



Prom Night

Prom night is always one of those events people look forward to all year, but the real magic often comes from the little traditions and unexpected moments that make it unforgettable. Even though prom officially started at 8:30, everyone knew the unspoken rule—you don't actually show up until at least 30 minutes later. As students began to arrive, each guy walked in proudly with his date, creating a steady stream of dressed-up couples ready for the night.

Before the real dancing could begin, the promenade kicked things off in a way no one could ignore. The adults in charge had everyone line up along the sides of the room, setting the stage for one of the most entertaining parts of the night. All the junior boys took turns dancing a swing routine with the one junior girl, Sarah Dietz. As each boy stepped in, the crowd got to witness a mix of impressive moves and hilarious creativity. Some tried to keep it smooth, while others fully embraced the moment—one standout move being an exaggerated "rowing a boat" motion that had everyone laughing.

After the promenade, the spotlight shifted to a special pairing tradition. The top boy and girl from each grade came forward to dance together, creating a series of memorable and sometimes unexpected duos. Bentley danced with Nathan, Sarah danced with Bodee, Josh danced with Brooke, and Airica danced with Kycen. Each pair brought their own energy to the floor, adding to the excitement building in the room.

Just when everyone thought the real party was about to begin, there was one more heartfelt moment. The parents of the juniors joined their kids on the dance floor, turning the atmosphere from funny to meaningful. One moment that stood out to everyone was Kyler Nelson, who danced laps around the floor with his mom, bringing both laughter and smiles to the crowd.

Finally, the dance floor opened, and the night truly came alive. The mosh pits were wild, the snacks were a hit, and the energy in the room was unmatched. Rachel's boyfriend, Sam, quickly became the life of the party, showing off his energetic and hilarious personality and keeping everyone entertained.

On top of all that, the juniors' hard work paid off with the decorations. The gym was transformed with a calm western theme that tied everything together beautifully. From the decorations to the dancing, prom and promenade created a night full of laughter, memories, and moments no one will forget.

- Jaden Price

Why Promposals?

Promposals have become a creative and memorable way to ask someone to prom, blending tradition

with modern personality. Today, the best promposals strike a balance between being meaningful and entertaining, combining sincerity with a touch of humor. While there is no single “right” way to do a promposal, certain trends and expectations have developed over time.

Serious promposals often focus on thoughtfulness and personal connection. These might include handwritten letters, favorite snacks, or inside jokes that show you truly know the person. A well-planned setting, like a favorite hangout spot or a decorated locker, can make the moment feel special without being overwhelming. These types of promposals are appreciated because they feel genuine and intentional, rather than performative.

On the other hand, funny promposals have become increasingly popular, especially with the influence of social media. Clever puns, posters with jokes, or playful props like pizza boxes or sports equipment can make the experience lighthearted and memorable. Humor can help ease nerves and make the moment enjoyable for both people, especially if it reflects a shared sense of fun.

As for expectations, promposals today don’t necessarily have to be elaborate or expensive, but there is often an unspoken pressure to make some kind of effort. Public promposals, done in front of friends or even at school events, are common, though they aren’t required. What matters most is knowing the person you’re asking and choosing an approach that matches their personality and comfort level.

Traditionally, asking someone to prom was a simple question, but it has evolved into a more creative expression of interest and appreciation. Whether serious or funny, the best promposals are those that feel authentic, respectful, and memorable for both people involved.

- Jaden Price



Should Our School Have a Spring Break?

Many schools give students a spring break during the second semester, but Cokeville High School does not. By the time April arrives, students often feel worn out from school, sports, and other activities. Without a break, it can be hard to stay focused and motivated, which makes the idea of a spring break very appealing.

Having a week off in the spring would give students a chance to rest and reset. Even a short break could help students catch up on sleep, spend time with family, or just take a pause from schoolwork. Right now, students have to rely on weekends and small pockets of free time to recover, which isn’t always enough. A spring break would give everyone a guaranteed chance to recharge before the final stretch of the school year.

A spring break could also improve overall focus and performance. When students know they have a break to look forward to, it can make the days leading up to it feel more manageable. It would give teachers a chance to plan projects and exams around a natural pause in the semester, instead of trying to fit everything into a continuous schedule.

Without a spring break, the school year can feel long and exhausting. Students still have activities, responsibilities, and homework, and weekends alone aren’t always enough to rest properly. A scheduled break would benefit both students and staff by giving everyone time to recharge.

Adding a spring break could also improve mental health. Even a few days away from school can reduce stress and give students a chance to relax and refocus. This could help students return to class feeling more prepared and motivated to finish the year strong.

Cokeville High School could benefit from following the example of other schools and adding a spring break to the calendar. A week off in April wouldn’t just be a break from classes—it would be a chance for students to relax, reset, and return ready to tackle the rest of the school year. It’s a small change that could make a big difference for the whole school community.

- Nathan Keller

Spring Madness



As spring approaches, our school is filled with a mix of excitement, anticipation, and stress. Warmer weather and longer days bring new opportunities, but they also mark the beginning of a busy and important season, especially for seniors.

For many seniors, graduation is right around the corner. While it's an exciting milestone, it also comes with a lot of pressure. Final assignments, maintaining grades, and making decisions about the future can feel overwhelming. Whether it's choosing a college, planning a career path, or preparing to leave behind familiar routines, this time of year is full of big changes and important decisions.

