

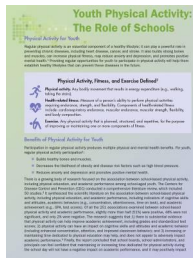
School Signs Master Exhibit 4-24-22



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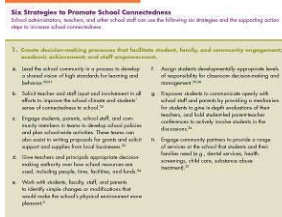
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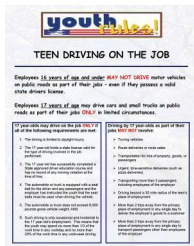
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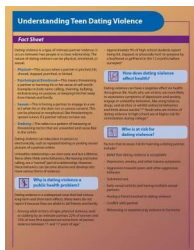
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010

TEEN..... DEPRESSION

Being a teenager can be tough. There are changes taking place in your body and brain that can affect how you learn, think, and behave. And if you are facing tough or stressful situations, it is normal to have emotional ups and downs.

But if you have been overwhelmingly sad for a long time (a few weeks to months) and you're not able to concentrate or do the things you usually enjoy, you may want to talk to a trusted adult about depression.

011

What Is Depression?

Depression (major depressive disorder) is a medical illness that can interfere with your ability to handle your daily activities, such as sleeping, eating, or managing your school work. Depression is common but that doesn't mean it isn't serious. Treatment may be needed for someone to feel better. Depression can happen at any age, but often symptoms begin in the teens or early 20s. It can occur along with other mental disorders, such as anxiety, and often runs in families.

Who can you just hang out of depression?

With morning (Boric) or family members may try to tell someone with depression to "hang out of it," "get her positive," or "you can be happy if you just try harder." But depression is not a sign of weakness or a character flaw. Most people with depression need treatment to get better.

What Are the Signs and Symptoms of Depression?

Sadness is something we all experience. It is a normal reaction to a loss or a setback, but it usually passes with a little time. Depression is different. If you are wondering if you may have depression, ask your self these questions:

- Do you constantly feel sad, nervous, or even "empty," like you feel nothing?
- Do you feel hopeless or like everything is going wrong?

012

ASK FOR HELP

- Do you feel like you're worthless or helpless? Do you feel guilty about things?
- Do you feel irritable much of the time?
- Do you find yourself spending more time alone and withdrawing from friends and family?
- Are your grades dropping?
- Have you lost interest or pleasure in activities and hobbies that you used to enjoy?
- Have your eating or sleeping habits changed (eating or sleeping more than usual or less than usual)?
- Do you always feel tired? Like you have less energy than normal or no energy at all?
- Do you feel restless or have trouble sitting still?
- Do you feel like you have trouble concentrating, remembering information, or making decisions?
- Do you have aches or pains, headaches, cramps, or stomach problems without a clear cause?
- Do you ever think about dying or suicide? Have you ever tried to harm yourself?

013

YOU ARE NOT ALONE!

ASK FOR HELP

What else can I do to help manage my depression?

Be patient and know that treatment takes time to work. In the meantime, you can:

- Stay active and exercise, even if it's just going for a walk.
- Try to keep a regular sleep schedule.
- Spend time with friends and family.
- Break down to-do list or work tasks into smaller ones and organize them in order of what needs to get done first. Then, do what you can.

What Can I Do If Someone I Know Might Have Depression?

If you think your friend might have depression, first help him or her talk to a trusted adult who can connect your friend to a health professional. You can also:

- Be supportive, patient, and encouraging, even if you don't fully understand what's going on.
- Invite your friend to activities, social events, or just to hang out.

014

Youth Employment Guide for Agricultural Work

Know Your Rights as a Minor Employee

Minimum Age Requirements

- 14 years old for most agricultural work
- 16 years old for most agricultural work
- 18 years old for most agricultural work

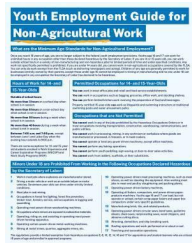
Working Hours and Conditions

- Hours: No more than 8 hours per day, 40 hours per week
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MY FUTURE, MY WAY

FIRST STEPS TOWARD COLLEGE



College Support Team

Getting ready for college may seem like a bit to handle, but you don't have to do it alone!

Parents, teachers, counselors, coaches, and friends follow from your community or place of worship as all good people do to help you have questions. Think of them as your college support team!

Any adult with whom you have a connection is a good addition to your college support team. If they don't have the answers themselves, they know where to look.

Think To Your Team! Tell Someone You Know They Want to Go!

Start discussing your plans for college today with your family and with people at school. They will not know you need support and encouragement unless you tell them in an open way. Once someone knows the plan, you can work together to reach your college goals.

Feature Student Aid

For more information on the various types of financial aid available to students, visit www.collegeboard.com/scholarships or www.finaid.org. For more information on federal, state, and private loans, visit www.finaid.org/loans. For more information on private student loans, visit www.collegeboard.com/private.

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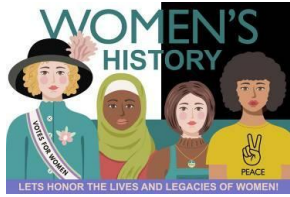
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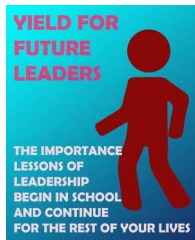
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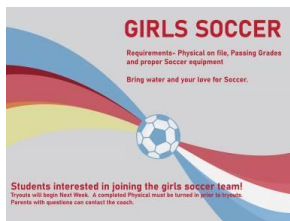
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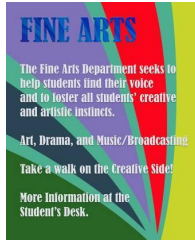
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Supportive school environments have a meaningful influence on student outcomes.

