

2021 MAY NEWSLETTER

2020 | HELENA MIDDLE SCHOOL | 2021



May Introduction

Hey Bobcats! Welcome to the (sadly) final Newsletter of the 2020-2021 school year. But don't worry, this month we are going out with a bang with so many great activities occurring at HMS and of course a full stock of wonderful articles that I hope you get the chance to check out. To start off the month the Newsletter has the results of the Photography Challenge and all of the participants photos down below! We are so proud of all of these photographers and if you fancy gorgeous nature photos, I think that the section below might be calling your name!

Moving into the next topic, as a reader, I know that sometimes you just get stuck trying to find some great novels for your summer reading, so down below we have got a list of Student Recommended Novels, picked out by students like ourselves! These books are so incredible so don't miss these unforgettable reads, as well as the Student Chosen Take and Make Kit of the year. Next, to keep your last months at HMS filled with lots of fun and educational activities, Student Council is rebuilding the H on Mt. Helena in partnership with the Outdoor Adventure Club, and Student Council Elections are coming up. Anyone can apply to run for office, and if you just want to join not run, you don't have to do anything but turn in a form to Ms. Koch! You can find all the details on the elections and the H rebuilding project down below! The library is hosting the May Maker Challenge and Selling Raffle Tickets for the SLAC Book Quilt. Our Newsletter Group is also bringing back the monthly Joke Column where we will learn about a possible new addition in the Star Wars Saga? You'll have to read it to find out. Finally, as the monthly celebration portion of this Newsletter, you should check out the piece written below on Mental Health Awareness Month and Pride Month, and why it is important that these events are recognized, learned about, and celebrated. To end off this final intro, we wanted to say thank you for reading the Newsletters. Even if you never get past the first or second page, all of the members and contributors of the Newsletter group have worked so hard to make this possible, but we couldn't have ever done it without you readers. So thank you for continuing to read. You are all wonderful, and everyone here at the Newsletter group is going to miss you and all of your kind contributions. An everyday affirmation: You are loved, We are proud of you, and you don't have to have everything figured out right now. Thanks for everything, and hoping you have a wonderful summer – Eva Skibicki

Introduction

Hey HMS! And welcome to the final Newsletter of the 2020/2021 school year. As sad as we are that the Newsletters have come to an end for now, we are so excited about this month's topics and hope you enjoy! So sit back, grab a snack, and let's hop into May!

2020/2021 Thank you from Writers

As this is the final Newsletter of the 2020/2021 School year, we wanted to showcase a thank you from all of our writers to show our appreciation for every person that reads the Newsletter. Thank you for being in our lives, we are so lucky that you came back month after month. We'll miss you over summer break (:

STUDENT COUNCIL ACTIVITIES/LIBRARY ACTIVITIES

As always both STUCO and our HMS library has something incredible planned for the new month so scroll down to see what is going on and how you can participate in it.

Photography Challenge + Art Competition Results

If you love gorgeous nature photography, this section is for you! We have collected nature photography from so many of HMS's student photographers, We have put them all together in a collage to combine into one viewing all of their beautiful art, so I highly recommend checking that out on Page 4! You can also find all of the art competition follow up on that page as well. So proud of everyone who submitted any art. It was extremely hard to decide a winner, but you can find our winners as well as their stunning pieces of artwork down below!

Summer Titles and the Take and Make Kit of the Year

Summer is quickly approaching and to ensure that you don't get into a summer reading slump students just like you have created this year's top picks for quality reads over summer break.

Mental Health Awareness/Pride Month

This Month in the Newsletters ever changing History/Holiday section, we are observing Pride Month and Mental Health Awareness Month. Both of these are some majorly important months to be celebrated, so find out about their impacts, purpose and origins down below, as well as what you can do to support these causes!

Teacher Appreciation Padlet

Our teachers have done so much for us this year. From working through tech issues, to juggling online and in-school learning, to just being a form of positive interaction in our lives. So we wanted to give you a chance to say thank you, by creating a virtual wall of appreciation. All of the details are down below!