At the same time, student-athletes are stepping onto the track, ready to compete and improve. Track season is in full swing, and athletes are pushing themselves to perform their best. Early morning practices, tough workouts, and constant determination are all part of the process. Many athletes are balancing their academic responsibilities while striving to hit personal records and represent their school well in competitions.

Outside of school and sports, many students are also beginning to think about summer. Job applications are starting to open, and students are looking for opportunities to earn money, gain experience, and stay productive during the break. Along with work, there's also the excitement of planning summer activities—whether that's vacations, spending time with friends, or simply enjoying some well-earned relaxation.

Spring is a season of growth and transition. While it can be stressful at times, it's also filled with opportunities to work hard, make memories, and prepare for what comes

next. As students navigate this busy time, it's important to stay focused, support one another, and make the most of everything this season has to offer.

- Jaden Price

The Last Seven Week Drag



As the school year begins to come to an end, many students notice that time seems to slow down. The last seven weeks of school often feel much longer than they really are, even though they are no different in length from any other part of the year. This strange feeling is caused by a mix of excitement, stress, and distraction.

One of the biggest reasons is anticipation. Students know that summer break is getting closer, and they start thinking about sleeping in, spending time with friends, and having fewer responsibilities. Because their minds are focused on what is coming next, it becomes harder to stay focused on schoolwork. When attention drifts, time feels like it is passing more slowly.

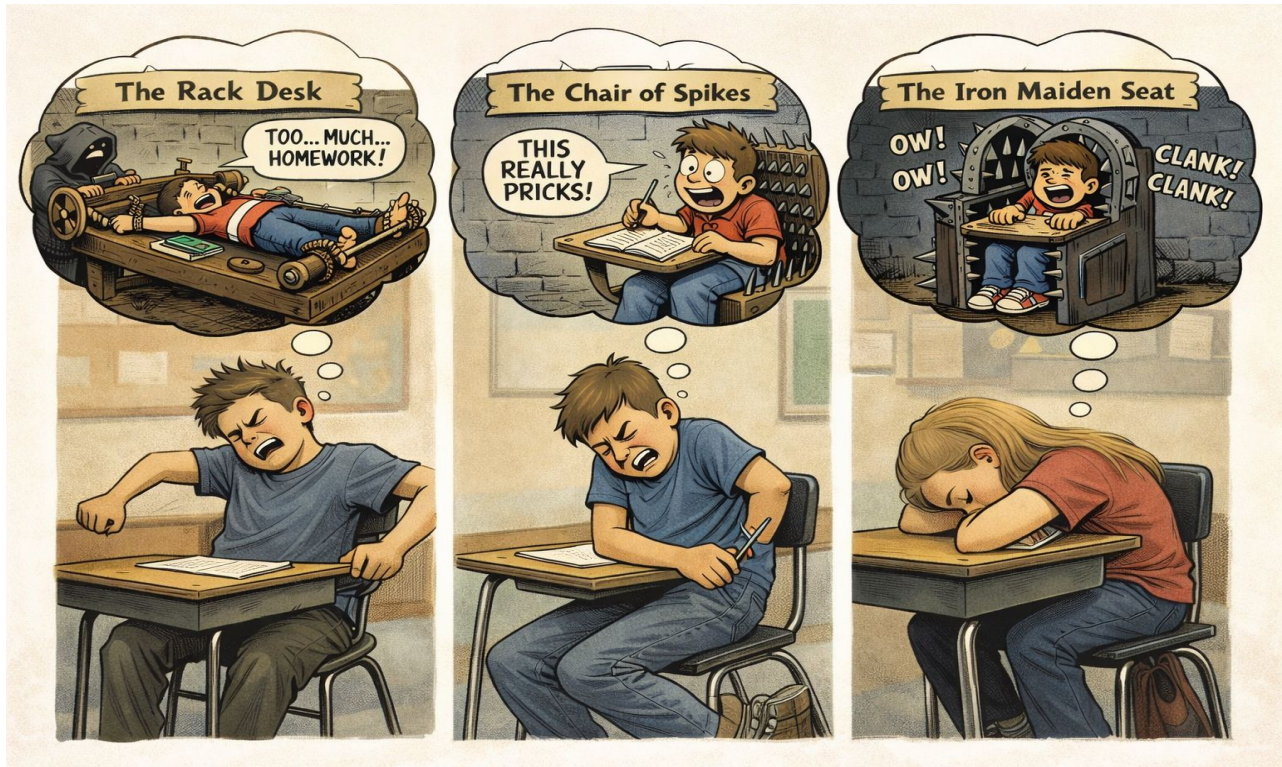
Another important reason is the increase in work. Teachers often assign final projects, essays, and exams during the last weeks of school. These assignments can feel overwhelming, especially when they all happen at once. Stress can make each day feel longer and more tiring, which adds to the feeling that the weeks are dragging on.

In addition, classes may start to feel repetitive. Teachers spend more time reviewing material to prepare students for finals instead of introducing new topics. While this review is helpful, it can make lessons feel less interesting and more drawn out.

The warmer weather also plays a role. As the days get sunnier and temperatures rise, students naturally want to be outside. Being stuck inside a classroom makes it harder to stay focused and increases distractions.