An extensive amount of research has linked a positive school environment to higher test scores, graduation rates and attendance rates. For example, the effective and highly qualified teachers with high expectations for students and good teaching conditions have been linked to strong academic performance in multiple studies. Peer support for achievement-oriented behaviors, such as studying or participating in class, is also strongly tied to positive school climate and academic achievement.

A school environment is broadly characterized by its facilities, classrooms, school health supports, and disciplinary policies. It sets the stage for the external factors that affect students.

048

Reach Out!

Getting your parents or legal guardians involved in your education can make a big difference. They can provide emotional and academic support. The more people on your side, the more likely you are to get what you need.

You should also consider meeting with a healthcare professional, counselor or teacher.

049

Clubs and Activities

CHESS CLUB

Chess is an ancient game that has been played for centuries. It is a game of strategy and skill.

ART CLUB

Art is a form of expression that allows you to share your thoughts and feelings.

DRAMA CLUB

Drama is a form of storytelling that allows you to explore different perspectives.

FENCING CLUB

Fencing is a sport that combines physical fitness with mental strategy.

YEARBOOK CLUB

Yearbook is a record of the school's activities and achievements.

050

Empowering you to improve your life

If you are a student leader interested in making social impact changes in your community, then become a volunteer!

Whether you're cleaning up a neighborhood park, tutoring young children, serving food at a shelter or getting people registered to vote, your service and commitment to others is welcomed and encouraged.

There are many ways to get involved and improve our community and improve the lives of others. Get inspired by stories from youth and learn how you can get involved to improve your community in your own way.

FOCUS! GET INVOLVED

051

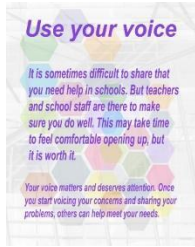
Education

Whether you're working hard toward your high school diploma, applying to college or pursuing a trade, getting an education is often the best way to get ahead!

Start out by studying hard, reaching for an excellent grade that you are proud of. Then set a goal to improve your skills and knowledge. You can do it!

For every step you take today, imagine a better tomorrow waiting for you.

052



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054



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056



057

The Benefits of Study Groups

Note-taking reinforcement:
If you took horrible notes in French last week, don't worry! A member of your study group can share his.

Sharing talents:
Each student brings different strengths to a study group: organizational skills, ability to stick to a task, a talent for memorization etc.

Covering more ground:
Four study group members may be able to solve a math problem that none would have solved alone.

Support system:
Members of a study group often have common goals, such as good grades.

Socializing:
It's a lot of fun to study with other students. And because it's more fun, you spend more time studying!

058

Extended Study Hours
during
Finals Week



Sunday 9am - 7pm
Monday 6am - 10pm
Tuesday 6am - 10pm
Wednesday 6am - 10pm
Thursday 6am - 10pm
Friday 6am - 10pm
Saturday 8am - 9pm

059

PARENTS WEEKEND

Letters were sent out to parents this week detailing the upcoming events of parents weekend.

Friday Tummy Day Picnic
Saturday & Sunday tours and workshops
Saturday Luncheon
Saturday Student-Alumni Mixer
Saturday & Sunday Continental Breakfast

More detailed information will be distributed closer to the event.

ENTERTAINMENT, GUEST SPEAKERS
AND MUCH MORE!

Please remind your parents to send back registration as soon as possible.

060

ATTENTION SENIORS



You must complete all required paperwork for graduation prior to the last day of the quarter **BEFORE** the last quarter.

Candidates who meet the eligibility requirements may register for the ceremony (and order caps, gowns, tickets, parking passes, etc.) by completing the Commencement Registration/Order Form

061

Bullying: Be More Than a Bystander

Getting Help

If you have done everything you can to resolve the situation and nothing has worked, or someone is in immediate danger, there are ways to get help

062

Bullying: Be More Than a Bystander

Protect yourself and others from cyberbullying.

- Always think about what you post online.
- Do not share anything that could hurt or embarrass anyone.
- Keep your password a secret from other students.
- Think about who sees what you post online.
- Keep your parents in the loop.
- Talk to an adult you trust about any messages you get or things you see online that make you sad or scared. If it is cyberbullying, report it.

063

Bullying: Be More Than a Bystander

Set a good example. Do not bully others.

If you do not bully others, other students will follow your lead. To help even more, you can participate in anti-bullying activities and projects.

064

Bullying: Be More Than a Bystander

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065

Bullying: Be More Than a Bystander

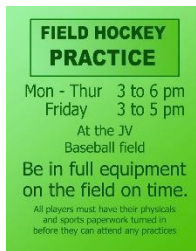
What is bullying?

- Bullying often includes:
 - Teasing
 - Talking about hurting someone
 - Spreading rumors
 - Leaving someone out on purpose
 - Attacking someone by hitting them or yelling at them
- Bullying is unwanted, aggressive behavior among kids and teens that involves a real or perceived power imbalance. That means the person who bullies seems more powerful because of strength or popularity than the person being bullied. The behavior is **repeated**, or could be repeated, over time.

066

BE YOU!

067

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AV CLUB
MEETS EVERY
SATURDAY
AT 12.00
NOON
BE THERE!
ROOM 27
XXXXXXXXXXXXXXXXXXXX

073

