifestyle, you'll have a better chance of achieving your goals.

January is chuck full of activities so there is no need to stay home and sit on the couch. Wrestling and basketball are in full swing and we have 12 home games this month. Come out and support our teams as they prepare themselves for district tournament.

Key Club spent the last day of school in December helping the Shelley/Firth KIWANIS Club fill and distribute Christmas food baskets to families in our area. The students met at Shelley High School and filled 226 boxes. Each box contained food for several meals and then the students helped deliver the boxes to families in the Firth area. The Key Club here at the high school has over 40 members and is advised by Tia Roghaar.

Parent teacher conferences are scheduled for the 21st and 22nd of January. The schedule for this set of conferences is slightly different from what we have done in the past. On the 21st we will be here from 4:00 p.m. to 7:00 p.m. On the 22nd there will be no school for students. We will start conferences at 9:00 a.m. and end at 12:00 p.m. We are hoping that the morning hours will make it possible for more parents to attend.

Parents:

Are you checking your student's grades on a weekly basis? Our grading program allows you to login and check on your students grade at any time. To get your login information just call the high school office between the hours of 7:30 a.m. to 3:30 p.m. We would be happy to give you the information you need.

January Activities

Jan 5	BBB vs. South Fremont 4:00, 5:30, 7:00 p.m. GBB @ Aberdeen 4:30, 6:00, 7:30 p.m.
Jan 6	BBB vs. Sugar Salem 4:00, 5:30, 7:00 p.m.
Jan 7	GBB vs. Butte 5:30, 7:00 p.m. Wrestling @ Skyline 6:00 p.m.
Jan 9	GBB vs. North Fremont 5:30, 7:00 p.m.
Jan 12	GBB @ Snake River 4:30, 6:00, 7:30 p.m.
Jan 13	Wrestling vs. Snake River and Teton 6:00 p.m.
Jan 14	School Board Meeting @ Middle School Library 8:00 p.m. BBB @ Ririe 5:30, 7:00 p.m. Wrestling @ Butte 6:00 p.m.
Jan 15	GBB vs. Ririe 5:30, 7:00 p.m. Wrestling @ Wendell 3:30 p.m.
Jan 16	BBB @ West Jefferson 4:30, 6:00, 7:30 p.m. Wrestling @ Wendell 10:00 a.m.
Jan 18	Early Release 1:00 p.m.
Jan 19	Wrestling vs. South Fremont 6:00 p.m.
Jan 20	BBB vs. Butte 5:30, 7:00 p.m. Wrestling @ Ririe 6:00 p.m.
Jan 21	GBB vs. West Jefferson 4:00, 5:30, 7:00 p.m. Parent Teacher Conference 4:00 – 7:00 p.m.
Jan 22	BBB vs. North Fremont 5:30, 7:00 p.m. Parent Teacher Conference 9:00 a.m. – 12:00 p.m.
Jan 23	GBB @ Butte 5:30, 7:00 p.m.
Jan 26	BBB @ Aberdeen 4:30, 6:00, 7:30 p.m.
Jan 27	GBB @ North Fremont 5:30, 7:00 p.m.
Jan 28	Wrestling vs. Challis 6:00 p.m.
Jan 29	Wrestling @ Sugar Salem 6:00 p.m.

Jan 30

Wrestling @ Sugar Salem 10:00 a.m.
BBB vs. Ririe 5:30, 7:00 p.m.