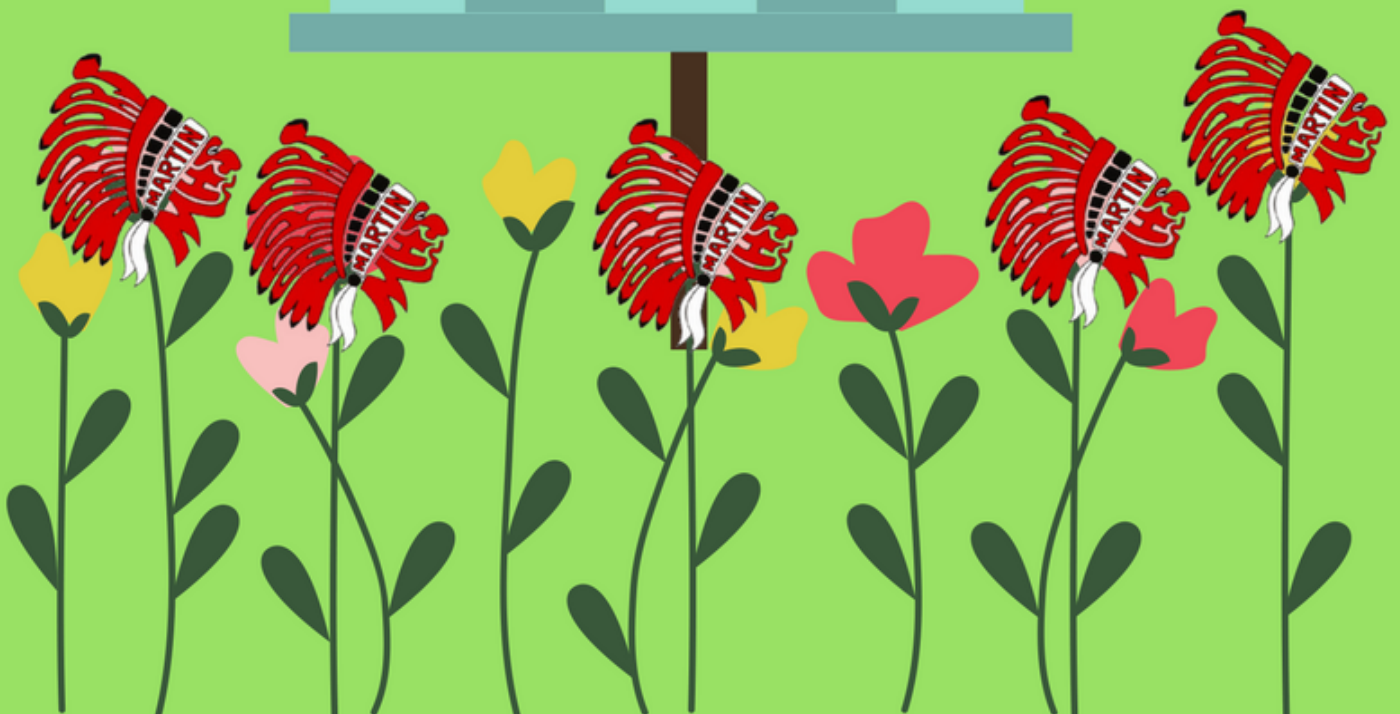


Martin PTSA Newsletter



April 2018



April 2018



SMOKE SIGNALS



Martin High School PTSA Newsletter

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Dear Martin Warrior Families,

I want to say a big THANK YOU to our fabulous PTSA Board Members, Martin Administrative Staff, Teachers, Parents, & Students! Martin is truly the BEST High School in Arlington because of YOU! It has been a real honor to serve this year.

As our year is coming to a very quick end, I want to give a special shout out to Jenny Reine and Rose Harwell, our Bahama Bash Chairs, for their outstanding leadership! They have been working an entire year to provide our Martin seniors with a drug & alcohol free after prom party that will give these kiddos a night they will always cherish. Thanks to ALL who are serving on the Bahama Bash Board for your dedication to make this enormously GIGANTIC, crazy, over-the-top party come together! Martin Warriors of all grades please support Bash in any way possible these last few weeks! Your time is coming!

Six Flags Day – AISD Education Celebration – Friday, April 13, 6-11 pm.

This is a private party benefiting the Arlington ISD Education Foundation and our very own Martin High School. Tickets are only \$25 each and Martin will receive \$5 for every ticket purchased! Come enjoy Six Flags at a major discount – without lines!!! Purchase your tickets today! Click [HERE](#) to buy your tickets OR go to: www.aisdeductioncelebration.com. Be sure to use the enter code: MARTIN

Our next and LAST PTSA General Meeting for the year will be on May 7 at 7:00 in the cafeteria.

