

Cougar Chronicle

Casa Grande Union High School

Principal Wyble Speaks On Campus Safety and Discipline

“The School That Makes Education Happen”

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Principal Wyble related that listening devices have been removed from campus for a number of reasons including class disruptions; and safety issues especially during lunch hours.

Recently, CGUHS installed thirty cameras on campus that will aid the administration and security personnel in keeping better track of students. This is especially important during lunch and after school when most misbehaviors have occurred.

CGUHS now has eight security personnel which together with administrators and teachers on campus, have created a high visibility

during crucial hours. This has not only decreased the number of incidents that have occurred. It has, also, given teachers an opportunity to interact with students in a different setting, thereby allowing them to get to know one another better and improve teacher/ student relationships.

CGUHS has a goal to provide a safe and orderly campus conducive for an excellent learning environment. The administration is committed to doing what is necessary to protect our students and to provide the best possible education for all CGUHS students.

Final Exam Schedule

Exams will be given...

Wednesday 12/21/05

Periods	Time
1	8:15 -- 9:30
2	9:45—11:00
3	11:15 — 12:30

Thursday 12/22/05

Periods	Time
4/5	8:15 — 9:30
6	9:45 — 11:00
7	11:15 — 12:30

Friday 12/23/05

Open make-up day.

- Exams are 75 minutes each
- Passing periods are 15 minutes
- Students with perfect attendance (except ones with accelerated/honors classes will not be required to attend during exam days
- Buses run early morning and after last period each

January and December Will Bring Changes

When second semester begins January 9th, 2006 Casa Grande Union High School students will be confronted with a number of changes including a new class schedule for the second semester and the possibility of “late start Wednesday.” Under this

plan, students will arrive at school late on Wednesday so teachers can have PLC and staff meetings. School will be dismissed at 2:45 P.M. everyday. A survey was recently sent home asking for your input. Please be aware that a decision will be made soon so

keep an eye on The Dispatch about changes.

Finals are scheduled for December 21st, 22nd, and 23rd. Please be sure your students arrive at school on time, well rested, and ready to test. December 23rd is the last day of school for 2005, and the

Students will return to school on January 9, 2006. They will be instructed upon their arrival as to where to acquire their new schedules before proceeding to their new first hour class.

Remind your student to wear their school ID.

Four Easy Practices to Improve Your Student's Performance

By Mrs. Martha Ann Richards

English teacher, CGUHS

As parents and teachers we are constantly on the look out for ways to help students perform better not only on those high stakes tests, but each and every day in school. Teenagers as a rule are learning to stretch their wings in preparation for entering the adult world. These 'energizer bunnies' are always doing something and the minute they stop they drift into sleep mode. This does not work well when a teacher gives a lecture. (Thankfully, most lectures are short and sweet and then it is on to something more engaging. Recently while taking a class, I came across some really good information about how to improve performance and it won't cost anything to implement! To perform at their best students need: water, oxygen, 'brain food', and sleep!

Water

Learning involves using the brain. The brain needs to be thoroughly hydrated to function at its best. Students should carry a clear, plastic water bottle with them and refill it at the water fountain as needed. This is especially important in Arizona's desert climate. Please encourage your student to drink plenty of water. Frequent small sips can keep a student alert.



Oxygen

Have you ever sat in a long, boring meeting stifling a yawn? It was your brain trying to get more oxygen in order to absorb what was being discussed. I don't recommend that students yawn in class! Instead, let your student know that if they are having trouble focusing in class that a few slow deep breathes can help revive the brain and they will be able to continue in class. This is especially helpful during tests when students are using their brains to recall information. Students might try this method after lunch when students tend to want to nap.

Brain Food

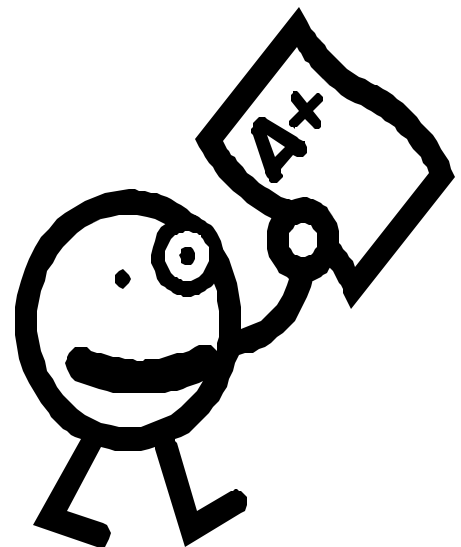
What is 'brain food'?...Fruits, vegetables, lean meats! Great! Now, how can we get our student's to eat them! My suggestion is that you have your student put a piece their favorite fruit in their backpack. For a quick snack on the way to class mid-morning snack on the way to class. Remind them to dump the peels or core in the waste basket as they enter class. Encourage a snack of peanut butter and crackers or cheese at the end of the school day. In Addition to the meals served at home. This is one of those seri-

ous growth periods, so students need to eat more...but try small frequent, healthy meals to keep weight in proper proportion.