Featured Summer Titles and Take and Make Kit of the Year

Summer Novel Recommendations

Summer is almost here, so you have some wonderful reads to get you through! Students sent in their favorite books, made up of all sorts of genres for every reader. Here they are!

Hattie Big Sky, Harry Potter, The Dare Sisters, The Hunger Games, Wish , The Deep & The Dark Blue, Twilight, Soldier Boy, Percy Jackson and the Olympians, Heroes of Olympus, Magnus Chase, A Tale of Witchcraft, Fox Heart, The Golden Compass, Narnia, Stamped: Racism, Antiracism, and You, The Hate U Give , The Wolves of the Beyond, IT, Wings of Fire, The Girl Who Drank the Moon, Willa of the Wood, The Da Vinci Code, Darius the Great is Not Okay, Secrets to the Universe, Renegades, Imposters, Witch Boy, The Fifth Wave, The Tattooist of Auschwitz, Later, Theodore Boone Series, Reckoners Series, Cherub, Maze Runner, Hobbit, Lord of the Rings, City of Ghosts, Mysterious Affair, Smile, Ghosts, The Magic Fish, You Don't Know Everything, Jilly P!, The Mighty Heart of Sunny St. James, This One Summer, Stargirl, Silver Eyes, The Twisted Ones, The Fourth Closet, The Candy Shop War, Fablehaven, The Search of the Moon King's Daughter, Briar Rose, Undertow, Brevelly Right Here, Wildwood, I survived, Eragon, Trials of Apollo, Holes, How to Trap a Tiger, Blended, Island of the Blue Dolphins, The War that Saved My Life, The Unwanteds, The Unpopular Vote, The Red Queen, Rangers Apprentice, Over the Moon, A Snicker of Magic, The Problim Children, The War that Came Early, Maximum Ride, Peak Marcello Series, I am Number Four Series, Since You've Been Gone, Where the World Ends, The Marvels, Front Desk, the Stars Beneath our Feet

Take and Make Kit of the Year

In the Poll we sent out, students got to choose a Take and Make Kit of the Year. This is the overall favorite Take and Make Kit of the Student Body in the 2020-2021 school year, The favorite Kit is the Among US Key Chain Kit. It was the most popular and loved Take and Make Kit, so make sure you check out before the school year ends, along with the May Take and Make Kit, which is the Watercolor Kit with instructions on how to capture Spring in Watercolor!

- Written by Lucille (Lucy) Uhl



What do you like to do in the summer when you're bored?

Who feels that summer is super long, but you can't find something to do? Well, you are reading the right article. For me sometimes it can be hard to find something to do during what seems like an endless summer. So here are some suggestions from the student body!

Biking, Hiking, Have a barbeque with your family, Cook, Do Yard Work, Hang out with Friends and Family (Be COVID safe!), Take a day trip or travel being COVID safe but getting out and exploring! Have a Picnic, Go for a walk or run with a pet, family member, or solo, Camping, Attend a Summer Camp, Play Video Games, Read, Do Puzzles, Make Art, Go swimming, Go get coffee or go out for lunch, Go rafting or floating down a River, Play at a Park, Skateboard, Play a sport, Wake up early and do something you love! Whether this be going on a hike or for a day trip, working out, hanging out with friends, baking, or anything else you enjoy, Check something off your list! Do some summer cleaning, yard work, clean out your closet, or through your room, etc. Listen to Music, Play an instrument, Go rock climbing, Make beaded bracelets, Play a board game, Geocaching, Do a scavenger hunt! Try a new recipe, Go Fishing, Help someone out, Run through a sprinkler, Relax! Have some down time, do nothing, do something mindless and just let yourself be at peace and relaxed. Whatever relaxing means to you, do that! Have a lemonade stand, stargaze, take up an instrument, act like a tourist and visit the top attractions in your town, Make a playlist with songs that remind you of your summer or what you want your summer to be like, Bury a time capsule to dig up in five years, Have a bonfire and make smores, Build an obstacle course, write a letter to someone (yes, like pen and paper!), Start a journal, Try a new exotic (or simple) food, make homemade pizza, watch the sunset or sunrise, take some artsy photos. Those are only some of the suggestions that we got in. Thank you to all of you guys who gave us suggestions! I hope you all have a good summer! – Written by Ella Schultz

