SUPPORTING THE

Operaciones y Atletismo, 623 quejas, o para más información con respecto a estas leyes. Director de Ud. puede comunicarse con el coordinador de cumplimiento sobre preguntas, y el Acto de los Estadounidenses con Habilidades Diferenciadas de 1990. information regarding these laws may be forwarded to the designated Disabilities Act of 1990. Questions, complaints or requests for additional provided as required by Title VI of the Civil Rights Act of 1964, Section 504 noticia es provista y requerida por el Título VI del Acto de Derechos Civiles GUHSD tampoco discrimina en sus contratos o prácticas de empleados. Esta bomberos. en su matriculación ni en el acceso a cualquier de sus programas available, such as business, applied technology, FACS, nursing, and fire programs, services, or activities, in access to them, in treatment of individuals, or in any aspect of science. The lack of English language skills shall not be a barrier to admission or participation in the district School District does not discriminate on the basis of race, color, national
designated youth groups. GUHSD Career & Technical Education Depart-
actividades y programas. GUHSD

Mark Your Calendar

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>March 26</td>
<td>Monday</td>
<td>Full Day</td>
</tr>
<tr>
<td>April 3</td>
<td>Tuesday</td>
<td>8 AM - 12 PM, No classes after testing</td>
</tr>
<tr>
<td>April 4</td>
<td>Wednesday</td>
<td>8 AM - 12 PM, No classes after testing</td>
</tr>
<tr>
<td>April 7</td>
<td>Saturday</td>
<td>10 AM, All Sports Free Physical Day</td>
</tr>
<tr>
<td>April 10</td>
<td>Tuesday</td>
<td>Time Frame TBD</td>
</tr>
<tr>
<td>April 11</td>
<td>Wednesday</td>
<td>8 AM - 12 PM, No classes after testing</td>
</tr>
<tr>
<td>April 12-13</td>
<td>Thursday and Friday</td>
<td>7 PM, Musical: Once Upon a Mattress</td>
</tr>
<tr>
<td>April 28</td>
<td>Saturday</td>
<td>Prom, 7 PM - 11 PM, location TBA</td>
</tr>
<tr>
<td>May 17</td>
<td>Thursday</td>
<td>Full Day, In class periods 4/5, 6 and 7, seniors finish exams</td>
</tr>
<tr>
<td>May 18</td>
<td>Friday</td>
<td>Full day for 9th, 10th, and 11th grades, seniors (8AM-11AM)</td>
</tr>
<tr>
<td>May 18</td>
<td>Friday</td>
<td>6:30 PM, Honors and Awards Night</td>
</tr>
<tr>
<td>May 21</td>
<td>Monday</td>
<td>8 AM - 11 AM, Senior Breakfast and Graduation Practice</td>
</tr>
<tr>
<td>May 22</td>
<td>Tuesday</td>
<td>8 PM, Graduation at Grand Canyon University Arena</td>
</tr>
<tr>
<td>May 22-23</td>
<td>Wednesday</td>
<td>8 AM - 12 PM, Finals (Freshmen, Sophomore, Junior)</td>
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</tbody>
</table>

M&O Override Community Meetings

The Glendale Union High School District must hold a special election with approval by the majority of voters to continue the current maintenance and operations (M&O) budget override. The Governing Board has authorized a Citizens’ Committee to review the M&O budget in order to make recommendations on whether or not to call for the election and to recommend program cuts or reductions if the override funding is not continued.

March 13: Apollo, Glendale, and Independence high schools
Meeting location: Glendale High School, 6216 W. Glendale Ave., Glendale - Auditorium
Time: 6:00 p.m.

March 14: Cortez, Moon Valley, and Greenway high schools
Meeting location: Moon Valley High School, 3625 W. Cactus Rd., Phoenix - Auditorium
Time: 6:00 p.m.

March 15: Washington, Sunnyslope, and Thunderbird high schools
Meeting location: Sunnyslope High School, 35 W. Dunlap Rd, Phoenix - Auditorium
Time: 6:00 p.m.