In the end, the last seven weeks of school only feel longer because of excitement, pressure, and the desire for summer to arrive.

-Briquelle Peck



Why School Desks are Medieval Torture

In many modern classrooms, students use advanced technology to complete their work, giving the impression that schools are becoming more advanced. However, one thing has not improved nearly as much as the technology: the desks. Despite these upgrades, school desks remain uncomfortable, cramped, and, for some students, surprisingly painful, almost like a form of medieval torture.

One of the biggest issues is comfort. Most desks are made of hard plastic with little support, forcing students to sit in the same position for long periods of time. This can lead to sore backs and constant shifting just to stay comfortable. Sitting in these desks all day can make it difficult to focus, making each class feel more like something to endure than a place to learn.

Another major problem is space. With a computer, textbook, and a notebook or binder, or any other materials, the small desk surface quickly becomes crowded. Even lightweight laptops like MacBooks take up much of the limited space. Students often struggle to balance everything, leading to dropped items and frustration during class, which only adds to the daily discomfort.

There are also specific design flaws that make desks even more irritating, especially for girls with longer hair. Many desks have exposed flat screw plates on the back. When students lean back or turn their heads, their hair can easily get caught or pulled. This is not only distracting but can actually hurt, turning a simple movement into an uncomfortable and avoidable experience. It is a small detail, but one that students deal with daily.

Finally, desks are designed as if all students are the same size, which is not realistic. This one-size approach makes it hard for many students to sit properly or feel comfortable, making long school days feel even longer.

Even in classrooms filled with modern technology, outdated desk designs continue to make learning more difficult than it needs to be, leaving students to deal with unnecessary discomfort every single day.

- Briquelle Peck

Senioritis: A Totally Legit Medical Emergency (Probably)

Senioritis is a rare and extremely serious condition that affects only one group of people: high school seniors who are *this close* to graduation. Doctors (also known as teachers) have been studying this illness for years, yet it continues to spread rapidly every spring.

The most common symptom is a sudden and unexplained loss of motivation. Patients who once completed assignments on time now struggle to even open their backpacks. In advanced stages, individuals may be physically incapable of caring about homework. Other symptoms include staring at the clock every five minutes, excessive phone scrolling, and repeatedly asking, "Wait... this is graded?"

Scientists believe senioritis is caused by a dangerous mix of burnout and excitement. After surviving years of school, seniors can see graduation right around the corner - and their brains basically say, "Yeah, we're done here." This leads to poor decision-making, like choosing naps over notes and snacks over studying.

Social symptoms are also common. Patients may become overly focused on prom, graduation, and summer plans. Group discussions often revolve around anything *except* school. In severe cases, seniors may begin celebrating the end of school months before it actually happens.

Treatment options are limited. Teachers may attempt to prescribe deadlines, lectures, or reminders about grades, but results are often temporary. The only known cure is graduation, which instantly eliminates all symptoms and replaces them with a new condition called "Wait, I have to be an adult now?"

Until then, senioritis remains highly contagious, mildly hilarious, and completely unavoidable. If you or someone you know is experiencing symptoms... it's probably too late.

- Jaden Price



Easter a Time to Connect

Easter is a meaningful holiday for many people around the world, and different religions celebrate it in their own unique ways. For members of The Church of Jesus Christ of Latter-day Saints (often called Mormons), Easter is a time to remember the resurrection of Jesus Christ. This event represents hope, renewal, and the promise of eternal life, and it is a central part of their beliefs.

In the LDS faith, Easter is usually celebrated in a simple and focused way. Church services and family gatherings center on the life and teachings of Jesus Christ. Many members read scriptures, listen to talks, and reflect on how the resurrection can bring peace and strength into their daily lives.

Other Christian groups, such as Catholics and Protestants, also celebrate Easter with special traditions. These can include church services, music, and symbolic practices that remember the life, death, and resurrection of Jesus Christ. While the details may be different, the main message of hope and renewal is shared.

At the same time, Easter has become a cultural holiday for many families, even those who may not celebrate it for religious reasons. Traditions like Easter egg hunts, decorating eggs, and sharing baskets with candy are common and bring a sense of fun and togetherness.

No matter how it is celebrated, Easter often brings people together. Families gather, share meals, and enjoy the start of spring. The season itself, with warmer weather and new growth, reminds many people of fresh starts and new beginnings.

Overall, Easter shows how different traditions can have their own meanings while still sharing common ideas like hope, renewal, and connection. Even with different beliefs, people can find similarities in the way they celebrate and come together.

- Paisley Wood

Entertainment

Easter Fantasy: How Cadbury Eggs Came to Be..

Long ago (or at least in a very suspicious chocolate-related timeline), there was a tiny village where nothing ever happened... except people constantly arguing about eggs.

One day, a very serious inventor from the company Cadbury named Professor Choco-Latte accidentally dropped a chocolate bar into a basket of chicken eggs. He gasped.

Not because it was ruined - but because it looked *amazing*.

He stared at it and said, "What if... eggs... but chaotic?"

So he gathered the village chickens and gave them a very important speech:

"From now on, you will lay chocolate-covered mysteries!"

The chickens immediately ignored him.

So instead, he built a machine that wrapped chocolate around sugar, shaped it like eggs, and added a creamy filling that was basically "sweet confusion."

