



# PAYSON JR. HIGH

Home of the Grizzlies  
1025 South Highway 198  
Payson, Utah 84651

(801) 465-6015 Fax: (801) 465-6023

We are United in our Growl GRRR  
Grateful, Responsible, Respectful and Resilient

## February 27–March 4, 2024

Principal:  
Kevin Mecham

Assistant Principal:  
Tammy Halcrow

Dean of Students:  
Jen Gasser

Counselors:  
Brandi Adams  
Graycee Elliott  
April Mangum  
Katie Miller  
Kassidy Rindlisbacher

"What do we live for, if it is not to make  
life less difficult for each other?"

### Counseling:

**01**

**Academic Status**

As we near the end of the term, please stay informed about your student's academic status and whether or not they are staying on track. Did you know that 9th-grade grades count towards high school graduation credits? That's right – every assignment, every test, and every class participation matters.

**Grades & Infinite Campus**

Now is the perfect time to log in to i-Campus and check your student's grades. Look for any missing assignments or incomplete tasks that could impact their overall performance. Remember, proactive communication with teachers is key. If you notice any discrepancies or have concerns, don't hesitate to reach out.

**02**

### Dates:

February 27:

Winter Orchestra  
Concert

March 1: Freshman  
Day

March 1: NetSmart Assembly

March 8: Term 3 Ends

March 11: Term 4 Begins

March 12: School Community  
Council

March 12: District Intermediate  
Choir

March 14: District Advanced Choir  
Assessment

March 15: Student Talent Show  
Assembly

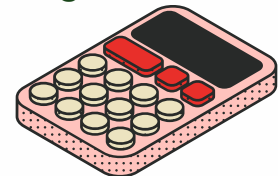
March 20: ACT Day for Juniors

March 20: School Development Day  
– Out at 11:15 AM

MARCH							2024	
SUN	MON	TUE	WED	THU	FRI	SAT		
							1	2
3	4	5	6	7	8	9		
10	11	12	13	14	15	16		
17	18	19	20	21	22	23		
24	25	26	27	28	29	30		
31								

### Want Math Help?

Come to Room 603 to get help from  
Mrs. Wood during Lunch on  
Wednesdays or before school with  
Mrs. Wagner in Room 306



# Grizzlies United

## Policy Review: Tardies

Tardies are a classroom disruption and affect education. Students are to be in their scheduled classroom when the tardy bell rings.

### Passing Time Hallway Music:

- The music in the hallway is to help students get to class on time. After the dismissal bell 2 minutes will pass without music, followed by 2.5 minutes, followed by 30 seconds of no music. Students should be in the classroom ready to start class by the time the bell rings. When arriving tardy to school, go straight to your class you are in for the time you arrive at school. Students can only be parent excused for first period for up to 5 days per semester, after that all tardies will be unexcused and need to be made up.
- If students have more than 3 tardies and must serve detention. Detention is typically only offered during lunch or during the 30 minutes immediately after school. Parents will be notified and students may need to make ride arrangements.
- A detention schedule will be available for each week.
- Tardies are counted in all classes combined, not per class. Tardies will be reset back to "0" each term, but all tardies must be made up in order to participate in school activities.
- Students need to serve detention to make up their tardies, late tardies, and unexcused absences.
- With 4 or more tardies total, the student is not eligible to attend any day-time school activities or after school activities, including Lagoon.
- Students can make up tardies in the following ways:
  - Detention during lunch
  - After school detention with assigned teacher
  - Morning homework help with Mrs. Wagner (Room 306) M-Th 7:20 to 7:45 as permitted by parent. If parents request an alternate detention to the lunch, morning, or after school options, an administrator will assign the student an option on a case-by-case basis.



★ If Students linger in the hallway after the bell rings, a meeting will be set up to meet with parents to form a plan to help support getting students to class on time.

