

# WHAT'S NEW

SEPT  
2022

## for sophomores



### IMPORTANT DATES

- Sept. 1: Picture Day!!
- Sept. 5: NO SCHOOL- LABOR DAY
- Sept. 6-9: Homecoming week
- Sept. 14: Early Release
- Sept. 28: College Fair/Career Day

### LOOKING AHEAD



### ENGLISH CLASS PRESENTATIONS

September 6-9, I will be meeting with all sophomores to discuss all things for sophomore year. Please see the schedule below, and do everything you can to attend your class meeting!

**TUESDAY: BARLEY'S 2ND -7TH**

**WEDNESDAY: BALDWIN'S 1ST & 3RD-5TH**

**THURSDAY: KAUFMAN- 4TH-5TH**

**WACHTER- 6TH**

**FRIDAY: JANWAY 5TH**

SUN	MON	TUE	WED	THU	FRI	SAT
				1 PICTURE DAY	2	3
4 Show off your School Spirit!!!!	5 NO SCHOOL!!!	6 TACKY TOURIST <b>HOME COMING SPIRIT WEEK!!!</b> <b>ENGLISH CLASS PRESENTATIONS</b>	7 RIDE THE WAVE	8 THROW SHADE 7:30 BONFIRE @ the BOWL	9 10:42 PEP ASSEMBLY SOPHOMORES WEAR BLACK 7:00 FOOTBALL GAME HOMECOMING DANCE FOLLOWING GAME	10
11	12	13	14	15	16	17
18	19	20	21 AM ASSEMBLY SCHEDULE (PLC)	22	23	24
25	26	27	28 8:30-10:00 COLLEGE FAIR 12:30-2:30 CAREER DAY	29	30	



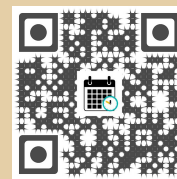
### CONTACT:

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

### WEBSITE



### APPOINTMENT



## Suicide Prevention Month

Feeling depressed, hopeless, or like you have no way out sometimes is normal. It is okay to not be okay, but never be afraid to ask for help! According to the Jason Foundation, "Suicide is the second leading cause of death for ages 10-24." The foundation also states it is the most PREVENTABLE type of death. How can we help prevent suicide? We must stop the stigma, provide support, and love each other through the hard times. Be kind and understanding. People need to know that they are not alone. They need to feel loved and supported. They must know that a bad day does not mean a bad life. If you or someone you know is struggling with suicidal thoughts, please reach out for help. Your life matters.

**YOU MATTER!!!**

## Student Sleep Health Week

(September 18-24)

"The Centers for Disease Control and Prevention and the Maternal and Child Health Bureau report that 78% of high school students [...] don't get sufficient sleep on an average school night." Teenagers need anywhere from 8-10 hours of sleep in a 24 hour period.

Why is sleep so important for students? It helps them:

- **"Excel in the classroom"** by maximizing attention, memory and learning abilities
- **Perform better in sports** by being faster, stronger and more accurate
- **Feel positive** and have a more optimistic attitude toward life
- **Look their best** and maintain a healthy weight
- **Have fun and enjoy life** by making better decisions and staying safe"

(American Academy of Sleep Medicine)

## Suicide Prevention Month

### Warning signs

- Talking about wanting to die/suicidal threats
- Feelings of hopelessness
- Sleeping/eating too much or too little
- Irritability/Mood swings
- Withdrawing from friends or family
- Lack of Interest in things once enjoyed
- No sense of purpose/reason to live
- Depression
- Recklessness/Risky Behavior
- Drastic change in appearance
- Preoccupation with death/suicide

### What to do

- Remain calm and take it seriously
- Ask direct questions (Do you have a plan? Are you thinking about harming yourself? Do you have access to \_\_\_?)
- Listen and show your concern--Do not try to talk away their feelings or place blame
- Tell someone who can help
- Get them somewhere safe
- Follow up and offer support

## Resources

TEXT or  
CALL  
**988**



New Mexico  
Crisis and  
Access Line  
**1-855-  
NMCRISIS  
(662-7474)**

American Foundation for  
Suicide Prevention

[www.afsp.org](http://www.afsp.org)

The Jed Foundation

[www.jedfoundation.org](http://www.jedfoundation.org)

Be the 1 To

[www.bethe1to.com](http://www.bethe1to.com)

“PLACE YOUR HAND OVER  
YOUR HEART, CAN YOU FEEL  
IT? THAT IS CALLED  
PURPOSE. YOU'RE ALIVE FOR  
A REASON SO DON'T EVER  
GIVE UP.”