



Vista Grande High School | Spartan P.R.I.D.E – November 2021

Message from the Principal

For the month of November, we are starting our “No Tardy November” competition. The goal with this competition between grade levels will be to stress the importance of arriving to school and class on time and have some competitive fun while doing so. The grade level with the lowest percentage of students being marked tardy per day on average for the entire month of November will win a prize. Students who do not receive any tardy marks for the entire month of November will be put into a separate raffle to win other prizes. Please help us in teaching the importance of good attendance and arriving to school and class on time by talking with your student about their attendance and working with them to create a plan on getting to Vista Grande early each day.

Sincerely,
Ms. Beechum
Interim Principal

November-21						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

Important Dates/Announcements

Early Release: 11/3 and 11/17

Veterans Day (No School): 11/11

Half day for students and staff: 11/24

Thanksgiving Break: 11/25 – 11/26

Monthly VGHS Quiz

Answer the questions below and send your responses to jwalther@cquhsd.org for a chance to win prizes! Prizes will be awarded to VGHS students only.

1. Which 2 staff members attended the same high school and college (not at the same time) in New York?

- a. Mr. Stuart and Mr. Graham
- b. Ms. Hunter and Mrs. Semore
- c. Mr. Walther and Mr. Gibbons
- d. Mr. Inojosa and Mrs. Inojosa

2. What was the 2019 Homecoming theme?

- a. Mardi Gras
- b. Friday Night Lights
- c. A Night Under The Stars
- d. Festival

3. Who is the Girls Soccer coach?

- a. Mr. Ferguson
- b. Mr. Kashner
- c. Mr. Collins
- d. Ms. Hunter

4. Which university's main campus is located in Tempe, Arizona?

- a. Arizona State University
- b. Northern Arizona University
- c. University of Arizona
- d. Ottawa University

5. Which security guard played football for Coolidge High School

- a. Robert
- b. Mr. Keeton
- c. Maria
- d. Mike

6. Which math teacher came to Vista Grande this year from Villago?

- a. Mr. Olson
- b. Mr. Green
- c. Miss. Tapia
- d. Mr. Althoff

**October Quiz
Winner: Kennedy
Mena**

Perfect Attendance for Quarter 1

Vista Grande High School would like to recognize the students and staff below for having **perfect attendance** and being marked **tardy zero times** for Quarter 1. These students and teachers were celebrated during Spartan Time with breakfast burritos made by Ms. Rains. This is a great accomplishment. Keep up the good work!

Students:

Joselyne Acuna Parra	Sergio Aguilera
Mayee Alderete	Angela Alfonso
Isaiah Charland	Jasmine Delgado
Shelby Fulks	Francisco Gonzales
Ramon Gonzales	Kirk Goolsby
Madison Graffius	Zaniel Juan
Lillian Kessay	Trinity Niedringhaus
Mariah Palmer	Daveigh Perales
Jesse Rascon	William Ruiz
Kayden Scroggins	Aeridyn Sykes
Jake Thompson	Angel Valdez
Ricardo Valenzuela Jr.	Julio Velazco Mendez
Jaylin Villegas	Adrianna VonRonne
Emalee Adams	Donavan Amaya
Brandon Gayosso	Bryan Gordon
Grace Hagemann	Diane Harper
Caleigh Hydock	Leslie Melchor
Katrina Nunez	Dylan Porter
Joshua Rivera-Garcia	Paul Sanchez
Summer Whitmer	Randy Gordon
Lei Calalang	Isaac Meyer
A'sah Parker	Adrian Ponce
Jesus Rivera-Garcia	Ivy Sotelo
Mya Tapia	Mason Thrasher
Maricela Valenzuela	Jacelyn Hernandez
Taylor Kessay	Mohammad Khrawish
Evelyn Mejia Antillo	

Teachers:

Bertha Aguayo	David Althoff
Sylvester Amorsolo	Reynalin Bitos
Alan Celeridad	Lorena Celeridad
Gina Dadovo	Adan Florez
Corey Graham	Bradley Harvey
Lisa Horsley	Tara Ann Importante
Benneilyn Inojosa	Melvin Inojosa
Hermelina Liddell	Cristy Malonzo
Ana Matthews	Jennifer Reyes
Robert Shreves	Shelli Smith
Josephina Tabajonda	Kolby Tapia
Carmalita Villarosa	



Student Spotlights

Jaylin Villegas

What grade are you in? I'm in 9th grade.