Teacher Appreciation Padlet

The school year is almost over, so we should take the chance to thank our teachers! They have gone above and beyond this year with online learning and such and deserve some gratitude! A link to a Padlet will be provided in this Newsletter. Additionally, everyone will receive an email to access the Padlet. Then, you can go on and say thank you to one or more of your teachers. You could also mention something fun they did in class, or something you appreciate about them. It will be easy, and just take a minute. We are all grateful to our excellent teachers, and this is a great way to show that we respect them.

- Written by Lucille (Lucy) Uhl



Every Year during May the Eta Aquarids Meteor shower passes by Earth between April 19th – May 28th. It's best to view from more equatorial regions of the world, glimpsed passing by usually just before dawn, but if we have any stargazers out there make sure to check the skies this year if you want to view this stunning event!



No other month in one single year starts or ends on the same weekday as May! For example, if the first day of May was on a Friday and the 31st of May was on a Sunday, no other months in that year would start or finish on a Friday or Sunday!

May Joke Column

MAY I present to you the May Joke Column *wink wink* (A bad pun a day keeps the laughter away, you're welcome)

#1: The trees were releaved when spring came.
Maybe they are grateful that testing will be coming to an end as well.

Theoretically, if I were to become a dad joke teller, I think maybe I should learn to step outside to confirm the weather that the weather app has just told me and just stare at the sky, get into character you know? Anyway, joke #2!

#2: Picture this: Star Wars 12 - Luke needs a Walker
Honestly, it would sell.

And an extra one than usual just for the heck of it, here is the final Joke in the Joke Column of the 2020/2021 school year!

#3: My sister is really mad that I have no sense of direction, so I packed up my things and right.

Again, I just have a talent for bad jokes (and or google does, the world may never know) what can you do *insert shrug*
That is all for this month, Thank you so much for reading and have a great day!

- Written by Eva Skibicki

Spring Art Competition Results

Hello HMS! The Last two months we have been hosting our Spring Art Competition for all you artists out there, and today we are thrilled to announce the winner and runner up for this amazing contest. We had so many incredible submissions from all around the student body, and as our judges can testify, it was incredibly difficult to decide on a winner. To all of our participants, your work was simply stunning, and we are so grateful we got the chance to see it. You should be so proud of yourself for even contributing your work, and again, choosing our winners was exceptionally hard. Well now I will stop rambling and announce what you are all here for! Congratulations Lillia Keller on winning first prize in the Newsletter's Spring Art Competition! We were blown away by your use of watercolor, marker, pencil, and colored pencil that brought each aspect of your painting to life. We loved the creativity and meaning behind your artwork and saw how each detail was well thought out. We thought the aspect of surrealism added beautifully to the effect of your artwork and are so excited in announcing that you have won. Your artwork was simply captivating and are so excited to not only see where you go in the future, but also to see your art in all of the time to come! You have won a brand-new set of Prismacolor's, a \$25 Costco Gift Card, and your stunning artwork featured below. And of course, Congratulations as well to the runner up for this month's art competition, Shannon Barragon! We loved your use of charcoal and or pencil in depicting the character of your creature and believed that your use of organic shape and clear creativity in design are very interesting to look at. You can find both of their pieces down below (Page 4, or the next page), so please check those out to see their wonderful creations! And after all, isn't looking at various kinds of artwork one of the best ways to expand your style and inspiration? On the note of looking at great art, We also wanted to take a second to encourage you to go check out some of Helena's local talents and artists. You can do this by visiting their stores, shopping local for your artwork, visiting the incredible Archie Bray Foundation, and also going to the Holter Museum of art. There are so many absolutely incredible local artists, so please go support them if you get the chance and have a wonderful day! -Written by Eva Skibicki

