



Upward Bound—February 2024

How to Fight the Midyear Slump

January, February, and March are the Bermuda Triangle of a school year. The major holidays are over, everything is a cold, gray slush, and spring break hovers off in the distance like an unreachable horizon. As much as we hate it, though, bemoaning those months only makes them drag out even longer, and while nothing can make the clock move faster, there are a few things to keep in mind to make the time much more bearable.

Motivation

Sometimes getting through rough patches takes a little bit of encouragement to get the juices flowing again, whether from within yourself or with an outside push.

Extrinsic motivation

The field of education is rife with extrinsic motivation. Extrinsic motivation is driven by the desire to either get a reward or to avoid a negative consequence. Some kids are motivated to do homework because they see the reward of a good GPA for their transcript, while some do it to avoid punishment that could come with a bad grade. When it comes to the slump of the late-winter months, find ways to work some reward into the daily grind, or look for long-term motivation: plan an incentive day or spirit week as a reward for work well done.

Intrinsic motivation

Intrinsic motivation (the push you give yourself) tends to be more effective long-term compared to extrinsic motivation, given that an activity or task is being done just for the pleasure of doing it. That's why hobbies are so enjoyable: we do it because we like it. When the long days of January and February hit, tap into that passion à la Google: work a 20% project or genius hour into the schedule. Basically, set aside time in the school day for students to pursue personal learning and passion projects as a way to inspire innovation and curiosity.

Determination

To borrow lyrics from Steppenwolf, motivation is a great way to get your motor running, but determination is how you head out on the highway. How many of us start a project and then abandon it just as quickly, even when the weather is nice and sunshiny?

Determination is often the missing second-half to being motivated, and for young people it's hard to build a stick-with-it attitude when it comes to school. The key is to teach the skills and knowledge behind determination: developing attainable goals, problem solving for any obstacles to achieving those goals, creating actionable plans, and self-management.

Academic Advisor Update

Kevin Coy Jr.— Chadron H.S.

As we embark on February, we have some exciting events and updates to share with you from CHS!

Save the Date! Mark your calendars for Parent-Teacher Conferences on February 8th from 5:00 PM to 8:30 PM at CHS. This is an excellent opportunity to connect with your child's teachers, discuss their progress, and collaborate on ways to support their academic success.

Do you enjoy Math and could see yourself joining a close-knit club that focuses only on that subject? Well, I have a solution! Join the Math Club for a delightful board games lunch on Thursdays in Mrs. Golembiewski's room. Bring your lunch and enjoy some friendly competition with fellow students. It's a fantastic way to unwind and have fun during the school day.

Chadron State College recently hosted the 52nd High Plains Band and Choir Festival, bringing together over 130 of the region's top high school vocalists and instrumentalists. The two days of rehearsals and clinics culminated in a free concert on February 6th at 5:00 PM in Memorial Hall. Congratulations to all the talented participants!

Show some love to your sweetie or bestie with a delicious treat! Bring \$5 to buy an FCCLA cookie and support their fundraiser. It's a sweet way to spread joy while contributing to a great cause.

Kevin Coy Jr.— Alliance H.S.

We hope this newsletter finds you well. February is off to an exciting start! AHS has some fantastic events and updates to share with you!

Mark your calendars for February 7th, as Alliance High proudly hosts a Career Fair from 8:30 AM to 10:30 AM in the AHS Commons. This event provides a unique opportunity for students to explore various career paths, engage with professionals, and gain valuable insights into the workforce in and around the Alliance community.

After-School Study Halls are on Mondays in the library from 4:00 PM to 6:30 PM. This dedicated study time allows students to focus on their assignments, projects, and exam preparations in a quiet and supportive environment. As an added convenience, a delicious grab-and-go dinner will be served, ensuring that our hardworking students can fuel up and stay energized for their evening of productive studying.

Parent-Teacher Conferences on Thursday and Friday, February 8th and 9th. On both days, there will be an early out to allow for these important conversations between teachers and parents.

On Thursday, February 8th, there will be a Recognition Rally celebration for students with perfect attendance. Multiple raffles will take place and a game of "Deal or No Deal" will be played.



Brad Gaston— Crawford H.S.

Happy February!
Lots of wrestling and basketball this month!

Wrestlers had two more matches recently—February 1st at Bridgeport and February 3rd at Yoder.

On February 2nd, both boys and girls basketball teams played Cody-Kilgore. The boys played for possible home court advantage for the tournament.

On the 3rd there was a makeup game with Lingle-Ft. Laramie. February 6th is a full day of games with Banner County and Sioux County. Games start at 3:00 p.m.

More basketball on February 8th against Hay Springs. February 16th the boys play Hemingford.

Happy Valentine's Day everyone!