The first prototype rolled out of the machine and immediately bounced off a table, hit a wall, and exploded into deliciousness. Everyone agreed this was a scientific success.

A local kid tried one and said, "It tastes like happiness that doesn't know what it's doing."

And that is how Cadbury Creme Eggs were officially invented - by accident, confusion, and at least one very unqualified chicken meeting.

And now every year, people around the world enjoy Cadbury eggs every year.

- Airica Brook



Dad Jokes: Where Cringe Meets Comedy

Dad jokes live in a strange but beloved corner of humor - somewhere between clever wordplay and eye-roll-inducing cringe. Their ups and downs are exactly what make them so iconic.

At their best, dad jokes are simple, pun-filled one-liners that catch you off guard and make you laugh despite yourself. At their worst, they're predictable, overused, and so cheesy they almost hurt. Yet even then, they somehow still work.

The "ups" of dad jokes come from their harmless, universal appeal. Anyone can understand them, and they rarely cross the line into offensive territory. A classic like, "Why don't skeletons fight each other? They don't have the guts," is the perfect example. It's quick, clean, and relies on a clever play on words.

These jokes often create a shared moment - whether it's a genuine laugh or a collective groan - making them great for breaking the ice or lightening the mood.

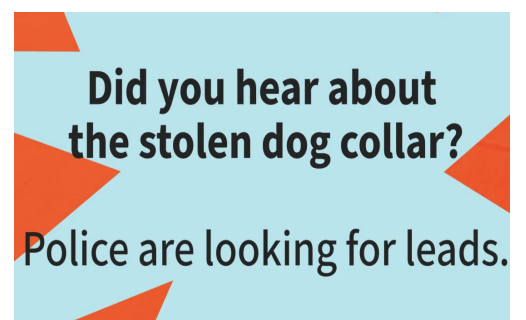
Some dad jokes become iconic because they're passed down and repeated so often that they feel like a tradition. They're not just jokes;

they're part of a cultural script that people recognize instantly.

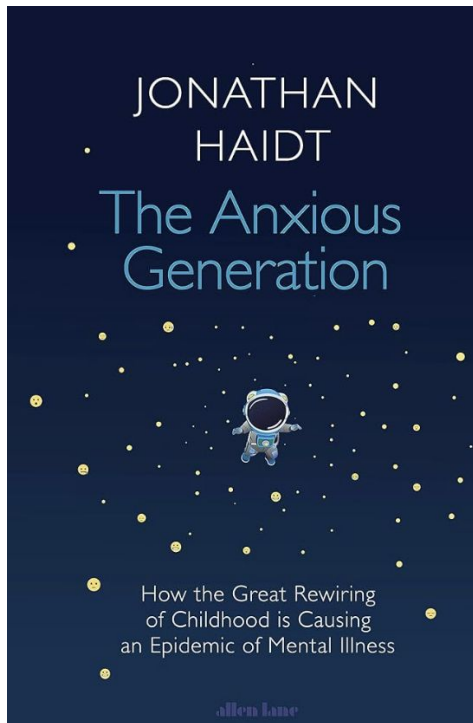
However, the "downs" of dad jokes are just as real. Because they rely heavily on puns and predictable structures, they can quickly become repetitive. Once you've heard "Hi hungry, I'm Dad" for the hundredth time, the humor starts to wear thin. Overused dad jokes lose their surprise factor, which is a key ingredient in comedy. Without that element of surprise, the joke feels less like humor and more like a routine. This overuse can make dad jokes seem lazy or unoriginal, especially when people rely on the same handful of lines instead of coming up with new ones.

Still, even the most overused dad jokes have a strange resilience. Part of their charm is that they're not trying too hard. The groan they provoke is often just as important as the laugh. In fact, the "badness" of a dad joke can be what makes it good. It's a form of humor that embraces awkwardness and leans into it completely. In the end, the ups and downs of dad jokes are inseparable. The clever ones make us laugh, the iconic ones bring people together, and the overused ones remind us not to take humor too seriously. Love them or hate them, dad jokes have earned their place as a timeless—and slightly embarrassing—form of comedy.

- Jaden Price



Book Review: The Anxious Generation



Okay, real talk - have you ever picked up your phone to check one thing and then looked up and somehow 45 minutes had passed? Or felt weirdly bad about yourself after scrolling Instagram for a while, even though nothing actually happened? This book is basically about why that keeps happening, and why it's a bigger deal than most people realize.

"This isn't a book that talks down to you. It actually explains what's going on, and why it's not entirely your fault."

Jonathan Haidt is a psychologist who got curious about why so many teenagers started struggling with anxiety and depression right around 2012. Spoiler: that's when smartphones and social media really took off. He digs into a ton of research and makes a pretty convincing case that growing up with a phone in your hand has made things harder for our generation in ways that didn't happen to older generations.

