



GREAT FALLS HIGH WEEKLY NEWSLETTER

Week of 3/10/25 - 3/15/25

- 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.

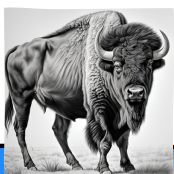
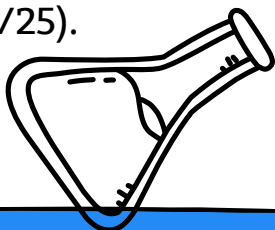
2. OFFICE INFO

Information this week and upcoming:

- When issued a Parking Ticket at GFH, please take the ticket to the Finance Office within 5 days of receiving it to verify the amount due and to pay the fine.
- 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 have Saturday School this coming Saturday (3/15/25).



PRINCIPAL'S MESSAGE

Parents, Guardians and Bison Family:

Hello parents, guardians, and Bison Family!

We will be having our Parent/Teacher conferences on Tuesday this week from 3:30pm-7:00pm.

Also, this week we are having a Parent Empowerment Series on "The Dark Side of Social Media". This forum will be held at GFH on Tuesday as well. It will be in the Davidson Auditorium at 6pm.

(See the flyer at the end of this newsletter for more details.)

GO BISON!

Sincerely,
Principal Habel

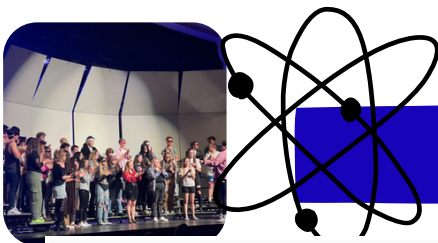
GFH Bell Schedule

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.

1st Day of Spring Sports	3/10/25	After School		Tennis, Track, & Softball
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SCHOOL ACTIVITIES



NIGHT SCHOOL	03/10/25	MON	211, SC108, & 304	3:15-5:15 PM	ROSALES, LANIER, & BIORN
PARENT TEACHER CONFERENCES	03/11/25	TUE	WHOLE SCHOOL	3:45-7PM	
PARENT EMPOWERMENT SERIES	03/11/25	TUE	AUD	6-8:30 PM	HABEL
REGIONAL MATH CONTEST	03/12/25	WED	HUB, SC, CLASSROOMS	3:30-6:30 PM	JOE LLOYD
ACADEMIC DINNER	03/13/25	THU	AUD & HUB	5-8PM	GETTEN
MATH DAY	03/14/25	FRI	FH	8:30-3PM	GRUNTOWICZ
SATURDAY SCHOOL	03/15/25	SAT	HUB	8:30-11:30 AM	ROSALES
LOOKING AHEAD:					
<ul style="list-style-type: none"> • CHOIR CONCERT 03/17/25 • ORCHESTRA MIOSM 03/18/25 • HEISEY REHEARSAL 03/19/25 • HEISEY CEREMONY 03/20/25 • BECKY SCOTT ARTIST RECEPTION 03/20/25 					

4.

COUNSELOR'S CORNER

Parents and Students:

Parents: Since we're coming up on our Parent Engagement Health and Safety Series event tomorrow, here are a few small steps every family can take to help keep your children healthy and safe in the Social Media world.

- Set clear rules and expectations about screen time
- Monitor online activity
- Use parental controls
- Discuss appropriate content
- Encourage open communication
- Establish phone-free zones, particularly during bedtime
- Make educated decisions based on your child's age and maturity level.

*You are not a "bad" parent for setting clear boundaries and rules.

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