Sleep

Having had five teenagers, I know teens will run full speed ahead until they suddenly give out, usually on the family room floor with all their 'stuff' laying around them. Only one of my teens made it a habit to take a nap when he came home from school, but I think he did that so he could stay up and 'do his homework' late at night on the computer with the sci-fi channel on the television. I know it isn't easy to get them to stop long enough to get enough sleep (except on Saturday when you have chores for them to do and they sleep until 3 P.M.). Contrary to what they think teens need 7 to 8 hours sleep and if they cheat themselves out of enough sleep, they will probably doze off during school.

Please encourage your student to practice these steps to better learning.



Robot Club Prepares for Another Season of Competition

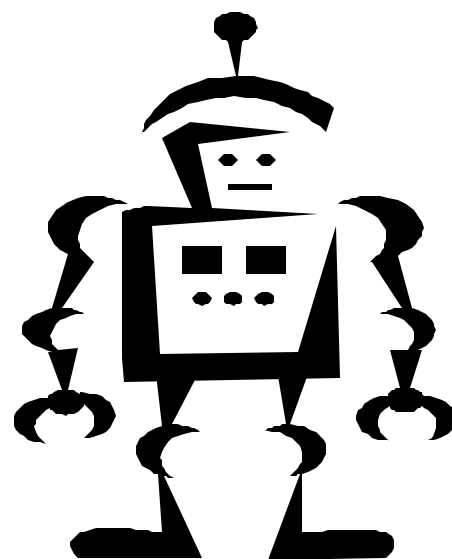
CGUHS has a Robot Team. These dedicated students hope to compete in competitions similar to Battle Bots, but without the smashing and bashing. To reach this goal this group will need help. They are looking for students who are techno suave and those who are good with their hands. They need adult help with design and guidance. They, also, need financial assistance. The Robot Team needs to raise \$6,000 in the next few weeks to cover the entry fee and materials. The team is looking for a corporate sponsor. If you are aware of some business that would be willing to help sponsor the club, that would be great, but individuals can make a cash donation these are tax deductible. In fact, most of last years funding came from individuals who made

\$250 tax-deferred gifts through CGUHS. Please help this great group of kids who are learning to integrate science and technology in a working model.

If you can help in any way, with your time, your money or your support, please e-mail the coach, Chris Murray at cmurray@cguhs.org or call him at 836-8500 ext. 4219. The Robot Club can send out more information to those who request it.

Please note tax laws have changed! Now individuals may donate \$200 and married couples may donate \$300 to the school of their choice. There are many school based groups to whom money may be donated including band, theater arts, journal-

ism, etc. Please make checks payable to Casa Grande High School and mark on the memo line that it is a tax deductible contribution and if you so desire specify which school group you would like it to go to.



Cougars Prepare for a Very Busy Pre-Winter Holiday Schedule

*After a very successful fall sports and marching band season, CGUHS looks forward to the winter sports, concerts and play season. CGUHS' marching band will be playing the National Anthem for the Fiesta Bowl Marching Band Competition.

*Boys and girls soccer; wrestling; boys and girls basketball are just getting underway. Please come out and show your support for our many Cougar athletes.

*Dance has a concert on December 17, 2005 at 7 P.M. in the campus auditorium. Tickets are \$5.

*The annual performance of "The Nutcracker" will be December 1 & 2 at 7:30 P.M. in the CGUHS Auditorium. All tickets are reserved. The cost is \$8.00 & \$10.00.

*The CGUHS Band will hold their winter concert on December 15, 2005 at 7:30 P.M.

in the Auditorium. Admission is free.

*The annual Electric Light Parade is on Saturday, December 3, 2005. See *The Dispatch* for route.

*Choir's Annual Winter Concert is December 16, 2005 in the Auditorium at 7 P.M.

Please mark your calendars.

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“The School That Makes Education Happen”



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The Cougar Chronicle is the work of
the Beginning Journalism Class.
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● Knowledge is Power.

Everyone Welcome!

Parent Teacher Student Organization

Please join your fellow parents, faculty and students
For an informal monthly meeting.
Express your concerns & Share your ideas!

**SECOND TUESDAY OF EVERY MONTH,
CGUHS LIBRARY, 7:00 P.M.**