BODY IMAGE AND SELF-ESTEEM

When you have a healthy body image, you feel comfortable about your body and you know how to take care of yourself. If your body is healthy and at its ideal body weight, you are able to listen to what it needs. This means that you and your body are not too irritable, tired or depressed, too easily frustrated, too anxious or angry, and you have enough energy to spend time with your friends and family, participate in sports and other activities that you enjoy, and concentrate on school or work.

People with good self-esteem often have positive and confident thoughts and feelings about their body. Having a healthy body image means recognizing the individual qualities and strengths that make you feel good about yourself beyond weight appearance, and resisting the pressure to strive for the myth of the “perfect” body that you see in advertisements and in the media.

It is important to remember that your body is unique. Our bodies are diverse – everybody is a good body, and no one body shape or size is a healthy or right one for everybody else. Even if everyone ate the same food and did the same amount of exercise for a whole year, no one would look the same at the end of the year. Each person’s genetics influence their bone structure, body size, shape, and weight differently. Recognize that beauty, health and strength come in all sizes, and feel comfortable and confident in your natural body shape.

WHAT CAN I DO?
1. Treat your body with respect.
2. Eat balanced meals full of a variety of appealing nutritious foods.
3. Enjoy regular, moderate exercise for the joy of feeling your body move and grow stronger, not just simply to lose weight, burn calories, and control your body fat.
4. Get enough rest so you can enjoy each day.
5. Resist the pressure to judge yourself and others based on weight, shape or size.

Continued on page 5
Green Eggs and Ham Sandwich

This is my kid-friendly version of green eggs and ham. For my adult version, I use prosciutto instead of ham and fontina cheese for the provolone. It’s a fun sandwich for breakfast, lunch or dinner.

— Beth Dauenhauer, Pueblo, Colorado.

**TOTAL TIME:** Prep/Total Time: 20 min. **YIELD:** 4 servings

**INGREDIENTS:**

- 4 eggs
- 1/4 cup fat-free milk
- 3 tablespoons prepared pesto
- 4 whole wheat English muffins, split and toasted
- 2 slices deli ham, halved
- 4 slices reduced-fat provolone cheese

**DIRECTIONS:**

1. Heat a 10-in. nonstick skillet coated with cooking spray over medium heat. Whisk the eggs, milk and pesto. Add to skillet (mixture should set immediately at edges).
2. As eggs set, push cooked edges toward the center, letting uncooked portion flow underneath. When the eggs are set and top appears glossy, remove from skillet and cut into quarters.
3. On each English muffin bottom, layer ham, eggs and cheese. Replace tops. Yield: 4 servings.

**NUTRITIONAL FACTS**

1 sandwich equals 329 calories, 15 g fat (5 g saturated fat), 230 mg cholesterol, 716 mg sodium, 29 g carbohydrate, 5 g fiber, 22 g protein.

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**BIRTHDAY BOX**

March

Tabitha Elston, March 4
Katelynn Hernandez, March 5
Tyler Garcia, March 7
Hailey Brown, March 11
Evan Juarez, March 11
Illia Stewart, March 14
Christopher Eckman, March 15
Amanda Haynes, March 15
Trevor Holmes, March 15
Lisandro Johnson, March 15
Seana-Lyn Leaf, March 17
Bryant MacMillan, March 17
Alexander Smart, March 17
Paola Munguia-Patino, March 18
Kameron Weterberg, March 18
Deseree Tarango, March 22
Christopher Washburn, March 22
Jacob Larson, March 27
Sara Vega, March 27
Kyler Kludy, March 28
Kelley Largent, March 30
Isabel Theriault, March 31
I.B. ET YOU’VE HEARD ABOUT I.B.  

By Abby Dotterer, NCHS Gusher

The International Baccalaureate Program at Natrona County High School challenges students to become open-minded, knowledgeable, and international communicators.

The International Baccalaureate Program, also known as IB, has a highly advanced academic agenda with long hours, tears, hard work, and the feeling of success. The program includes striving for a full IB diploma or certificates in subject areas of your choice. The IB program has been available at NCHS since 2001 and continues to be a popular program among juniors and seniors today.

Mrs. Sondag, who teaches “Theory of Knowledge and Literature A,” explains the difference between the full diploma and certificate program by saying, “The full diploma means that you’re doing everything and involves six subject areas, but in addition to testing in those six subject areas, you also have three other components. One is creativity, activity and service that is over the course of your junior and senior year, where you are involved in doing various different things. So it has a strong service element about being involved in your community, which I think is pretty powerful. The other piece, it has something called the extended essay, a four thousand word research endeavor where a student chooses an area they’re interested in, in one of the subject areas. The third piece is a class called ‘Theory of Knowledge’ and it is designed to help students see the concurrency of learning.

“You don’t have to be a rocket scientist, you don’t have to be brilliant, but what you do have to be is motivated. If you are a motivated student who loves to learn, I think IB is a fantastic place for you, but don’t think you have to be perfect,” Sondag says.

What advice would you give to any freshmen or sophomores thinking about going into the IB program?

