



Madera South High School

September 2024

A Message From The Principal

Dear Madera South High School Families,

The school is year a little over a month underway. We have had a great start to the school year with lots of great things happening in and out of the classroom.

Students and teachers have adjusted to the new 7-period school day schedule. Teachers have been working hard to form positive relationships with our students. Classroom expectations and procedures have been firmly established, and students have created shared social contracts with each of their teachers. While we understand that students will at times stray from the desired behaviors, most issues can be solved quickly because of a shared understanding between student and teacher. As we move into our second month of the school year, work will begin to ramp up and students will be challenged to rise to the level of the work.

Outside of the classroom, we have had many notable events. Athletics are underway with our cross country, football, tennis, and volleyball teams in action. Additionally, our clubs and Career Technical Pathway organizations starting to hold events (see highlights below). Involvement in these extracurricular events is crucial to a student's success. We encourage students to be involved in as many as their schedules will allow. As we head into fall, we hope that cooler weather will allow for more parents to attend these events. Thank you in advance for your support!

On Friday, August 30, we had our first "Coffee with the Principal". Thank you to the parents who attended. These meetings will be held each month, with some occurring in the morning and others in the evening. I look forward to seeing and meeting with many more of you.

Best regards,

Jon Steinmetz

Coming Soon

- September 2: No School, Labor Day
- September 2-8: FFA @ Madera Fair
- September Senior Informational Night
- September 9-13: Stadium Road Showdown Rivalry Week
- September 13: Stadium Road Showdown Football Game, Memorial Stadium, 7:30 PM
- September 17: School Site Council Meeting, 4:00-5:00, Room 102/103
- September 18: Greenhand Ice Cream Social, 4:30-6:00

Student Highlight | “Stallion Stompers”



During our opening rally, an incredible group of students joined us on the floor to participate in the Stallion Stomp Dance! These incredible students included: Laveyah Chaney, Alexis Reyes-Ramirez, Valarie Blunt, David Ybarra, Vianney Tinoco-Arguello, and Monica Placido-Avila. We celebrated their courage and involvement with some goodies, and crewneck sweaters to thank them for stepping up and helping our Stallions Ride With Pride!

Student Highlight | Senior Sunrise



On Friday, August 30th, the Class of 2025 held their annual Senior Sunrise event in the Stallion Stadium! Starting at 5:00 am, and working past sunrise, these amazing class officers put on an event that served hundreds of students, celebrated the tradition of excellence at Madera South, and kicked off a year of amazing Senior Events.

Staff Highlight | Mr. Vidal



Mr. Vidal is new to teaching and will be instructing students in our business pathway classes.

What is your most memorable student support experience?

The most memorable student support experience is my own. I don't remember the counselor's name but she registered me for CART where I was able to find my passion and creativity. She took the time to hear me out and did what she could to meet my needs.

What is your most memorable learning experience?

Learning video editing was really what changed my trajectory as a student. I found in video a passion for creating and that pushed me to study graphic design. It started with filming skateboard videos and making posters but it transitioned to where I am today.

What hobbies or interests do you enjoy?

My interests are always changing but lately, I've been interested in pickleball and watches. I just like to learn about things so I get really deep when I find something. My hobbies are hiking, watching movies, and love playing volleyball. I'm always looking for places to play and I've been able to join some leagues and meet up groups to play when I have free time.

What is a goal you have for the 2024-25 school year?

I want to make meaningful connections with the students.

Student Highlight | FCCLA



Congratulations to MSHS 2024 graduates, Alma Sosa Gil and Briseida Perez Antonio for winning Gold medals at the FCCLA National Conference and Competition in Seattle Washington. Alma and Briseida have developed their Literacy project over the past 3 years, starting with reading to Alpha Elementary students to the final result of being instrumental in having 6 Little Libraries installed throughout Madera Unified and the Pomona Ranch Housing Facility. Alma and Briseida are pictured with Alana Navarro and Ruby Marentes Cabrera, FCCLA CA State Officers (President and Historian, respectively), and Education Pathway Seniors at Matilda Torres High School. Alma and Briseida are Education pathway completers, FCCLA Graduation Stole, and Golden State Award recipients and recipients of the Seal of Biliteracy.

Student Highlight | Madera FFA



The Madera Fair Horse Show was held on August 24. Kayla Macedo, a junior, competed in the FFA Advanced category and was named the FFA Advanced Showmanship winner. She will compete in Master Showmanship against the other Showmanship winners from different large animal species at the Fair on Friday, September 6.

Health and Wellness

Good Sleep

Now that we've been back in school for a few weeks, it's time to check out how well your children are sleeping. A study by the US Department of Health & Human Services, National Institute of Health shows that children's sleep is linked to their brain development. According to the study, children should get at least 9 hours of sleep a day.



The researchers found that children who had less than 9 hours of sleep daily had more mental health and behavioral challenges than those who got sufficient sleep. These included impulsivity, stress, depression, anxiety, aggressive behavior, and thinking problems. The children with insufficient sleep also had impaired cognitive functions such as decision-making, conflict-solving, working memory, and learning. Differences in behavior and cognitive function between the two groups continued two years after the study.

The findings suggest that sleep interventions might be needed to help improve mental and behavioral health during pre-teens and beyond. So, make sure your kids get adequate sleep in order for their brains to develop and function at their best.



**Bullies make me sad,
Friends make me happy!**



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