

HOME OF THE BIGHORNS!

JWMS

11/26/12-11/30/12



Jog-A-Thon Winners! 2012

Save the Date!

Fresh and Easy!
Thursday, 29th!

Come between 4-8pm to see your Bighorn staff and raise \$ for JWMS!

Report Cards!
Friday, 11/30

Trimester 1 ends!
Get those missing assignments in!

Minimum Day!
Monday, 12/3

Student day ends at 11:35am- NO INTRAMURALS!

Bighorn Pride Award!

How do you get a Bighorn Pride Award?!

All you need to do is get caught doing something amazing around campus...

Help a fellow student out on their class work!

Stay after school and help a teacher on a project!

Give it all you've got and get your grades/GPA up!

Just be yourself!

This week's winners are:

**TRINA ORDUNO,
ALEXANDER MUJICA,
NICK LONCAR,
GWENALYN WOOLFOLK, JUAN
GALINDO, and PEYTON
MARTINEZ!**



Department Spotlight: PE!

Submitted by: Elly Murillo and Ashley Valentine!

Fun Fridays!

On Fridays, the students are given various choices to pick from during their PE period. These choices can

vary from soccer, to Fort Knox, CrossFit, or...

Rock Climbing Wall!

Students that have a 90% or higher in P.E. have the opportunity to try out the rock climbing wall on the field! You can hang out with your friends, climb, and have fun! All you have to do is strap on a harness, set your eyes on the top, and CLIMB!

Fit-For-Life Class!

The Fit for Life class is really just the strength of your own will. It shows how well you can push yourself to your personal goals. It is ran by Mr. Hershberger 1st-3rd period, but he is more of a guide than a regular teacher. He watches and forces you to do the workout. It isn't like hard workouts, but fun workouts that still make you sweat.

Every Wednesday you go to the soccer park and do an independent workout. You can walk around, use all of the machines, and use workout tools that are provided. You are allowed to use lots of different equipment and learn to use them correctly to get a beneficial workout.

You have an opportunity to use bands, medicine balls, and other equipment. If you join you are guaranteed to get a good workout and wake up sore the next morning!