Senior IB certificate student Jordan Yates says, “I would advise prospective IB students to consider their future plans and their willingness to work before entering the program. If they do not plan to attend college, but instead trade school or other lines of work, then the IB may not be necessary for them. If they want to attend an Ivy League or similar school of rigor, then the IB would likely be a great fit for them. As well, if they’re not willing to put in the time and effort, then the IB may just harm their GPA and not help them in the long run. I firmly believe that intelligence is not a prerequisite to entering the IB; if a student is willing to devote themselves, then an IB diploma or certificate is definitely possible for them.”

“If you’re entering the IB program you need to remember that your teachers aren’t there to kill you. They’re trying to give you the education they think will help you, so if you’re struggling, talk to them. Also, remember to take care of yourself. It’s tempting to pull all nighters but in all honesty it isn’t worth it and at the end of the day you’re a person, not a zombie, you have limits,” says twelfth grade full diploma student, Katarina Huss.

Science teacher Mrs. Jensen says, “I think if you are considering IB, are a hard worker, and very conscientious of your grades and have a passion for learning, I would say go for it. One thing you wouldn’t want to do is regret not going for it and at least trying it.”

Overall Jensen says, “The International Baccalaureate Program is special for lots of different reasons. A few of them that I can think of would be the international mindedness, we live in a very globally accessible world and the IB program really works to provide students with opening up their eyes to the global situation. I think it’s also a great college prep track for students to go on, rigor is definitely there. It’s hard, but manageable. I think it teaches students to manage their time and think for themselves.”

See more at: http://nchsgusher.com/1068/student-life/i-b-et-youve-heard-about-i-b
LOCATION: Sheridan, Wyoming

DEGREES: Associate of arts, associate of fine arts, associate of science, and associate of applied science degrees, certificate programs, and program tracks that prepare students to transfer to a four-year college or university. In addition, students may elect to enroll in career training, professional development courses and/or vocational/technical programs.

ADVANCED DEGREES THROUGH DISTANCE LEARNING:
A number of master’s and doctorate programs are available through distance learning agreements with four-year colleges and universities.


COST OF ATTENDANCE FOR SEMESTER (12-21 CREDITS):
- Tuition and fees – $2,500
- Books and supplies – $2,000
- Average room – $2,570
- Board – $2,800
- Estimated total – $10,322

FUN FACTS: Passionate instructors not only know students by name, but are committed to individualized attention. They are scholars and experts who willingly share their contagious passion for knowledge. Whether you interact with your teacher in an engaging class discussion or wander into their office long after office hours, SC instructors make themselves readily accessible to students.

Sheridan College is a fantastic community inside a fantastic community. The town of Sheridan is just as friendly as our campus. Sheridan College rests at the base of the beautiful Big Horn Mountains located in the number one western town in the U.S.

WEBSITE FOR MORE INFORMATION:
sheridan.edu/site/sc/future-students

STEPH’S FITSPOT By Stephanie Marker

This month I have a FitSpot challenge for the whole family. Moms and dads. Students. Everyone. I challenge you to be active as a family three times each week for the month of March. Who knows, maybe you will enjoy the time together and start a new habit! I will provide some ideas of things you can try to change it up, but there are endless ways to increase activity as a family. There will be prizes for those that email me with things that they tried on or off this list! You can send me those emails at smarker@caspercollege.edu. A few ideas include:

- Evening walks. You can walk near your house, find a park, or you can even change it up every day. If you have pets in your family, take them too!
- Shoot some baskets. Of course this is referring to a light game of horse or 1 on 1, but any sport will do. Throw a Frisbee disc, play catch with a baseball or football, whatever is your preference.
- Contest. Whether it is push-ups, sit-ups, pull-ups, jumping jacks, etc., bring out your competitive side. Set a timer and see who can get the most repetitions in the allotted time.
- Stretching. You can work on yoga, flexibility, or just loosening up after a long day of work/school. This is a good way to get your blood flowing and ease those aches and pains.
- Ride bikes. Of course this is weather dependent. You could always have a snowball fight if it is more appropriate!
- Balloon volleyball. Set up a makeshift net in the living room, get a few balloons, and play on!
- Tug-of-War. Grab a rope, divide into teams, set some boundaries, and let the fun begin!

Image from:
bebirmingham.org.uk/manager/images/crops/be_2520active.3.jpg
6. Respect people based on the qualities of their character and accomplishments, not just because they appear slim, well-built or “well put together.”

7. Dress in a way that makes you feel good, that makes your own fashion statement and most of all, in clothes that fit you now.

8. Get rid of all the clothes in your closet that don’t fit. This includes clothes that you can wear only when dieting and clothes that you wear to take away attention from your weight or shape.

9. Donate or store clothing that is too small, and make room for clothes that you enjoy wearing, and that make you feel comfortable in your body.

10. Surround yourself with positive friends and family who recognize your uniqueness and like you just as you are. When you are around people and things that make you feel good, you are less likely to base your self-esteem on how your body appears.

HOW DO I KNOW IF I HAVE A HEALTHY BODY IMAGE AND SELF-ESTEEM?

• When you see yourself in a mirror or in your mind, you look at yourself as a whole person, not a collection of specific body parts.

