

# Pride break giving CGHS students a little more time in the mornings



**Justin Francis**  
*The Lion's Roar*

Cottage Grove High School has recently incorporated a new system, known as pride break, into the daily schedule. After 2nd period, students are given an extended break that gives them a chance to get a snack before returning to class. "I think it's beneficial, because it gives kids who didn't get to eat breakfast, or just don't like eating that early in the morning a chance to do so," said Emma Sexton a Senior at Cottage Grove High School. Through this students have another opportunity to eat in the mornings with snack bags, cheese rolls and smoothies being served in various locations around the school. "I can feel a difference in the energy. Not only are the kids able to get a snack they also get to relax so they can be fresh for the next couple of

classes," said Ricardo Florez the Business Teacher at Cottage Grove High School. "There's research that shows you can only spend a certain amount of time working before you need a mental break, otherwise you just can't concentrate as well. They come into 3rd and 4th period looking pretty refreshed. So I feel like it's been good for students." Cottage Grove High School's new principal, Mike Ingman introduced and implemented Pride Break into the schedule. "We had some significant issues around students not eating breakfast, and there's a lot of research that says that your academic performance will decrease if you haven't had breakfast," said Ingman. Through the enactment of Ingman's Pride Break initiative breakfast sales have increased with only one minute being taken from each period throughout the school day.

"I think it gives both teachers and students a chance to take a break in the morning, have a snack, and socialize a little bit," said Ingman. "Overall from my perspective as the new guy it's been a positive change. I haven't heard a single person say anything negative about it. It sounds like something that people really like to have." Pride Break is not the only initiative that Ingman hopes to implement at the high school, but he believes it is essential to work with the students and staff of Cottage Grove High School to make the changes they see as important to them. "I'm not somebody that's going to create a whole bunch of change for change sake. I'm probably the least important person in the building," said Ingman. "Teachers and students are way more important than me so they will help to drive any major changes in the foreseeable future."

## Students of the Month

### January



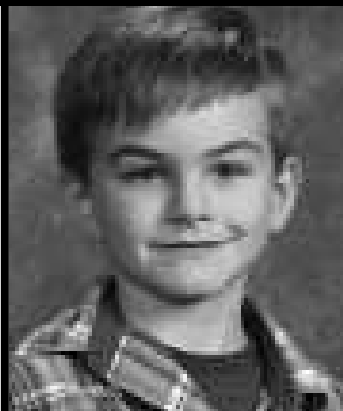
### NORTH DOUGLAS MIDDLE SCHOOL



**ADRIANA ALCANTAR**

She works very hard and always gives her best effort asking for help and staying after school if necessary to get help.

### NORTH DOUGLAS ELEMENTARY



**RYDER BOHLMAN**

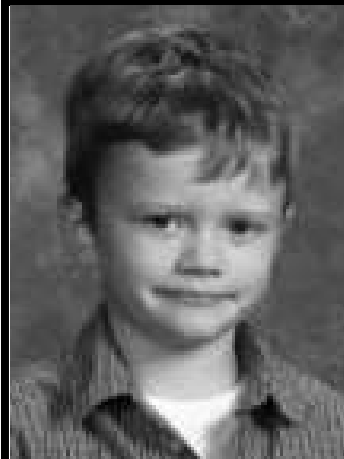
Ryder Bohlman is a third grade student at North Douglas Elementary. Ryder is a very kind and courteous classmate. Ryder works hard and always has a positive attitude.

**Cottage Grove Sentinel**  
116 N. 6th St. • 541-942-3325  
www.cgsentinel.com



**North Douglas Fire & Rescue**  
531 South Cedar St.  
Drain, OR 97435

### LATHAM ELEMENTARY



**ELLIOT HEINTZELMAN**

As a Latham first grader, Elliot Heintzelman has been working very hard, both on his academics as well as being a self-manager. He has grown tremendously in both his handwriting and his reading skills. Overall, Elliot is a great friend to his peers and a great student to have in our classroom. We are proud to have him represent Latham as the Student of the Month!

### BOHEMIA ELEMENTARY



**EVAN COSTA**  
Evan Costa is a fabulous member of Mrs. Takacs

and Mrs. Pierzina's Kindergarten classroom community. He is an enthusiastic learner who regularly strives to do his best. He is a kind friend to others and is always willing to lend a helping hand. Evan displays great leadership and responsibility. He contributes thoughtful ideas and problem solves strategies with others. He has a positive attitude and we thoroughly enjoy having him in our classroom!

**STACY'S COVERED BRIDGE RESTAURANT**  
401 MAIN STREET • COTTAGE GROVE  
541-767-0320

### YONCALLA MIDDLE SCHOOL



**NICOLE NOFFSINGER**  
Nicole consistently has a

great attitude in and out of class' works hard and puts her best effort into everything she does. She has a tremendous work ethic when it comes to improving herself in sports. She sets a good example for other kids on what appropriate school behavior looks like. Always has a big smile on her face. Her Hobbies include Hunting Fishing and sports. Work in the camel riding business (she has 4 camels!) Future Goals: WNBA All-Star

**Cottage Grove Sentinel**  
116 N. 6th St. • 541-942-3325  
www.cgsentinel.com

### COTTAGE GROVE HIGH SCHOOL



**HAYLEY EVAN**

Cottage Grove High School Student of the month is Senior, Hayley Evans. Hayley is a taking a full load of College Now and AP classes as well as teaching gymnastics in our community. She is a wonderful role model and we are so proud of her and her accomplishments.



**South Lane County Fire & Rescue**  
233 Harrison Ave • 541-942-4439  
southlanefire.org

### NORTH DOUGLAS HIGH SCHOOL



**TIMOTHY CLAIBORNE**

Timothy is an honor roll student, NDHS Student Council Vice-President, involved in National Honor Society, FBLA, and enrolled in college classes.



**North Douglas Fire & Rescue**  
531 South Cedar St.  
Drain, OR 97435

### YONCALLA HIGH SCHOOL



**KALEIGH SOTO**  
Kaleigh has shown exemplary conduct here at YHS. She practices and models our school's core values "Respect, Citizenship, Perseverance,

& Integrity". Kaleigh is willing to lend a helping hand whenever the need should arise. She is an active volunteer member of our local Fire Department Explorer's program, and helps with the Vacation Bible School in the summer. She participates in our schools FBLA chapter, is an Office aide and involved in our Leadership program as a class officer. Kaleigh is a year-round athlete who maintains an Honor Roll GPA. Kaleigh has a great sense of humor and is a joy to interact with. After graduation Kaleigh plans to enlist in the K-9 Unit of the Air Force National Guard. She hopes to become a Forensic Pathologist.

**Cottage Grove Sentinel**  
116 N. 6th St. • 541-942-3325  
www.cgsentinel.com