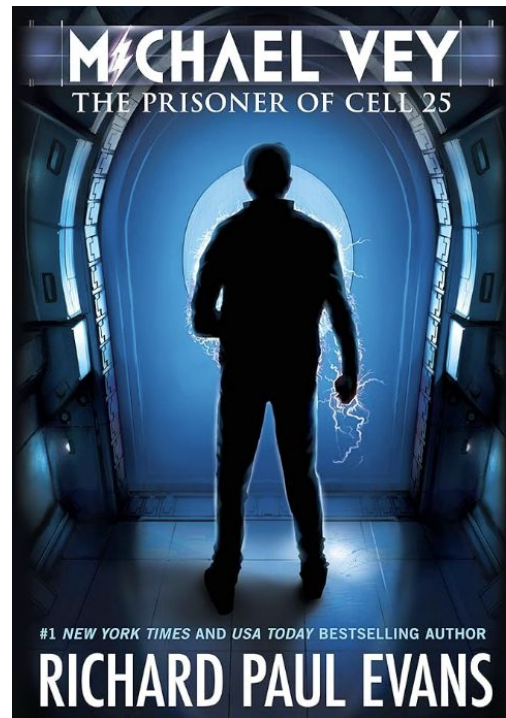
One of the most interesting parts is how he talks about what got lost. Kids used to spend way more time outside, hanging out without adults watching, figuring things out on their own. Now a lot of that free time got replaced by screen time, and it turns out that swap came with some real downsides for mental health, sleep, and even just the ability to be bored without reaching for a phone.

For parents reading this: Haidt has a clear message, phones and social media need more guardrails, and the earlier the better. He wants schools to go phone-free and thinks kids shouldn't have social media until they're at least 16. Whether you agree or not, it's hard to argue he doesn't have the research to back it up.

Is it a little uncomfortable to read? Yeah, honestly. But it's also kind of validating - like, there are real reasons you might feel overwhelmed or burnt out, and a lot of it has to do with systems that were literally designed to keep you hooked. That part is actually worth knowing.

- Editorial Board

Book Review: *Michael Vey*



Michael Vey, an ordinary teenager with an extraordinary secret, is just trying to survive high school, but things quickly spiral out of control. After being bullied one day, Michael accidentally reveals his electric powers, sending his attackers running. A girl named Taylor, who tries to stand up for him, soon becomes more than just a bystander because she has powers too, but instead of electricity, she can read minds. As Michael and Taylor begin to uncover the mystery behind their abilities, they unknowingly draw the attention of a dangerous and power-hungry organization known as Elgen Academy.

When Elgen's ruthless leader, Hatch, kidnaps Taylor and Michael's mom, everything changes. Michael is forced into a fight he never wanted, going up against a powerful group filled with other electric kids under Elgen's control. Along the way, he faces intense challenges, makes unexpected allies, and begins to realize he is stronger than he ever believed. Though he manages to rescue Taylor and gain support from others like him, his journey is far from over because his mother is still out there.

Join Michael as he faces shocking dangers, uncovers hidden truths, and pushes beyond his limits in *Michael Vey Prisoner of Cell 25*. This

action-packed story shows that even when something seems impossible, it might not be, and that you are often stronger than you think.

- Nathan Keller

Movie Review: The Cowboys

The Cowboys, starring John Wayne, is a classic Western that blends action with a meaningful coming-of-age story. The film follows rancher Wil Andersen, who is left without reliable help and must hire a group of inexperienced schoolboys to drive his cattle across the country. What begins as a risky and uncertain decision quickly becomes a journey of growth and transformation.

At the start, the boys are immature and unsure of themselves, often behaving more like children than cowhands. However, as the cattle drive

progresses and challenges arise, they are forced to adapt. Through hard work, discipline, and teamwork, they begin to develop confidence and responsibility. This gradual change is one of the film's strongest elements, as viewers can clearly see the boys evolve into capable and determined individuals.

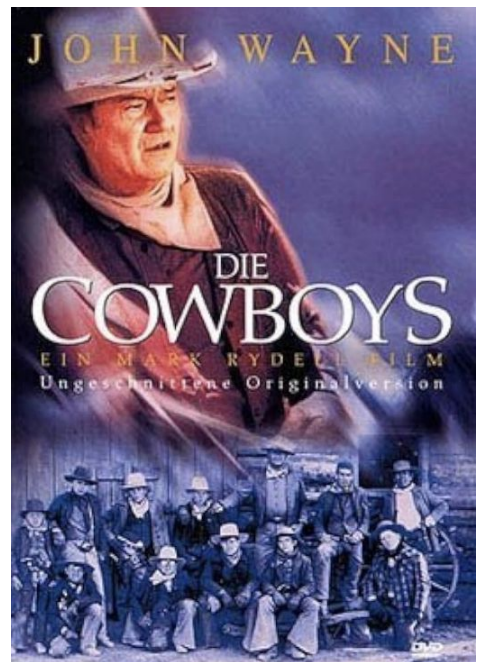
John Wayne delivers a convincing performance as Wil Andersen, portraying him as both tough and fair. He demands a great deal from the boys, but also respects them and provides guidance when it matters most. His leadership style is strict, yet it ultimately helps the boys discover their own strength and independence.

Beyond its traditional Western elements, *The Cowboys* stands out for its emotional depth. The film includes moments of loss and bravery that give the story greater weight and meaning.

These scenes highlight the importance of courage and stepping up in difficult situations, making the movie more impactful than a typical Western.

Overall, *The Cowboys* is a powerful and memorable film. Its themes of growth, responsibility, and resilience continue to resonate, proving that even an older movie can still connect with modern audiences.

- Paisley Wood



Puzzle

In this puzzle, you are supposed to connect every dot. You can only use each dot once, you can only turn on a dot, and you may not move diagonally.