What is your favorite TV show or movie? Friends

What song would you recommend for people to listen to right now? Easy On Me - Adele

You can only eat one food for the rest of your life, what is it? Pizza

Instagram or Snapchat? Snapchat

If your life was made into a movie, what actor/actress would you want to play you? Courtney Cox because I feel like she fits my personality.

Where is your dream vacation spot? My dream vacation spot would be Hawaii.

What is your favorite Thanksgiving Food? Hard Boiled Eggs.

Madison Graffius

What grade are you in? 9th Grade

What is your favorite TV show or movie? Greenhouse Academy

What song would you recommend for people to listen to right now? I Guess I'm in Love – Clinton Kane

You can only eat one food for the rest of your life, what is it? Pasta

Instagram or Snapchat? Snapchat

If your life was made into a movie, what actor/actress would you want to play you? Emma Watson

Where is your dream vacation spot? Paris, France

What is your favorite Thanksgiving Food? Pumpkin Pie

Jimena Chavez

What grade are you in? 10th Grade

What is your favorite TV show or movie? Shameless

What song would you recommend for people to listen to right now? Baby – Justin Bieber

You can only eat one food for the rest of your life, what is it? Mac and Cheese

Instagram or Snapchat? Instagram

If your life was made into a movie, what actor/actress would you want to play you? Jessica Alba

Where is your dream vacation spot? Japan

What is your favorite Thanksgiving Food? Ham



Staff Spotlights

Miss. Sipes

What is your position at Vista? School Counselor for the last names A-C.

How long have you worked in education? This is my 6th year

Where did you go to college? Associates Degree: Central Arizona College, Bachelors Degree: University of Arizona, Master's Degree: Kansas State University (Online)

Where did you grow up? Casa Grande, Arizona

One thing you could not live without. My hydro flask

All-time favorite TV show or movie? Friends

If you were not working in education, what job would you have? Fitness Instructor or doggie day care.

Where is your dream vacation? Italy... for all the pasta and pizza.

You can only eat one food for the rest of your life, what is it? Brick oven pizza



Mr. Danzy

What is your position at Vista? Assistant Principal in charge of Academic, formally Discipline.

How long have you worked in education? 20 years.

Where did you go to college? Eastern Michigan University

Where did you grow up? Cassopolis, Michigan

One thing you could not live without. My family

All-time favorite TV show or movie. Clone Wars, The Mandalorian, and pretty much anything Star Wars

If you were not working in education, what job would you have? Working in and owning group homes for young adults/teens

Where is your dream vacation? Maui, Hawaii

You can only eat one food for the rest of your life, what is it? BBQ



Mrs. Wilhite

What is your position at Vista? Administrative Assistant

How long have you worked in education? 41 years.

Where did you go to college? I didn't go to college.

Where did you grow up? Eloy, Arizona

One thing you could not live without. My family

All-time favorite TV show or movie. Little House on the Prairie

If you were not working in education, what job would you have? Event Planner

Where is your dream vacation? Switzerland

You can only eat one food for the rest of your life, what is it? Tacos



Mrs. Amado

What is your position at Vista? Bookstore Manager

How long have you worked in education? 29 years.

Where did you go to college? Went straight from HS to work.