### Need to work off Detention hours?



After School Detention Schedule:

Monday: Advocates (603)

Tuesday: Wood (213)

Wednesday: Thornton (705)

Thursday: Evans (114)

Friday: Young (708)

You can also go to the Advocates during lunch, go get math help, or set up a time to work with individual teachers to make up missing work or failing grades (just ask them to notify the office so you can get Detention Credit). Right now is the PERFECT time to get hours made up plus get your grades up for the end of Term 3!

The office is open from 7:00 AM to 3:30 PM to help with any questions or concerns!



**Mecham Bucks!**  
LA TIENDITA will be open Thursday during both lunches. Come grab yourself a treat with your Mecham Bucks!

Jr. High Boys Tennis: Information Meeting on Tuesday, February 27th right after school in Mr. Vincent's Room. Practices start on Wednesday, February 28th after school.



# Grizzlies United

# This Week in Advisory...

This week, we discussed Attitude and Perspective. Classes talked about the difference between optimism and pessimism. Don't wish away life by saying you'll be happy when...choose to be happy NOW!

## How Positive Thinking Affects Your PHYSICAL Health:

- Stronger Immune System
- Less Depression
- Less Anxiety
- Increased energy
- Speedy recovery from injury
- Lower risk of premature death
- Experience less pain
- Fewer overall health problems

## Perspective:

- Any situation in life can be positive or negative depending on your perspective (the way you look at it).
- Two people can be in the exact same situation and see it completely different.
- Perspective and attitude can make all the difference!

## How to be more positive?

- Notice that there are people of all shapes, size, and color who choose to be happy....you don't need a perfect body or a perfect life to choose to be happy and positive.
- Notice your self-talk. What are you saying to yourself? Take control of your thoughts, they naturally want to go negative, unless you practice and choose to say positive things to yourself instead.
- Remember.... "the only disability in life is a bad attitude!"
- Help others. When we help others it helps us forget our own problems, and our own problems don't feel so bad.
- Find little things to look forward to. Any examples?
- Focus on what you are grateful for. Things could always be worse.....

Name: \_\_\_\_\_ Date: \_\_\_\_\_

## BINGO/BLACKOUT CHALLENGE!



### HEALTHY ACTIVITIES

**DIRECTIONS:** Participate in as many of the activities in the BINGO squares as you can. Cross out or color in each square as you complete it. You can earn a prize for ONE Bingo and you can earn a different prize if you go on to get a BLACKOUT (must complete ALL activities listed below). PLEASE TURN YOUR BINGO CARD IN DURING LUNCH OR BETWEEN CLASSES BEFORE MARCH 18TH.

Sing along to your favorite song	Draw/Sketch a picture on the back of this BINGO card	Drink 8 cups of water in a day 1 2 3 4 5 6 7 8	Sweep the floor for someone	Meditate, do yoga, stretch or practice deep breathing for 10 minutes
Go for a walk at least 20 mins	Take a break from social media for a full day	Read a book for 20 minutes What book did you read from?	Make a list of your goals for the week, month, or year	Write in a journal for at least 5 mins
Cook or bake something What did you make?	Do a craft, build something, or fix something What did you make?	YOUR OWN CHOICE	Do an act of kindness What did you do?	Play a board game, card game, or video/computer game
Clean your room	Turn up the music and dance	Go outside and watch the clouds for at least 5 minutes	Thank someone who has supported you (write them a text, email, or letter)	Do a photo shoot with friends, or take pictures of nature
Watch a positive, inspirational, or funny movie	Google and learn how to do a magic trick	Exercise for at least 10 minutes	Organize a cupboard, book shelf, drawer, etc.	Practice another language using Duo Lingo or another app (5-10 minutes per day, 3 times a week for 1 week)

Participating in fun, healthy activities can help you have a more positive outlook on life!

**DIRECTIONS:** Participate in as many of the activities in the BINGO squares as you can. Cross out or color in each square as you complete it. You can earn a prize for ONE Bingo and you can earn a different prize if you go on to get a BLACKOUT (must complete ALL activities listed below). PLEASE TURN YOUR BINGO CARD IN DURING LUNCH OR BETWEEN CLASSES BEFORE MARCH 18TH.

Students can choose if they would like to participate or not.