Library Activities

We have some very exciting Activities for the month of May. To kick off those activities we will start with the Library Maker Challenge. For May's Library Maker Challenge, it is the May Nature Photography challenge! You are welcome to check out the finished collage of student nature photography, and you could see some examples of some pictures taken by some talented students. Also, the winner of the drawing for the Target Gift Card is announced under the May Photography Challenge. Follow up if you are interested in this. This month in the library the featured take and make kit will be the watercolor kit with instruction on capturing the Spring in watercolor. Take and Make Kits can be found in the library and are available for check out. The materials that did not get used or are left over from the making of your watercolor painting must be brought back to the library. The library will also be selling the raffle tickets for the SLAC book quilt all throughout the month of May. These beautiful quilt squares were made by the SLAC members, and they were inspired by these students' favorite books. All of the funds from the raffle go the SLAC savings, so contributing to the raffle is not only supporting SLAC but helps the members of the club decide how to use the funds to improve HMS. These funds can help the group contribute to purchasing new technology for the school, or incentives for reading, and many other things! The raffle tickets cost \$2 each or 3 for \$5, and the drawing will be held May 30th to see who is the lucky winner! You can view an image of th quilt on Page 5. And as another activity you can do over the summer, Lewis and Clark Library has a new teen area, there are also book clubs you can also join at Lewis and Clark library over the summer! Both of which are amazing things to do over the summer if you love reading or just want to go see something new. If you feel like picking up a good book it is also a great place to go check out a good read.

- Written by Madelyn Guzynski

Mental Health Awareness Month

Mental Health Awareness Month is a national occurrence that has been observed each May since the spring of 1949, and this year especially, I think recognizing the importance of understanding mental health conditions and how they can affect every single one of us, is more vital than ever. This year has been interesting to say the least and has left thousands of people struggling with their mental health. Even if not all of the people struggling ended up with a diagnosed condition, many still had hardships when it came to their mental health. This month isn't just designed for specific mental health conditions, though it is another big focus, but mental health in all connotations. Our mental health is an incredibly important aspect to a person's full health and wellbeing. We must realize that mental illnesses are not uncommon, fake, wrong, or undeserving of treatment. According to a study done by the National Institute for Mental Health, nearly one in five adults in America are living with a mental illness, and found from a recent study, many mental illnesses begin by the age of 24. An estimated 17.3 million adults in the United States have at least one major depressive episode in their lifetime, and around 31.1% of adults are predicted to experience an anxiety disorder at some point in their lives. This even more disproportionately affects minorities when it comes to experiencing disability resulting from mental health disorders due to an often-different amount of social and economic resources, frequently translating into socioeconomic disparities. For LGBTQ+ individuals, a factor known as "minority stress" can take a terrible toll on health. According to the National Alliance on Mental Illness, LGBTQ+ individuals are more than twice as likely as their heterosexual peers to suffer from mental health conditions such as anxiety and depression. One of the contributing factors to why these numbers have become so high throughout the years, is because of this stigma that many people have internalized that having a mental illness is shameful or makes them undeserving of treatment, compassion, and or recovery. But please remember that this is in no way true. If you are struggling, please go to a trusted person in your life and talk to them about it, and if it is becoming worse, severe, or beyond our normal human ups and downs, please seek help and talk to a mental health professional. Going for treatment does not make you weak, it makes you strong for giving yourself the understanding that you deserve to live a life out of the dark place that you are in. I know it sounds so much easier said than done, but the worst thing you truly can say is nothing at all. Also, another aspect of raising awareness for mental health conditions and effects is educating yourself. There are over 200 classified forms of mental disorders, and each one is complex and unique in its own way. Please, go out and learn about some of the main conditions whether you have them or not, and show understanding and patience to anyone around you who might have them. Trust me when I tell you that one of the best things you can do for someone who is struggling is listen to and support them without sending any comments or actions possibly representing stigma around their condition. And to end this off, you are loved, and a mental illness or low point in your life does not make you weak. You deserve treatment, love, and care, and there is nothing wrong about having a mental illness. Please if anyone is struggling reach out and get help, fight for your right to feel better, because you are deserving of so much love and happiness. It is okay to struggle, to feel like you are getting nowhere, but whatever you do don't give up. If the universe didn't need you, it wouldn't have made you, and I love that you are here on earth with us. I will put a list of some of the general common mental illnesses down below along with resources down below so you can find out ways you can provide support and or learn more about a condition you might currently be experiencing. I have also listed the American suicide hotline number. I'm proud of you, you are loved, this is your sign to go do something kind for yourself, and Happy Mental Health Awareness Month ♡

