



GREAT FALLS HIGH WEEKLY NEWSLETTER

Week of 3/3/25 - 3/8/25

- TREAT OTHERS THE WAY YOU WANT TO BE TREATED!
- DO WHAT'S RIGHT!
- DO THE BEST YOU CAN!

These are more than just rules for us, they are the fabric of our culture.

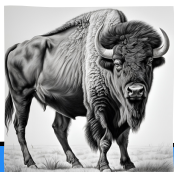
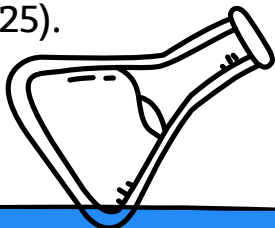
2. OFFICE INFO

Information this week and upcoming:

- GFHS is currently looking for an "In School Solutions" tutor. It is a paid position. Please click below, or call 406-268-6312 if interested.
 - [Click Here for more info!](#)
- GFH is part of a pilot for PowerSchool Messenger. Please make sure we have current emails & cell phone numbers in our system Demographics. Your student needs updated contact information as well so coaches, teachers & advisors can continue to send messages. We will be replacing Remind.
 - Also, in order to receive text messages you will need to have checked "phone + text" in your options.

Saturday School:

We **will not** have Saturday School this coming Saturday (3/8/25).



PRINCIPAL'S MESSAGE

Parents, Guardians and Bison Family:

Please see attached information regarding illnesses at GFH. (Included in this newsletter)

A reminder that the Daylight Savings time change will happen next Sunday (3/9/24). Remember, we will "spring ahead" our clocks one hour.

Also, please note there is no school for students and teachers this Friday. Some staff is on duty.

GO BISON!

Sincerely,
Principal Habel

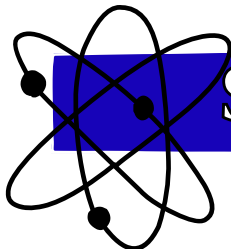
GFH Bell Schedule

REGULAR			PLCT			EARLY OUT			ASSEMBLY (40 MIN)		
PERIOD	START	END	PERIOD	START	END	PERIOD	START	END	PERIOD	START	END
0	7:00	7:54	0	7:07	7:54	0	7:24	7:55	0	7:05	7:55
1	8:00	8:53	1	8:00	8:47	1	8:00	8:31	1	8:00	8:48
2	8:59	9:52	2	8:53	9:40	2	8:36	9:07	2	8:53	9:41
3	9:58	10:51	3	9:46	10:43	3	9:12	9:43	ASSEMBLY	9:46	10:26
4	10:56	11:49	4	10:49	11:36	4	9:48	10:19	3	10:31	11:18
LUNCH	11:49	12:19	LUNCH	11:36	12:06	5	10:24	10:56	4	11:23	12:10
5	12:25	1:18	5	12:12	12:59	6	11:01	11:33	LUNCH	12:10	12:40
6	1:24	2:17	6	1:05	1:52	7	11:38	12:10	5	12:45	1:32
7	2:23	3:15	7	1:58	2:45				6	1:37	2:24
									7	2:29	3:15

ATHLETIC ACTIVITIES

3.

Girls Basketball	3/6/25	Billings Skyview	Billings	6pm
1st Day of Spring Sports	3/10/25	After School		Tennis, Track, & Softball



SCHOOL ACTIVITIES



NIGHT SCHOOL	03/03/25	MON	211, SC108, & 304	3:15-5:15 PM	ROSALES, LANIER, & BIORN
AA BAND FESTIVAL	03/03-03/04	MON & TUE.	AUD	ALL DAY	RYAN
NO SCHOOL	03/07/25	FRI		ALL DAY	

LOOKING AHEAD:

Parent/Teacher Conferences: 3/11/25

Parent Empowerment Series - Health and Safety: The Dark Side of Social Media - 3/11/25

Regional Math Contest 3/12/25

Academic Dinner 03/13/25

Math Day 03/14/25

4.