Bingo Cards were passed out during Advisory. If you did not get one and you would like to participate, please pick up your Bingo Card in the Counseling Center.

**CHALLENGE STARTS NOW!**



Example of the Bingo Card 





Peer Leadership Food Drive will be Feb 26 - March 1st. The winning class will get donuts and Chocolate Milk. Donations need to be non-perishable food and they cannot be opened or expired. Donations will go to your fourth period teachers' classrooms and Peer Leadership will pick them up.

Theater Term 3 Showcase, Thursday Feb 29th at 7pm.  
Come support the Theater Showcase. It's FREE!



A special congratulations all students who participated in the annual "Battle of the Books" competition. This is a very competitive competition that came down to the final question after 8 rounds of questions. The winners include:

- David Hansen
- Lincoln Kennard
- Shane Fudge
- Joshua Cox
- Gage Theil
- Wyatt Bench

We also want to pay special thanks to the following local businesses:

Bevy's Soda Shop,  
Wendy's of Payson,  
Menchie's Frozen Yogurt,  
and Fast Gas

for donating prizes for our participants.



We want to give a huge shoutout to our Swim Team! We had several PJHS students place at state this year.

Girls:

- Girl's Team placed 5th place overall.
- Haley Bott placed 6th in the 50 free and 9th in the 100 free (with a swim that would have placed her 5th overall)
- Maisey Preece placed 5th in the 200 I and 5th in the 100 free
- The girls relay consisting of four swimmers (Haley and Maisey plus 2 high school students) also placed 4th in the 200 free relay and 6th in the 400 free relay - as you can imagine, they were exhausted by the end!

Boys:

- The Boy's Team placed 14th out of 23 teams.

Congrats to our Grizzlies!



Guess what?

There will be a new Mariachi Band class next year - open to anyone. No musical experience required! Instruments in Mariachi include trumpet, violin, guitar, guitarron, and vihuela. Students will learn traditional Mexican music in Mariachi Band. It's going to be a lot of fun! Please see your registration paper to sign up.



Like to Write? UCTE Writing Contest: See Mrs. Roundy in 501 for Prompts. Submissions Due by March 8 3pm. Short Story, Argument, Personal Narrative or Poetry!!!!

Please be aware that the Student Talent Show has been changed to March 15!



There's only two weeks left of the term! Please be aware that most teachers will have deadlines for turning in missing work around the first of next week. Please check Infinite Campus to check grades. Many teachers are offering extra help so please don't hesitate to ask. We are here to help and support all students!

# Grizzlies United

# CONGRATS STETSON!

**YOU WERE NOMINATED BY PJHS TO RECEIVE THE MAYOR'S AWARD FROM PAYSON CITY.**



*WE PROUDLY ANNOUNCE THAT STETSON WETSEL HAS BEEN NOMINATED FOR PAYSON CITY'S MAYOR'S AWARD. STETSON, A STANDOUT STUDENT AT PAYSON JUNIOR HIGH SCHOOL, EMBODIES EXCELLENCE WITH HIS UNWAVERING COMMITMENT TO HELPING OTHERS, CONSTANT POSITIVITY, AND IMPECCABLE WORK ETHIC. DESPITE ENCOUNTERING PERSONAL CHALLENGES, STETSON'S RESILIENCE REMAINS UNSHAKEABLE, NEVER FALTERING IN HIS PURSUIT OF ACADEMIC SUCCESS. HIS GENTLE DEMEANOR AND WILLINGNESS TO LEND A HAND HAVE LEFT AN INDELIBLE MARK ON PAYSON JUNIOR HIGH, EARNING HIM ADMIRATION AND GRATITUDE FROM PEERS AND TEACHERS ALIKE. STETSON'S NOMINATION FOR THE MAYOR'S AWARD IS A WELL-DESERVED RECOGNITION OF HIS OUTSTANDING CHARACTER AND ACHIEVEMENTS, SOLIDIFYING HIS STATUS AS A TRUE ROLE MODEL FOR HIS FELLOW STUDENTS.*

**CONGRATULATIONS STETSON!**



## FRESHMAN DAY!

9TH-GRADE STUDENTS WILL TOUR PAYSON HIGH SCHOOL ON FRESHMAN DAY ON FRIDAY, MARCH 1ST. COME AND LEARN ABOUT THE CLUBS AND ACTIVITIES OFFERED AT PHS!