Where did you grow up? Tucson, Arizona

One thing you could not live without. My family

All-time favorite TV show or movie. The Notebook

If you were not working in education, what job would you have? Firefighter Lol

Where is your dream vacation? Spain

You can only eat one food for the rest of your life, what is it? Chicken Tacos



VGHS Athletics:

November Sports Schedules

Boys Basketball

11/23 – vs. Barry Goldwater

11/26 – Coolidge Holiday Tournament

11/27 – Coolidge Holiday Tournament

Girls Basketball

11/23 - @ Barry Goldwater

Girls Soccer

11/30: Soccer Tournament



Class Spotlight



AP Government

Teacher: Mr. Stuart

What is your favorite part about teaching this class? My favorite part about teaching this class is the students, as with all my other classes, our students are amazing people. We get to discuss our government, much more in depth. We look at Supreme Court decisions and have some great conversations about how those decisions were determined, along with the Constitutional aspect of those decisions. I get to watch our students grow as young adults, and their critical thinking abilities expand throughout the semester. I also enjoy the fact that I am challenged by my students.

What do you believe us the most important topic/skill students learn in this class? The most important skills that they learn is to look at everything with an open mind, listen to all sides of an issue, and make a decision based upon an educated summary. To think for themselves.

Why should VGHS Students take this class? Students should take this class if they want to challenge themselves, and engage in current political discussions, and decisions that do and will have an impact on their lives.

CTE – Theater Technology

Teacher: Miss. Ragain

What is your favorite part about teaching this class?

I love getting out of the actual classroom and being able to actually show the different parts of the theatre and what all goes into making a production happen.

What do you believe us the most important topic/skill students learn in this class? Honestly, all the content comes together to make a production.

Why should VGHS Students take this class? It's interesting to learn about how to build sets and what all goes on behind stage during showtime!



Student Wellness Center

Teenagers are more prone to alcoholism than adults due to factors like peer pressure, the tendency to experiment with things, and the easy availability and legal status of alcohol. Additionally, the side effects of alcohol abuse by teens are huge. Below are 12 teenage drinking facts you probably did not know:

Teenage drinkers are **4X more likely** to become adult alcoholics.



It takes fewer drinks for younger teens to become legally drunk.

Teens are participating in extreme binge drinking – consuming **10 to 15** drinks or more in one sitting.



Teens tend to make **strong mixed drinks** pouring 6 to 8 servings of alcohol into ONE drink.



Teenage brains are more sensitive to alcohol than adult brains.

Social media increases **peer pressure** on teens to drink alcohol.



Teens are typically binge drinkers – their mission is to get drunk.

Serious drinking can lead to serious physical health problems like heart disease, stroke, and weak bones.



Many teens say they drink because they're bored.



Alcohol kills **5,000** teens each year.



Warning signs of teen alcohol misuse include mood swings, poor concentration, problems with friends, and breaking family rules.

Parents can prevent underage drinking by talking to their teens.





November Focus: Improving Soft Skills

Some skills to be successful in the 21st Century workplace have changed drastically over the years. However, the need for specific soft skills have remained the same. Soft Skills are defined as “personal attributes that enable someone to interact effectively and harmoniously with other people.” The skills include **Time Management, Networking, Teamwork, Creative Thinking, Conflict Resolution**. Below are some ways our students can improve their soft skills here at school.

- Be **positive** and make as many connections with students and staff as you can. You never know when those connections might benefit you in the future.
- **Respect** your time, your teacher’s time, and your peers time by arriving to class on time.
- Show **integrity** and work with other students without talking poorly about them.
- Be **determined** to arrive to school 10 minutes early each day.
- Show **excellence** by doing your best in everything you do at school.

Spartan Health Tips of the Month

Physical Health	Mental Health	Emotional Health	Behavioral Health
<p>Avoid Caffeine and Sugary Drinks. Foods that are high in protein and fiber are way better for you in the long run since caffeinated and sugary drinks lead to energy crashes later.</p>	<p>Don’t try to take on too much. Limit your activities to the most important ones and give those 100%. Overextending yourself can lead to stress, frustration, or exhaustion.</p>	<p>Don’t bully other people. And if you are being bullied, tell a parent, teacher, or other adult. This includes being bullied online or on your phone.</p>	<p>Engage in hobbies. Whether you enjoy painting, hiking, reading, or fishing, take some time away from the demands of your busy life and focus on a hobby or activity you enjoy. Doing so may help you hit the refresh button, providing you with clarity, calmness, and a much-needed break.</p>