COUNSELOR'S CORNER

Parents and Students:



5 TIPS TO HELP YOU PREPARE FOR DAYLIGHT SAVINGS



Go to bed 15-20 minutes earlier each night



Put away electronic devices 1 hour before bed



Block unnecessary noise & light from your room



Avoid caffeine in the afternoon & evening



Aim for 7-9 hours of sleep



Daylight Savings Begins
March 9
Spring Forward 1 hour



Contact us for support:

- Attendance: 406-268-6251
- Main Office: 406-268-6250
- Counseling Office: 406-268-6330
- FAX: 406-268-6256



Social Media

- GFH Website: <https://gfhs.gfps.k12.mt.us/>
- Instagram: @greatfallshighbison
- Facebook: @GFHBISON

Parent Empowerment Series

*In collaboration with GFPS and Alliance For Youth

Health
&
Safety

TUESDAY, MARCH 11TH, 2025

• **DAVIDSON AUDITORIUM, GFHS**

• **6:00PM-7:30PM**

(GFH PARENT TEACHER CONFERENCES 4:00-7:00PM)

THE DARK SIDE OF SOCIAL MEDIA

"We are responsible for our child's health, safety, and education!"

ALL 5TH-12TH GRADE PARENTS/GUARDIANS ENCOURAGED TO ATTEND

• **MATURE CONTENT - STUDENTS NOT WELCOME**

• **CHILDCARE AND SUPERVISION PROVIDED AT SITE BY GFHS CHILD DEVELOPMENT CLASSES**

Agenda Order:

1. What are the students doing on social media
2. What is GFH doing about it
3. What can you do about it

Hear From:

- GFHS Admin
- School based therapists
- School Resource Officers
- School Counselors

Topics of Discussion:

- Pressures of social media
- Exposure to sexually explicit material
- Online exploitation
- Inappropriate interactions and content

VISIT WITH THESE SUPPORTS FROM ALLIANCE FOR YOUTH AT THE EVENT

- Family Technology Plans and Support
- Parenting Education Opportunities
- Sextortion Information
- Survivors of Sexual Assault Support Group
- Information on Youth Resource Center

- Grief Group
- Vaping Education
- Eating Disorder
Information and Referral
- Sober Life Program

Four Empowerment Pillars:



ILLNESS AT GFH

GFH continues to experience high illnesses in our school

- If your child has a fever, vomiting, or diarrhea
 - Keep them home until symptoms have resolved for 24 hours.
 - We will continue to encourage hand hygiene and other healthy habits within our school community.

GFH has a report of one case of Scarlet Fever

- Scarlet Fever is an illness caused by Group A Strep that most commonly presents with
 - Fever, sore throat, and a sandpaper like red rash.
 - Please see the fact sheet below.

Click Here For Gov. Fact Sheet

SCARLET FEVER

WHAT IS SCARLET FEVER?

Scarlet fever is caused by a bacteria (germ) called, "Group A Streptococcus." This germ can hurt your skin and throat.

WHAT SHOULD I KNOW?

Scarlet fever germs make some people very sick. Some people with the germs do not get sick at all, but they can still spread the germ. Healthy habits can keep us all safe from germs.

HOW DO I KNOW IF I HAVE IT?



Fever or chills



Very red, sore throat



Bright red skin



"Strawberry" tongue

HOW CAN I PREVENT IT?



Wash your hands frequently.



Use hand sanitizer if water and soap are not available.



Wash utensils used by a sick person.

TREATMENT TIPS:

- If you have scarlet fever, you do need antibiotics to get better.
- It is important to take all the antibiotics, even if you start to feel better.

WHEN TO CALL A DOCTOR?

You need to contact your doctor if you have a red rash and a sore throat. Your doctor will swab your throat to test for strep throat. If scarlet fever is untreated, it can cause serious problems.

To learn more, visit Scarlet Fever at www.cdc.gov
7/3/2023