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Sports

Peewee Wrestling

Mr. Lindford always likes the night of the tournament because it is exciting to see all the kids ready to compete. He says that all the kids are his favorites because he enjoys working with each of them and watching them improve. He believes it is good for young kids to get their feet wet and try wrestling, even if it is their first time. He thinks wrestling helps them build confidence, learn discipline, and try new things.

Mr. Lindford is inspired to coach because he knows he is good at it and enjoys helping kids grow and learn new skills. He likes being a coach because he can teach kids how to work hard and never give up. Peewee wrestling is fun for him because the kids are fun to be around. He enjoys watching their energy, seeing them smile, and having a good time while they wrestle. He also likes seeing how proud they feel when they do their best, whether they win or lose.

- Airica Brook



Track and Field

As spring settles in, excitement for track and field is building across our school. There's a noticeable energy in the halls, especially among middle school students who are eager to compete, improve, and represent their school. In fact, several students have already stopped to ask if I'll be attending their meets; a small gesture that speaks volumes about how much this season means to them.

Track and field offers more than just competition. It gives students a chance to challenge themselves, set goals, and experience the rewards of hard work and perseverance. Whether they're sprinting down the track, pushing through a distance race, or trying to beat a personal record in field events, these athletes are putting in time and effort every single day.

With many meets taking place out of town, it can be difficult for staff and families to attend as often as we'd like. Spring is a busy season for everyone. However, these moments matter. Showing up, even occasionally - sends a powerful message to our students that their dedication is seen and valued.

Supporting our track athletes doesn't have to mean attending every meet. A quick "good luck," asking about results, or congratulating a student on their effort can go a long way. As a school community, we have an opportunity to encourage and celebrate these athletes during one of their most exciting seasons. Even in the middle of a busy spring, that support can make all the difference.

- Editorial Board

Spotlights

Student Body Spotlight

Recently, our school conducted a survey to learn more about student preferences, and the results gave us some fun and interesting insights into what people like. The survey covered topics such as favorite seasons, pets, foods, and activities, and it's clear that students have a wide variety of opinions.

One of the biggest trends was a preference for summer over winter, with noticeably more students choosing warmer weather and sunshine. When it came to entertainment, more students preferred movies over TV shows. In the debate between sweet or salty foods, salty snacks came out on top. For animals, dogs were more popular than cats, showing that most students lean toward man's best friend.

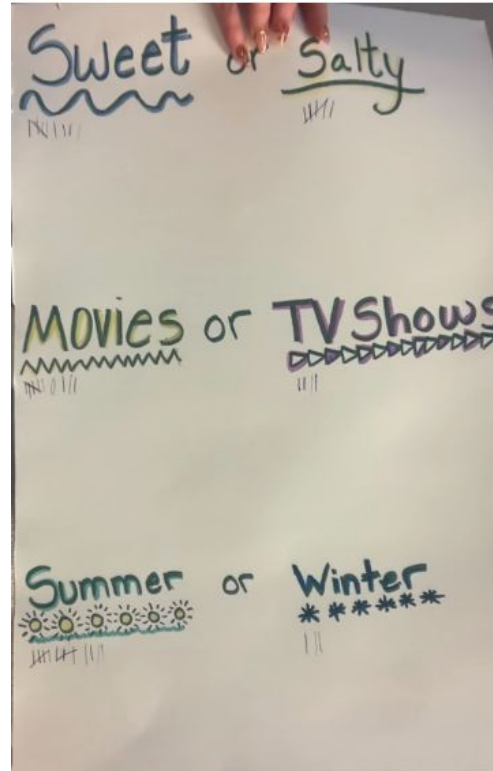
Sports and activities also showed some clear favorites. Basketball had slightly more votes than football, suggesting it may be one of the more popular sports in our school. Another interesting result was that more students preferred a later start to the school day rather than an early one, something many students can probably agree on.

While these results are interesting, it is important to remember that they reflect only the students who actually participated. The number of responses wasn't as high as it could have been, which means the results might not fully represent everyone's opinions.

That's why more students need to take part in future surveys. These surveys are meant to give students a voice and help improve school activities and decisions. The more people who participate, the more accurate and meaningful the results will be.

Next time a survey comes around, take a few minutes to fill it out. Your opinion really does matter, and it helps make our school a better place for everyone.

- Paisley Wood



and burnout. In some places, that stress shows up in a steady stream of memes and short videos poking fun at difficult parent emails or challenging student moments; an attempt to laugh through the exhaustion. But that hasn't been the case at CHS. Instead, something noticeably different is happening - something worth recognizing.

The culture at CHS remains strong, steady, and deeply rooted in a genuine love of teaching. Walk through the halls, and you'll still find teachers greeting students with enthusiasm, taking time to connect, and showing up each day with a sense of purpose. There is an energy here that goes beyond obligation; it reflects a commitment to students that doesn't fade when the year gets busy.

What stands out most is the attitude of the staff. Rather than pulling back, teachers continue to lean in. Tim's classes are busy building rockets, turning learning into something hands-on and memorable. Linford is still in the halls, offering high-fives and individual greetings that make students feel seen before they even reach the classroom. Across the building, teachers are intentionally weaving in "brain breaks" - small but meaningful moments that help reset focus and lighten the monotony, especially as WYTOPP testing approaches.

