

# WHAT'S NEW

## for juniors

AUGUST  
2023

### IMPORTANT DATES

- September 4- No School- Labor Day
- September 9- ACT- meet in commons if registered
- September 18-22- Homecoming Week
- September 20- AM Assembly Schedule
- September 22- Homecoming (early release)
- September 22- ACT registration deadline

### LOOKING AHEAD

- October 4- PSAT (for juniors who registered)
- October 4- College Fair for juniors and seniors
- October 9- Columbus Day- No School
- October 28- ACT (registration deadline is Sept. 22)

### Homecoming Week Mardi Gras

- Monday- Fit for a King (dress like royalty)  
 Tuesday- Ragin' Cajun (think "Waterboy" movie)  
 Wednesday- Masquerade Day- Can't Hide our  
 Bulldog Pride (wear a masquerade mask)  
 Thursday- Who 'Dat Day- Jinx the Wildcats  
 (wear Lovington colors)  
 Friday- A Fat Bulldog Friday

SUN	MON	TUE	WED	THU	FRI	SAT
				31 Junior Picture Day	1	2
3	4 NO SCHOOL- LABOR DAY	5 Class Presentations: Janway- 2nd, 3rd, and 6th Wachter, 5th	6 Herff Jones- 6th period Class Presentations: Jimenez- 2nd, 3rd, and 7th	7 Class Presentations: Tutak- 2nd, 3rd, and 4th Barley- 2nd Jimenez - 6th	8	9 ACT meet in in commons area
10	11	12	13 Herff Jones Orders in Lobby 11 am-7pm	14 Herff Jones Orders in Lobby 9 am-3:30 pm	15	16
17 HOMECOMING WEEK!! →	18 Theme: Fit for a King Bonfire 7:30 @Bulldog Bowl	19 Theme: Ragin' Cajun	20 AM Assembly schedule for PLCs Theme: Masquerade Day	21 Theme: Who 'Dat Day	22 Homecoming Assembly@ 12:15 Parade 4:00 OCTOBER ACT DEADLINE	23
24	25	26	27	28	29	30

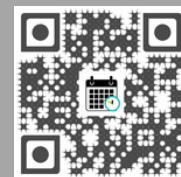
### CONTACT:

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

### WEBSITE



### APPOINTMENT





# SEPTEMBER 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



### Warning Signs of Suicide

- Suicidal threats ("I want to kill myself", "The world would be better off without me in it.")
- Suicide notes, plans, online postings
- Preoccupation with death
- Giving away prized possessions
- Changes in behavior, sleep, eating, sleeping, thoughts, or feelings
- Increased risk taking
- Heavy drinking or drug use

## RESOURCES

**National Suicide Prevention Hotline**

1-800-273-TALK (8255)

**Suicide and Crisis Lifeline**  
988

**Bulldog Wellness Center**  
575-249-2561

**Say Something Anonymous Reporting**

1-844-5-SAYNOW

Mobile app  
[saysomething.net](https://www.saysomething.net)

**Artesia General Hospital Behavioral Health**

575-748-3333

**PMS**  
575-746-9848

**YOU ARE NOT ALONE!**  **SUICIDE Prevention AWARENESS MONTH**



Learn how to help **PREVENT** suicide.

**"WE'RE ALL IN THIS TOGETHER. IT'S OKAY TO BE HONEST. IT'S OKAY TO ASK FOR HELP. IT'S OKAY TO SAY YOU'RE STUCK, OR THAT YOU'RE HAUNTED OR THAT YOU CAN'T BEGIN TO LET GO. WE CAN ALL RELATE TO THOSE THINGS. SCREW THE STIGMA THAT SAYS OTHERWISE. BREAK THE SILENCE AND BREAK THE CYCLE, FOR YOU ARE MORE THAN JUST YOUR PAIN. YOU ARE NOT ALONE, AND PEOPLE NEED OTHER PEOPLE!"**  
— JAMIE TWORKOWSKI, IF YOU FEEL TOO MUCH

## SUICIDE PREVENTION MONTH

WHILE SUICIDE IS OFTEN ASSOCIATED WITH FEELINGS OF LONELINESS AND ISOLATION, IT IS A SHARED AND FAR-REACHING PUBLIC HEALTH PROBLEM. AS THE TENTH LEADING CAUSE OF DEATH IN THE UNITED STATES IN 2019, SUICIDE AFFECTS ALL AGES AND TYPES OF PEOPLE. BUT THANKS TO AN INCREASE IN AWARENESS AND RESOURCES, PREVENTION EFFORTS HAVE BECOME MORE COMMON AND EFFECTIVE. DESPITE OUTDATED MISPERCEPTIONS, SUICIDE IS NEITHER A PERSONAL FAILURE NOR THE EVIDENCE OF MENTAL ILLNESS, BUT RATHER A COMMON HUMAN RESPONSE TO DIFFICULT ENVIRONMENTAL FACTORS AND EMOTIONAL PAIN. IMPROVING LIFE CIRCUMSTANCES, ENHANCING SOCIAL CONNECTION AND REDUCING EMOTIONAL PAIN ARE THE MOST EFFECTIVE WAYS TO REDUCE THE FREQUENCY AND INTENSITY OF SUICIDAL THOUGHTS AND FEELINGS.

MENTAL HEALTH ORGANIZATIONS AROUND THE COUNTRY RECOGNIZE NATIONAL SUICIDE PREVENTION WEEK AND SUICIDE PREVENTION AWARENESS MONTH DURING THE MONTH OF SEPTEMBER EACH YEAR. HOWEVER, WORKING TOGETHER TO DEVELOP OUR COLLECTIVE UNDERSTANDING AND AWARENESS OF SUICIDE IN ORDER TO PREVENT IT IS SOMETHING WE NEED TO BE DOING EVERY DAY. TALKING TO A COUNSELOR ABOUT ANY QUESTIONS YOU HAVE ABOUT HOW TO HELP SUPPORT OTHERS OR HOW TO GET HELP FOR YOURSELF IS A GREAT PLACE TO START.

[HTTPS://WWW.COUNSELING.ORG/KNOWLEDGE-CENTER/MENTAL-HEALTH-RESOURCES/SUICIDE-PREVENTION](https://www.counseling.org/knowledge-center/mental-health-resources/suicide-prevention)

IT'S GREAT TO BE A BULLDOG!