On Friday, March 1, we will hold Freshman Day. All 9th graders will go to the High School to learn about registration and clubs/activities available. They will attend with their second period class. While they are gone, 8th graders will attend a NetSmart Assembly. Please see the Assembly Bell Schedule below.

Wear your Payson Shirts, pants, hoodies, hats, etc. every Friday to show your support. We will be watching and may award Mecham Bucks to those who do.  
Let's go Grizzlies!



Come join the awesome games of Chess and Dungeons and Dragons! All grades, levels, and skills are invited! It's every Thursday's from 2:40-4:00 in Mr. Wright's Room (209). We would love to see you there!

Come learn about the Technology Student Association (TSA) competitions available to compete in. Every Wednesday from 2:40-4:00 in Mr. Young's Classroom (Room 708). Come find out what it is all about. All 8th and 9th graders are welcome.



Want PJHS Swag?  
Visit our online store to purchase your gear today!

Payson Jr High  
Store

# Grizzlies United

## Bell Schedule for Friday, March 1

**All 9th grade students will go to the High School during the Assembly Time.**

**All 8th Grade students will attend the Assembly.**

1st Lunch			2nd Lunch		
Period	Start	End	Period	Start	End
1st	7:50 AM	8:30 AM	1st	7:50 AM	8:30 AM
Assembly	8:35 AM	9:35 AM	Freshman Day	8:35 AM	9:35 AM
2nd period	9:40 AM	10:20 AM	2nd period	9:40 AM	10:20 AM
3rd	10:25 AM	11:05 AM	3rd	10:25 AM	11:05 AM
4th	11:10 AM	11:50 AM	4th	11:10 AM	11:50 AM
Lunch	11:50 AM	12:20 PM	5th	11:55 AM	12:35 PM
5th	12:20 PM	1:00 PM	Lunch	12:35 PM	1:05 PM
6th	1:05 PM	1:45 PM	6th	1:05 PM	1:45 PM
7th	1:50 PM	2:30 PM	7th	1:50 PM	2:30 PM



**Get ready for the end of year activity! Students who qualify are invited to come to Lagoon on May 16! What are the requirements? No more than 2 hours of detention. No school suspensions for the year. No failing grade as of term 4 when payment is due (first part of May). It'll be \$95.**

# Grizzlies United



Nebo School District will offer a **virtual**

## Parenting the Love and Logic Way™ Workshop

The Parenting the Love and Logic Way™ curriculum was developed by Jim Fay, Charles Fay, PhD., and Foster W. Cline, M.D., of the Love and Logic Institute, Inc. Nebo School District is an independent facilitator of the Parenting the Love and Logic Way™ curriculum.

“There's a lot of advice out there on how to raise your kids—some better than others. "Love and Logic" is a favorite of therapists, family life educators, teachers, principles and most importantly parents. It is practical, easy to learn and really effective! Come and enjoy this fun, upbeat and informative workshop full of useful tips!”  
—Jonathan Sherman, LMFT, Family Therapist and Parent Educator

Where: Online: via Zoom

Dates: Wednesdays, March 6th, 13th & 20th (all three for the full course)

Time: 6:00-7:30 pm

Cost: provided Free by Nebo School District.

\*  
*Manuals are \$12 each and can be purchased with card, cash or check made out to Nebo School District. They are available at the Nebo School District Office in Student Services (top floor, south entrance)*

This class will be capped at 50 participants. To sign up, email [lindsey.harris@nebo.edu](mailto:lindsey.harris@nebo.edu) with your:

- Name
- Email (this is where the Zoom link will be sent for the class)
- The Nebo District school your student(s) attends

The meeting ID and password will be emailed to you a few days before the class begins.