



# The Native Scene

MPHS

March 2018

K-12 Services

## IMPORTANT DATES

Catch me if you can	3/2 3/3
Exam Prep	3/7 3/8
Half Day	3/8 3/9
End of Second Tri.	3/9
Start of Third Tri.	3/12
Painting With Family	3/14
Ferris State College	3/19
Spring Break	3/26-3/30

## February Attendance Incentive

The following students earned the attendance incentive for the month of February:

Dakota Anglin	Esme Bailey	Christopher Bartow
Phoebe Defeyter	Walker Pelcher-Jackson	Lauren Lindstrom
James Montoya-Pego	Paul Pablito	Aleeya Peters
Aaron Seybert	Hazen Shinos	Isaiah Teswood
Eli Walker		

Congratulations students! If you have not received your incentive, please see Renata in the Native American Office.

## March Birthdays



Madison Bartol 3/2	Evelyn House 3/12
Ava Belisle 3/25	Taylor Fox-Kimewon 3/25
Joshua Bartow 3/27	Nova Mandoka 3/27
Cory Gaskill 3/28	Justin Alexander 3/31



## Prepare For Exams

### Exam

### Study Sessions:

March 7

3:00-5:00 pm

March 8

11:00am-4:00 pm

Native office after school.

### Contact Information

Renata Borton  
Student Support Advocate  
Tammy Baker  
Student Support Tutor  
Kim Saboo  
Student Support Tutor  
989-775-2200



### Homework / Tutoring Labs

After School—NA Office MPHS M-F  
Lunch Hour—NA Office MPHS M-F  
After School—Tribal Center HWL M-TH

## Calming Test Anxiety

If you ever find yourself stressing out in the middle of a test, take a moment and stop working. Look up from the test — get yourself out of the test vortex and orient yourself to the environment. Take a deep breath. Take 5 breaths if you need to. This practice of **returning to the present moment through deep breathing will activate your body's calming response.** You'll be able to think more rationally. Remind yourself that a test is not the same as a lion charging at you, even though your body may be reacting to it that way!