Eight of some of the common health disorders that I encourage you to look into:

(NOTE: Each of these has different variants and types, these are mainly generalized conditions, there are so many more branching off of each of these. I included some of the more common branches, but not all)

Anxiety Disorder
Obsessive-Compulsive Disorder (OCD)
Depression, Bipolar Disorder, and other mood disorders
The Autism Spectrum
Schizophrenia
Eating Disorders
Post-Traumatic Stress Disorder (PTSD)
Personality Disorders

National Suicide Prevention Hotline: 800-273-8255

- Written by Eva Skibicki

First Place

Lillia Keller

"Mixed Emotions"



Second Place

Shannon Barragon



May Photography Photos + National Photography Month

Hello HMS! This month it's May! May is also Photography month. To celebrate the Newsletter is having a photography contest. The theme of the photographs is nature all the valid participants will be put in a drawing for a Target Gift Card. Where did photography month come from you may ask. Well, let me tell you a bit about it. May photography month was officially recognized in 1987 by congress as a month-long event. The American Photography Association is one of the primary organizations that continue the tradition. The nation celebrates photography with festivals, contests, exhibits, and different events.

- Written by Esme Soller

Hey HMS! I am excited to announce the winner of the May Photo Contest Drawing! The drawing winner is Kodi Cooper-Meyers! Come down to the library to pick up your \$10 target gift card and thank you so much for participating! There were so many great entries and you are our lucky drawn winner. I do hope that you readers look at all the entries under this message and have a great month!

- Written By Ella Schultz



**Meeka De Mers, Taken in her
Backyard**
Summer, 2020



Samara Lucas, Glacier National Park
September 12, 2020



**Finn Morrison, Yellowstone
National Park**
2020



**Kodi Cooper Meyers,
Taken Near His House**
September 2, 2020



Natalia Traynor, Spring Meadow Lake
May 14, 2020

Thank you From Writers

And to end off this final Newsletter, here is a thank you message to you at the Newsletter Group. We have absolutely loved writing with you this year, and hope you enjoyed it just as much as we did. You all are wonderful, and thank you for reading. We are grateful for every second that you took out of your day to read our Newsletter, so Thank you for continuing to come back. You are always welcome here.

It has been amazing writing for the newsletter I've met so many new people. I just want to say appreciate all of you for reading the Newsletter. Coming to HMS I was super nervous. Now I know that I've found my place.

- Esme Soller

Thank you all for reading my columns! This was such a great way to spend my timethis year, and it was so, so fun, and I am so grateful to Eva for making this happen! I had the best time.

- Lucy (Lucille) Uhl

I am very happy that I got this opportunity to be a part of this Newsletter, and I am really thankful that you read my column. I hope you have enjoyed the Newsletter this year!

- Madelyn Guzynski

Hi HMS, I hope you enjoyed the Newsletter this year and have a great summer! See ya next year.

- Ella Schultz

Hey HMS! Thank you all so much for taking time to read my columns this year, I appreciate all of you.

- Ellie Clancy

It was an amazing experience getting to come and work on the Newsletter. I hope you have an amazing summer, and see you all next year!

- Oliver Grotzke

Hey HMS! I just wanted to say thank you for reading our Newsletter for all of these months. We put so much time and work into creating each one for you guys, and just knowing that you have read them is such a wonderful and rewarding thought. We are so grateful that you kept coming back. I am so glad I got this opportunity to create and build something while growing alongside it. Thank you for making that possible, it's been a beautiful experience. You are all amazing.

- Eva Skibicki