Equally important is the sense of compassion that defines CHS. Staff members support one another, offer encouragement, and maintain a positive environment that benefits both colleagues and students. While it might be easier to cope by swapping "we survived another day" memes, the staff here seem to find their energy in something more meaningful: connection, collaboration, and a

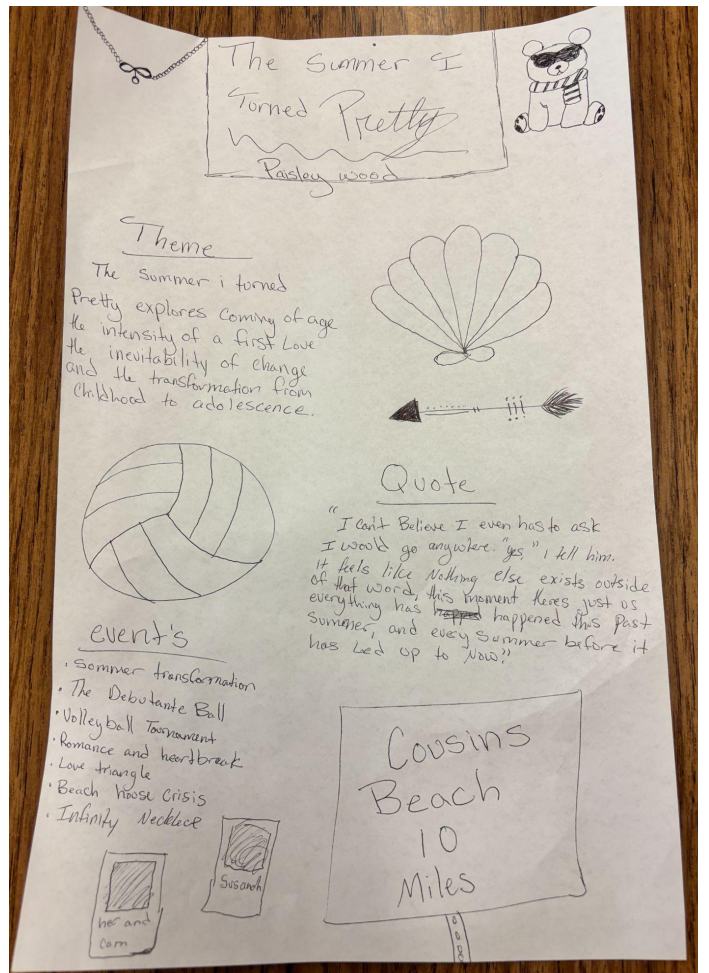
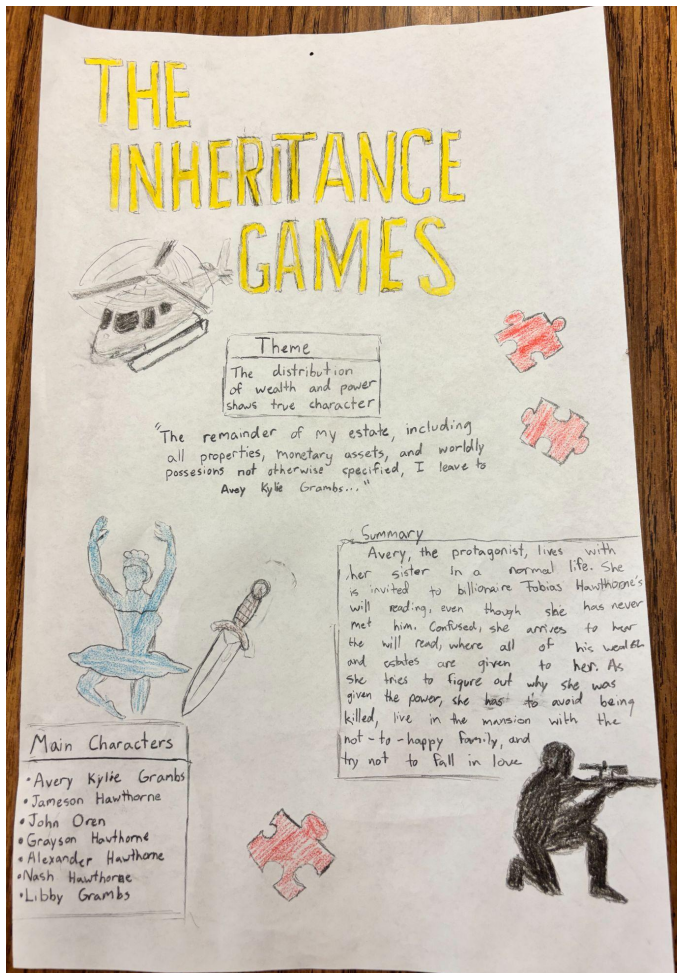
Staff Culture

At many schools, this time of year can feel heavy. As the calendar fills with testing, deadlines, and end-of-year responsibilities, it's common to hear conversations shaped by fatigue

shared belief in the impact they have.

In a season when many schools feel the strain, CHS stands out as a place where dedication, kindness, and even a little well-timed humor continue to thrive. It's a reminder that a strong school culture isn't just something you talk about at the beginning of the year; it's something you carry with you all the way to the end.