Public presentations are being planned to provide information and to gather input from our community. The format calls for the communities of three schools to gather at one location. While it is preferred that you attend the presentation with your school, if your schedule does not allow for this, please feel free to attend any of the presentations. Your attendance and involvement in this decision-making process is important to the students of our district.

CONTINUED ON PAGE 2
What is a Maintenance and Operations Budget Override?
A school district’s budget is limited by law. Yet school districts may ask voters for direct funding to supplement budget allocations from the Legislature. With approximately 85 percent of the M&O budget used for staff salaries and related benefit costs for the district’s 2,000 employees, community support is necessary to maintain current programs or services.

If you have additional questions or need more information, please contact the Community Relations Department at 623-435-6001 or email prdept@guhsdaz.org.

Testing | How Can You Help Your Child
The state of Arizona has some very important tests coming up (Mark your calendar p4). Cortez plans to “win the day(s)” during testing week as we do everyday. These tests are the championship of our academic achievement. In order for our students to do their best, we need your help in getting your child in the right mindset, physically and mentally.

Sleep—Studies show that students who get seven hours of sleep before a test perform 10 percent better than those who had less sleep (Howard). Research also indicates a direct relationship between regular good night sleep and academic performance throughout the year (Chen). Even without the research, we know that students who sleep during a test perform poorer than those who are awake.

Breakfast—Breakfast really is the most important meal of the day and students who eat breakfast perform better on tests than students who don’t (Richardson).

If you don’t have time or don’t want to worry about what to make for the morning meal, the Cortez Cafeteria serves breakfast from 7:30 AM - 7:55 AM.

Eat brain boosting food:
- Protein-rich foods like eggs, nuts, yogurt, cottage cheese, and fish
- Other brain foods like apples, blueberries, sunflower seeds, flaxseed, dried fruits, figs and prunes

Avoid brain blocking foods:
- Foods made with white flour or have a high sugar content
- Only a carbohydrate breakfast

What to Eat before an Exam.
Bryan Galbreath
WIN THE DAY

A Word from Mr. Galbreath
Assistant Principal: Operations and Resources
What a wonderful year it has been for many students, faculty members, coaches and community members. December 20 was one of our greatest nights when we had our “Achievement Above All” ceremony at the district office. This annual award is given to those who go above and beyond their peers.

Our sports programs have had a strong showing this winter as well. Boys soccer led the way with a region championship and a runner-up finish in the 4A division of State. Not only was Mr. Jose Corona named our AAA Teacher of the Year, he was also named Coach of the Year as well.

Other Winter Athlete Winners
- Davion Barnes Wrestling - 2nd in sectionals, also made it to the quarterfinals of state wrestling
- Marcos Mora - 1st team all-region boys soccer/forward
- Nester Mora - 1st all-region boys soccer/defender
- Luis Equihua - 1st team all-region boys soccer/goalie
- Akili Edmond - 2nd team all-region boys soccer/forward
- Zackary Jerome - 1st team all-region boys basketball
- Jake Wagner - 2nd team all-region boys basketball
- Mercedes Ramirez - 1st team all-region girls basketball
- Maritza Diaz Corrillo - 2nd team all-region girls soccer
- Ermira Haiti - 2nd team all-region girls basketball (pictured below)

Academic Decathlon had another fantastic year with Jennifer and Kevin Starchman leading the way as sponsors for this activity. Diane Solorio led the team as the top scorer student for our team.

#1 Diane Solorio 4,485.7 points
#2 Alex Dominguez 4,130.7 points
#3 Jailynn Criss 3,867.6 points

Other top 10 finishers were:
- Alex Dominguez in Art
- Nyssa Apodaca in Math
- Jailynn Criss in Speech & Social Sci.
- Jordynn Criss in Science and Math

Cortez finished 23rd overall in the region and out of the nine GUHSD schools, we were 5th. Each student had to perform a four-minute prepared speech, a two-minute impromptu speech and go through a mock interview. Competition lasted for two days. Two-year participants: Cynthia Cervantes, Elizabeth Soto, Diane Solorio.

March 15, 2018