I wish everyone a wonderful final 6 weeks! Best wishes to our seniors! Go Warriors!

Warrior Proud,

Melody Fowler

Martin PTSA President





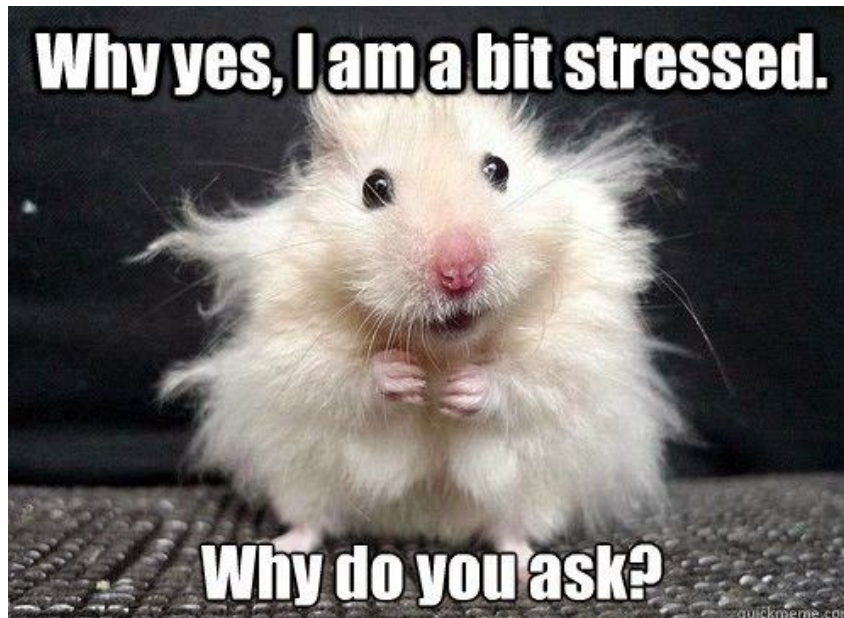
Counselors' Corner

April 2018

MEET YOUR COUNSELORS!

A-Browd:	David Pyatt
Browe-Dap:	Amy Benson
Dar-Gh:	Jana Lewis
Gi-Hy:	Suzanne Bandy
I-Ll:	Connie David
Lm-Mix:	Barbara Moeller
Miz-Ph:	Jarita Galbreath
Pi-Sans:	Susan Kingen
Sant-Trap:	Edwina Thompson
Trar-Z:	Jai Davis
AVID/STEM:	Sara Stringer

"Go confidently in the direction of your dreams.



Coping with School Stress

As the end of the school year is winding down, we often see students' stress level going in the opposite direction. With testing, deadlines, college applications, grades, and questions about the future looming, students often experience an increased level of stress and anxiety.

The following, from studypoint.com, offers some tips on how to get your student back on track:

Be Organized

- Help your student put together a schedule of activities, suggests familyeducation.com. Start with things that happen at fixed times (such as soccer practice) then fill in the open spaces with study time, piano practice, relaxation time, etc.
- Schedule work time for big assignments that will take several days or weeks to complete. This will help your student avoid having to cram a long-term project into a day or two, thereby reducing stress and giving him or her a better chance at a good grade.
- Give your student an organized workspace. A messy desk or backpack can easily swallow up a homework assignment. The time spent separating schoolwork into subject folders, organizing school supplies, and throwing out what your student no longer needs will save loads of time (and worry) later on.
- Set house rules for study time. Cell phones and televisions should be off, and the Internet used for research only. Make sure other family members honor these rules, since even a TV down the hall can be distracting for a student who's trying to focus.

Prioritize

- It's great to be involved in a range of different activities; however, if soccer, swimming, school newspaper, and youth orchestra are gobbling up too much time, figure out what your student can afford to quit. Take into account your student's intended college major and potential scholarships, but don't forget to factor in your student's genuine interest levels as well. Extracurricular activities that are purely for fun can help reduce stress. Ultimately, the decision should be up to your child. According to stress-focus.com, choosing to say no helps a teen learn to prioritize and be independent.
- Figure out what can wait until tomorrow—or next month. It might be a term paper that isn't due for several weeks, or even ACT or SAT prep, which can be done over the summer rather than during the hectic school year.
- Help your student set realistic goals, both in and out of school, says familyeducation.com. Having attainable goals to work toward will help him or her see the light at the end of the tunnel.