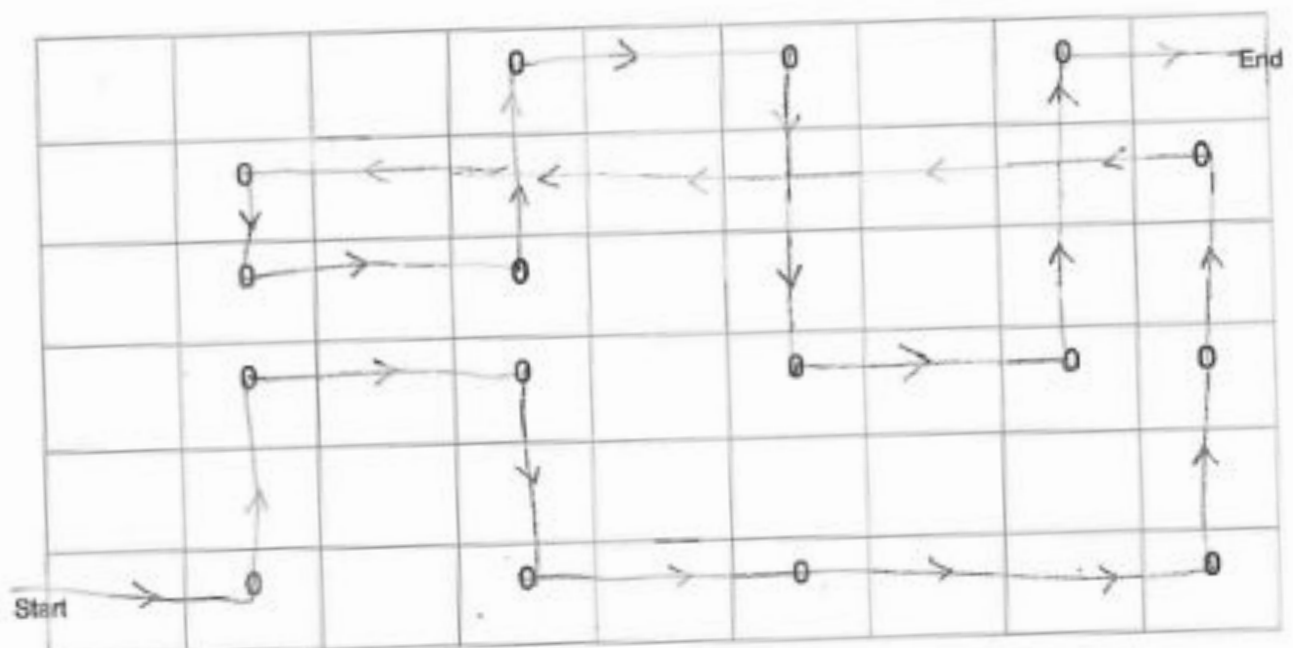
- Editorial Board



Artist Spotlight

Each month, we enjoy featuring an artist; this month we celebrate the illustrator of The Inheritance Games; this book really inherited their attention. And Paisley W., who featured The Summer I Turned Pretty and reminded us that it's all fun and games until someone catches feelings...and a sunburn.

Puzzle Answer



School News

CES PTO: Take Time for Your Students Education

Parent involvement makes a powerful difference in a child's school experience, and joining the PTO is one of the easiest ways to stay connected and make an impact. Our PTO supports activities that students truly look forward to, including the new Ski School Days added this year, Lunch with a Buddy, the school Carnival, End-of-Year celebrations, and summer school completion parties. By attending meetings and events, parents can share ideas, support teachers, and help create these meaningful opportunities for students. It also shows your children that you are invested in their education and the community, setting a positive example for them to be involved in their own community. Even a small amount of time can strengthen our school environment and help every student succeed. We would love to see more families join us!

- Editorial Board

WYTOPP Prep Matters

As WYTOPP testing approaches, it's important for both students and parents to understand why it matters - and how to prepare for it. While some students may see standardized tests as just another requirement (or simply a chance to earn an incentive, or avoid a daily reading group), WYTOPP serves a bigger purpose. It helps measure student growth, identifies areas of strength and need, and prepares students for other standardized tests they may encounter in high school, college, and beyond.

Preparation doesn't have to be complicated, but it should be intentional. One of the most important steps is getting a good night's sleep. A well-rested brain is more focused, alert, and better able to problem-solve. Eating a healthy breakfast is just as important, providing the energy students need to stay engaged throughout the testing session.

Managing stress is another key factor. It's normal to feel some level of anxiety, but practicing simple techniques - like deep breathing, positive self-talk, or short mental breaks - can make a big difference. Parents can help by encouraging a calm, positive mindset and reminding students that effort matters more than perfection.

Finally, students should come prepared and on time, ready to do their best. WYTOPP is an opportunity to show what they've learned and to build confidence in their abilities. Whether the motivation is personal pride, growth, or even a small reward, putting forth genuine effort helps students develop skills they will use far beyond a single test.

- Editorial Board

What's New in the Library

- Most Checked Out Book: Sunrise on the Reaping by Suzanne Collins
- Top three readers: Ari, Kyler, and Flint
- Genre of the month: Action/Adventure
- The winner of the Tournament of Books was The Selection! Nathan Awtrey got the most right on his bracket, he won a shake/drink from The Buckle!
- Activities:
 - For every book you test on and pass with an 80% you can get a can of soda.
 - There will be some foot traffic games out mid-April

See you in the library!