

# WHAT'S NEW

## for juniors

AUGUST  
2023

### IMPORTANT DATES

- August 3- Junior Schedule Pick-up
- August 4- ACT (Sept. 9) Registration deadline
- August 14- FIRST DAY OF SCHOOL!
- August 14- Traditions Assembly
- August 18- Last day for schedule changes
- August 25- Pep Assembly

### LOOKING AHEAD

- September 4- No School (Labor Day)
- September 9- ACT (registration deadline is Sept. 9)
- September 18-22- Homecoming Week (details TBD)
- September 22- Homecoming Game
- September 22- ACT (October 28) registration deadline

### SO YOU KNOW

Registration packets for the 2023-2024 school year were mailed to the address we have on file. You **MUST** bring all paperwork signed to pick up your schedule and be assigned a laptop. If you did not get this packet, you may pick one up in the front office of the high school. Please make sure they have the correct address on file.

SUN	MON	TUE	WED	THU	FRI	SAT
		1	Junior Schedule Pickup 8 am-12 pm	2	3	4
6	7	8	9	10	11	12
13	14 FIRST DAY OF SCHOOL TRADITIONS ASSEMBLY	15	16	17	18 Football @Carlsbad Last day for schedule changes	19
20	21 OPEN HOUSE 6 PM (meet in red brick gym)	22 Boys Soccer @ Hobbs Girls Soccer vs. Hobbs	23	24	25 PEP ASSEMBLY Football vs. Hobbs	26 JV Football vs. Goddard
27	28	29 Boys Soccer @ Roswell Girls Soccer @ Carlsbad	30	31 Volleyball vs. Alamogordo Girls Soccer @ Clovis JV Football vs. Los Lunas		

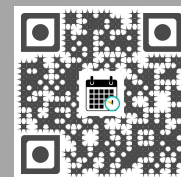
### CONTACT:

- Office Hours: 8:00 am-4:00 p.m.
- Email: [dkinnibrugh@bulldogs.org](mailto:dkinnibrugh@bulldogs.org)
- Teams: Debbie Kinnibrugh
- Parent Remind: @ahs25par
- Student Remind: @dogs2025

### WEBSITE



### APPOINTMENT





# AUGUST NEWS



## ACT REGISTRATION DEADLINES

**September 9-** Deadline August 4  
**October 28-** Deadline September 22  
**December 9-** Deadline November 3  
**February 10-** Deadline January 5  
**April 13-** Deadline March 8  
**June 8-** Deadline May 3



## OPEN HOUSE

Parents are invited to Open House at Artesia High School on Monday, August 21, at 6:00 pm. All parents will meet in the Red Brick gym for a welcome from our principal. Each grade level counselor will give a short presentation with information and resources for parents to help their child be successful throughout the school year.



## BELL SCHEDULES

REGULAR		EARLY RELEASE	
1st	8:17 - 9:07	1st	8:17 - 8:52
2nd	9:13 - 10:03	2nd	8:58 - 9:33
3rd	10:09 - 10:59	3rd	9:39 - 10:14
4th	11:05 - 11:55	4th	10:20 - 10:55
Lunch	11:55 - 12:36	5th	11:01 - 11:36
5th	12:42 - 1:32	6th	11:42 - 12:17
6th	1:38 - 2:28	7th	12:23 - 12:58
7th	2:34 - 3:24	Lunch	12:58 - 1:24

AM ASSEMBLY		PM ASSEMBLY	
1st	8:17 - 8:59	1st	8:17 - 8:59
2nd	9:06 - 9:48	2nd	9:06 - 9:48
3rd	9:54 - 10:36	3rd	9:54 - 10:36
Assembly	10:42 - 11:31	4th	10:43 - 11:24
Lunch	11:31 - 12:12	Lunch	11:24 - 12:06
4th	12:18 - 1:00	5th	12:12 - 12:54
5th	1:06 - 1:48	6th	1:01 - 1:43
6th	1:54 - 2:36	Assembly	1:49 - 2:36
7th	2:42 - 3:24	7th	2:42 - 3:24

IT'S GREAT TO BE A  
BULLDOG!



TRADITIONS ASSEMBLY IS THE FIRST DAY OF SCHOOL, AND OUR FIRST PEP ASSEMBLY OF THE YEAR IS **FRIDAY, AUGUST 25!** BE LOUD AND PROUD BECAUSE **IT'S GREAT TO BE A BULLDOG!**

## BACK TO SCHOOL VIBES

Summer is over and now it's time to get back to the grind of school. It seems like the older we get, the quicker days go by. Here we are starting you JUNIOR year of high school!

I am sure you have heard junior year is the hardest, and more than hard, it is stressful. You are beginning the process of truly figuring out what you want to do upon graduation, taking harder classes, beginning the college application process, taking the ACT/SAT, maintaining grades, participating in extracurricular activities, spending time with friends and family, and trying to have fun and make memories. If I have any advice for this here it is:

**Don't fret. Everything works out in the end anyways.**

### Tips to help ease your stress this school year!

- Get some exercise- it is SO good for your mental health
- Get plenty of sleep- teens need 8-10 hours of sleep during a 24 hour period
- Try practicing mindful techniques- be in the moment, focus on your breathing, listen to your surroundings, etc.
- Eat healthy and stay hydrated- this is part of mindfulness
- Have someone to talk to and vent to when you are overwhelmed
- Keep a gratitude journal- it helps keep things in perspective
- Prioritize and keep things in check- it helps keep you on track and organized