• You accept and celebrate the uniqueness of your natural body shape and size.

• You understand that a person’s physical appearance says very little about their character and value as a person.

• You feel comfortable and confident in your body, and refuse to spend time worrying about food, weight and counting calories.

• You know that real beauty is not just skin-deep. When you feel good about yourself and who you are, you stand taller and naturally carry yourself with a sense of confidence and self-acceptance that makes you beautiful and attractive regardless of your weight, size or shape. Beauty is confidence and attitude, and when you feel comfortable in your body, others will feel comfortable around you.

See more at: http://www.hereohelp.bc.ca/factsheet/body-image-and-self-esteem-a-guide-for-parents-and-youth

PARENTS CORNER 30 TIPS TO RAISING A MIDDLE-SCHOOLER

Here is the last of the 30 tips, we hope you gained some insight and advice with raising a middle-schooler. It can be tough, but oh so rewarding.

TIPS 26-30:

Imparting virtue

26. Teach Accountability. Teach your kids the value of taking responsibility for their actions and that ultimately the buck stops with them. The value of owning up to mistakes and being accountable to ones actions is a powerful life lesson that will serve them well.

27. Let them experience real-life consequences. Teach kids to make it right with others when they make mistakes. Do not spare your child from the real-world consequences of his or her actions.

28. Forgive quickly. When kids act out or misbehave, they need to be assured of our forgiveness once they have been disciplined.

29. Say you’re sorry. Be willing to admit your mistakes. Your kids know anyway when you’ve messed up.

30. Be careful when kids confess. Watch your reactions closely. If you’re combustible and overreact when kids mess up, they will learn that you can’t handle the truth. Don’t make them wall off their hearts. Make truth-telling safe.

FOCUS EVENT

ST. PATRICK’S DAY MAZE
Can you help the leprechaun find his way to the rainbow?

Puzzle found at: activityvillage.co.uk/st-patricks-day-puzzles
Copyright © ActivityVillage.co.uk - Keeping Kids Busy

GAME ON!

SPRING BREAK 2016
WITH GEAR UP WYOMING

Come spend SPRING BREAK 2016 with GEAR UP! We will enjoy activities that will allow you to explore careers related to art, science and math! You can attend one, two or all three days! Lunch will be provided. Meet at the GEAR UP office each day.

**Tues., March 29, 10 a.m.-2 p.m.**
Science experiments with Dr. Drew

**Wed., March 30, 10 a.m.-2 p.m.**
Laser print a GEAR UP key chain

**Thursday, March 31, 10 a.m.-2 p.m.**
Come paint “Paradise” with Artisan Alley

Call 307-268-2047 with any questions and to RSVP.
TIPS, TRICKS, AND TIDBITS

By Andrea Covert

It is important to keep track of your budget each month and for this month’s tip I would like to share with you how to start a budget.

SETTING UP A BUDGET

A budget, also called a spending plan, can help you prioritize expenses, save for your future and stay out of debt, all of which contribute to a happy and healthy life.

1. The first step to creating a realistic spending plan is tracking your spending. For one month, write down everything you spend, even small purchases like a soda or pack of gum. At the end of the month, do the math and look for specific spending habits like how much you spend on entertainment, fuel or extracurricular activities. These habits form your budget categories; everything you spend money on should have a category.

2. Next, identify your income. Include paychecks, tips and even birthday money. It’s important to have a clear picture of what you’re working with so you can create a realistic plan.

If your income varies, consider budgeting based on your average paycheck or the least amount you know you’ll bring home. Treat anything above that amount as a bonus that can help you reach your goals.

3. Then, plan for your expenses. Expenses are either fixed or variable. Fixed expenses are always the same, like your car or insurance payments. Variable expenses are a little harder to plan for because the amount changes, like fuel, entertainment or extracurricular activities. That’s why tracking your expenses is so important; it’s how you determine an accurate estimate of what you actually spend over time.

Also plan for expenses that don’t happen every month by taking the amount due and dividing it by the number of months you have to save for it. Planning ahead means you won’t be surprised when the bill is due.

Information from:
oklahomamoneymatters.org/students/high_school/Budget.shtml

MEET THE GEAR UP STAFF

From Left to right: Anna Skimbova (GEAR UP Assistant), Stephanie Marker (Student Success Advisor), Rodney Oster (Student Success Advisor), Ray Pacheco (GEAR UP Regional Director), and Andrea Covert (Student Success Team Lead).
# MARCH

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<td>Daylight Savings time begins Kelly Walsh visit 9 a.m.-3 p.m.</td>
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<td>Good Friday Office closed</td>
<td>End of third quarter (NCSD)</td>
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<td>Spring Break 2016 10 a.m.-2 p.m. “Science Day”</td>
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<td>Spring Break 2016 10 a.m.-2 p.m. “Laser Printing”</td>
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**Tutoring:** Monday-Thursday from 3-5 p.m. or by appointment.

## GEAR UP HAPPENINGS

**Coltan learning how to play the guitar from Rodney during after school tutoring!**

**Silveira Family at Family Fun Night!**

**Dreiling Family at Family Fun Night!**

**Theriault Family at Family Fun Night!**