How to Fight the Midyear Slump

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Foster Positivity

The spring doldrums are certainly a time when negativity can begin creeping in, but aiming for a positive mindset in small ways can keep the days looking a little bit brighter. Even finding one point of gratitude or affirmation for the day can create a silver lining on an otherwise gray day. Just make sure positivity stays genuine—sometimes there are bad days and trying to force happiness when it just doesn't fit can start to become toxic positivity. Cultivating genuine positivity can start with a few small day-to-day improvements: ask people about happy or hopeful things going on in their lives, or set aside a golden minute to acknowledge successes and contributions from staff.

When It's Not Just the Doldrums

Sometimes the problem isn't just a matter of feeling a little down during the colder months. If "the doldrums" is manifesting as persistent apathy, helplessness, or deep sadness that prevents a person from doing basic daily tasks, it may be Seasonal Affective Disorder, otherwise known as seasonal depression.

If SAD is bad enough to interfere with a person's job or home life, it may be necessary to see a doctor about going on medication, or to schedule some time with a counselor or therapist. The most important thing to remember about this process—whether for students, staff, or yourself—is that it requires a lot of grace and kindness. It is not weakness; it is health care.

This Too Shall Pass

If, after all of this, the spring months still feel like being marooned in an ocean of crawling time, then we must keep swimming toward the shore. No matter how much of a slog January, February, and March can seem, the time has always and will always pass, until we get to do it all again next year.

Article taken from: <https://www.skyward.com/blogs/ak12/2023/january/how-school-culture-can-fight-the-midyear-slump>

We all know that February is Black History Month and the month of Valentine's Day, but there's plenty more to celebrate in the month of February—including Random Acts of Kindness Day and National Walking the Dog Day. Check out the February calendar and get out there and celebrate a random 'holiday'! Another great way to fight the midyear slump!

February 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 National Dark Chocolate Day	2 Groundhog Day	3 Ice Cream for Breakfast Day
4 National Homemade Soup Day	5 World Nutella Day	6 National Frozen Yogurt Day	7 National Send a Card to a Friend Day	8 National Kite Flying Day	9 No One Eats Alone Day	10 National Umbrella Day
11 Super Bowl Day	12 National Clean Out Your Computer Day	13 Galentine's Day	14 Valentine's Day	15 National Gumdrops Day	16 National Do a Grouch a Favor Day	17 Random Acts of Kindness Day
18 National Battery Day	19 President's Day	20 National Love Your Pet Day	21 National Sticky Bun Day	22 National Walking the Dog Day	23 National Skip the Straw Day	24 National Tortilla Chip Day
25 National Clam Chowder Day	26 National Tell a Fairy Tale Day	27 International Polar Bear Day	28 National Public Sleeping Day	29 Rare Disease Day		



2/11—Isaac Hartman

2/16—Will Sams

Upcoming Events:

Feb. 10th—Quarterly Meeting, 9 a.m. @ CSC Student Center

Feb. 14th—Crawford Lunch Meeting

Feb. 21st—Alliance Lunch Meeting

Feb. 22nd—Chadron Lunch Meeting

April 8th-10th—College Campus Visits to Mid-Plains and NCTA

April 13th—The Big Event at CSC

TIP OF THE HAT

Fayt A, Tianna C, Wyatt B, Autumn YH, Tehgan G, Will S, and Aaron W.— CPS Rams Honor Roll

Hailey R.— placed 5th in Best of the West—Business Administration

Isabell T, Mia R, & Jordan V. — Perfect Attendance Fall 2023 Semester

Carter P.— 1st place at Swim Meet

Bohdan S.— Placed in multiple swim events

Addie D.—Placed 4th in Wrestling Meet



Isaac Hartman - February Student of the Month



Hometown: Chadron, NE

Grade: 9th

Favorite Class and Why: “My favorite class is probably Civics because I really like the teacher, Mr. Nobiling, and I like the class overall because you just kind of sit there and take in all the information with an occasional lesson.”

Goal you want to accomplish this year: “A goal I want to accomplish this year is to end the school year with at least all B’s and hopefully an A or two.”

Favorite hobbies: “My favorite hobbies are to lift, and just simply hang out with friends and walk around town with them.”

Biggest Peer Supporter: “My biggest supporter is school is probably Brady Cullan. He always pushes me to do my best in the weight room and keeps me motivated.”

Favorite Part of Upward Bound: “My favorite part of UB is the summer program. I got to meet so many new people and every year there will be some new people too. And every day in the summer program you do so many fun things and there wasn't a single moment that I wanted to go home.”

Future Plans: “I’m not quite sure where I want to attend college, but I know I want to do something that involves helping people.”

Advice For Your Peers: “The advice I would give is to not let everything get to you. You just have to try and stay positive.”

Teacher Quote: “Isaac is a GREAT student to have in my class! His enthusiasm is contagious...without prompting he asks questions and inquires for additional information when we’re discussing almost every topic! I hope he chooses to take more social studies electives when he becomes an upperclassmen! I look forward to having him in more of my classes! “ - Mr. Nobiling, CHS Civics Teacher