Live a Healthy Life

- Sleep is a key factor when it comes to wellness. Students (including teenagers) generally need at least 10 hours of shut-eye each night. Studies have shown that teens who don't sleep enough have lower GPAs and higher rates of car accidents, and are more at risk for physical and mental illness.
- Exercise is one of the best ways to blow off steam. According to an article by New York Times blogger Gretchen Reynolds, studies have shown that regular exercise actually helps change brain chemistry to reduce stress.
- Eat well. A diet of high-calorie, high-fat foods can make your student feel sluggish, whereas a balanced diet will help him or her tackle the day. Brainready.com offers a list of five top brain foods.
- Be a healthy role model. If you tell your student to exercise, choose healthy foods, and go to bed at a reasonable hour, do so yourself, says familyeducation.com. (You may find your own stress levels diminishing as a result!) By forming good habits, your student will be less likely to medicate anxiety with junk food, alcohol, drugs, or aggressive behavior.
- Schedule recreational time. Although it may be tempting to urge your student to use that free Saturday afternoon for ACT study or biology homework, it's important not to work constantly. Your student needs the chance to play, relax, space out, and have fun.
- Laughter really is the best medicine. According to stressfocus.com, having a good sense of humor and watching cartoons can help relieve tension. Encourage your student to do things that make him or her laugh.

Show Your Support

- Allow your student to talk about his or her stress, says suite101.com. Let go of the idea that your student is "just a kid" and has nothing to be worried about, and offer a sympathetic ear.
- Find out what is causing your student's anxiety. Is it pressure to succeed? A big upcoming project? Standardized tests? Once you know the source, you can better help your student solve the problem. If your student needs academic support, visit www.studypoint.com to find out how they can help.
- Be positive. According to about.com, praising your student for his or her accomplishments can go a long way when it comes to self-esteem. When your student is struggling (a bad grade, a missed catch, a rejection), help him or her focus on the opportunities the situation presents. Even a disappointing experience can lead to a useful lesson.
- Keep in mind that boys and girls handle stress differently, according to stressfocus.com. Girls are more likely to seek guidance and support, while boys will either tune out the stress or tune into something else for distraction.

And as always, your school counselor is just an email, phone call, or visit away! Encourage your student to come by his/her counselor's office for support.

We can help! J

MARTIN HIGH SCHOOL

Golf Booster Club

PLANT SALE



Sale Begins: March 19

Sale Ends: April 6

Order and pay online: www.martingolfteam.com

Or

Print online form and pay by check

Plant pick-up: Saturday, April 14 9a.m. – Noon

MHS - S. E. parking lot

The background of the slide is a vibrant tropical scene. It features a bright blue sky with silhouettes of palm trees and large, colorful flowers in shades of yellow, orange, and green. The central text is contained within a white rectangular box.

SENIORS!
FOLLOW
BAHAMAMA
BASH
2018

ON
TWITTER
AND
FACEBOOK

2017 / 2018 Martin PTSA Membership Form

Senior Students **MUST** be a member to be eligible for PTSA Scholarships.
 Parents of Seniors **MUST** be a member to work Bahama Bash.
 Texas PTSA members are entitled to special discounts from the following businesses:



Name _____

Phone Number _____

Email _____

(Email needed especially for parents of senior students)

Name joining PTSA	Check One		Check One			Student-Grade
	Regu- lar	if Awarded Texas Life Membership	Par- ent	Student	Teacher/ Faculty	

Total Regular Members x \$10.00 =

Total Life Members x \$ 7.75 =

Donations to Scholarship Fund (donation amount)

(Tax deductible donation/Scholarships given to graduating seniors.)
 Total Payment

Mail checks payable to MHS PTSA and mail to

Aileen Bennett, P.O. Box 175188, Arlington, TX 76003

To be completed by PTSA:

Joined by/date: _____ Check # _____ Cash _____ Card(s) Given _____

Many thanks from Bash to this Gold Plan supporter!



HIGH SCHOOL YOUNG CHURCH

9TH-12TH YOUTH GROUP | SUNDAYS | IN THE BASEMENT | 630-800PM

st. Vincent
de Paul
CATHOLIC PARISH

#WEARETHEYOUNGCHURCH | WWW.SVDPCC.ORG/YOUTH

YC



**Help support Bahama Bash by ordering your
Holiday cards, photo books, personalized gifts
and much more from our special store frontpage**

BahamaBash.ShutterflyStorefront.com

