



# Bear River High School

Issue 1/19

*From the administration:*

A wise man once said that it is nice to be important, but more important to be nice. It seems that the world we live is an increasingly negative place, especially with the increased importance placed on social media. Often, we read horrible comments on someone's post that serve no purpose but to simply make someone feel bad. That doesn't mean that we can't disagree with someone AND still be respectful and kind in the way we deliver the message. Too often, we forget that there is a face behind the profile picture that may not be the same as what we see online. There is a real human, with real feelings and when we are posting, we should remember that even when we don't agree with their message. I saw something the other day that I printed off and posted in my office to remind me to pause and reflect a little bit before I respond to something:

Before you assume...Learn the facts

Before you judge...Understand why

Before you hurt someone...Feel

Before you speak...Think

Hopefully, we can all take a second and remember to treat others the way we would want them to treat us or our families. That is sometimes a bit difficult to do but I promise it is ALWAYS worth it!!

*Mr. Chournos*

- Wed Jan 2 First day back to school
- Mon Jan 7 Parent/Teacher Conference 3:30-7 pm
- Tues Jan 8 All-Star Wrestling
- Sat Jan 19 Boys Choice- Eccles Ice Center
- Mon Jan 21 MLK Day No school
- Sat Jan 19 Mini Cheer Camp, perform the 23rd
- Sat Jan 26 Region Swim
- Mon Feb 4-5 Band and Orchestra Elementary Tours
- Fri Feb 8-9 State Swim

A great big shout out to the Hi-Steppers! Thanks for putting on such great shows at our sports events. Good luck during competition season!

<3 SBO

Jamie Stein is our new Athletic Trainer and sports med teacher. She comes to us from Menomonee Falls, WI, which is a town the size of Brigham City. She participated in Color guard in High School and is still a huge fan. Jamie earned degrees from Louisiana State (LSU) and Weber State University in Sports Nutrition. She worked as a state school dietitian in Louisiana and wanted to be close to the mountains when she was looking for somewhere to earn her Masters. She currently lives in Hooper with her husband Brady.

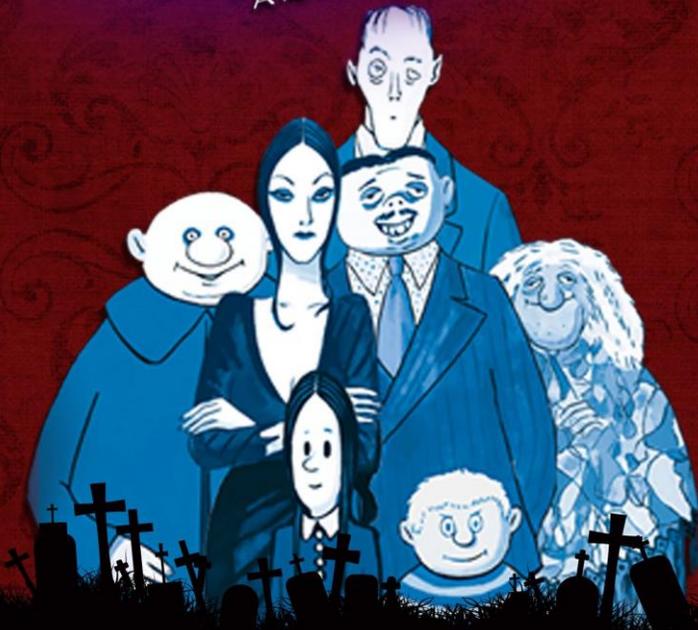
Jamie's favorite food is a Taco from Taco Bell and Olive Garden. She likes to run 5K, where she can dress up in costumes, and to draw. Jamie loves to help people with their diets and is very willing to work with any student or staff on food counseling. Welcome, Jamie. We are so glad you are here.



Bear River High School  
Presents:

# The Addams Family

A NEW MUSICAL COMEDY



FEBRUARY 21ST-23RD, 25TH  
2019 - 7PM  
2PM MATINEE ON 23RD

## "Cheap-skates" casual dance

Wear matching  
sweaters/sweatshirts

\$15.00

Eccles Ice center

Saturday, Jan 19, 2018

8-10:30 pm



Sophomore, Katelyn, is always on top of things and although a bit shy, helped a new student.

Katelyn Pierson



## Students of the Month

Alberto Morales



Alberto, 11<sup>th</sup> grade, comes to class on time and will always do his best.

Tyler Christensen



Senior, Tyler, comes into class with a positive attitude and has great teamwork and marketing strategies.