
February 13, 2025



Knights' News

REMINDER: We are a Latex free building as well. No latex balloons are allowed in the building!

Enjoy the long weekend!

Announcements

February 27th – 1st Robotics State

February 28th – 3 week Grading Period

Articles

The Importance of Sleep

Bailey H. 12th Grade

Sleep is important for our health. It helps our bodies and minds in many ways. When you sleep, your body repairs itself. This includes fixing muscles and growing new tissues. It also helps your immune system fight off germs, so you don't get sick as often. Sleep is great for your brain. It helps you remember things, learn new stuff, and stay focused. Without enough sleep, it's harder to think clearly and make good decisions. Getting enough sleep helps you feel happier and less stressed. It allows your brain to process emotions and keeps you from feeling too anxious or depressed. To get better sleep, try to go to bed and wake up at the same time every day. Make your bedroom comfy and avoid screens before bedtime. Sleep helps your body stay strong, your brain works well, and your mood stays balanced. So, make sure to get enough rest every night.

Humanism during the Archaic Greece Era

Elizabeth N. 12th Grade

Humanism is a philosophy that prioritizes human well-being, and it flourished in Archaic Greece through several key developments. The rise of democracy, though limited to male citizens, fostered a sense of ownership and responsibility within the community, encouraging concern for its well-being. This participation was limited and planted the seed for broader civic engagement. There was also a shift from myth to reason that redefined how people understood the world. Philosophers began explaining natural phenomena through observation and analysis, moving away from supernatural explanations that were attributed to gods. This transition, while not universally accepted, marked a crucial step towards understanding the human capacity for rational thought. Even the "new" Greek religion, with its emphasis on human-like gods, contributed to this shift. The tragedies performed at the Dionysian theater, an altar dedicated to Dionysus, explored the complexities of human suffering and conflict, as seen in the works of Aeschylus, Sophocles, and Euripides. These plays, alongside comedies that critiqued social and political issues, emphasized the importance of understanding the human condition and the challenges of life. By

focusing on human experiences, both triumphs and tragedies, these cultural shifts laid the foundation for humanist thought, emphasizing the value and potential of humanity. This focus on human agency and understanding helped shape the intellectual landscape of the era.

History of Valentine's Day

Cam V 12th grade

Valentine's day originated as a Christian feast day to honor a martyr named Valentine. The holiday has since become a cultural, religious and commercial celebration of love and romance. Valentine's day is a holiday celebrated every February 14 this year. Valentine's day falls on a Friday. Across the United States and in other places around the world cards and flowers and gifts are exchanged between loved ones all in the name of St. Valentine. But who is this mysterious saint and where did these traditions come from? Find out about the meaning and history of Valentine's Day from the ancient Roman ritual of Lupercalia that welcomed spring to the card-giving customs of Victorian England. To begin the festival members of the Luperci an order of Roman priests would gather at a sacred cave where the infants Romulus and Remus the founders of Rome were believed to have been cared for by she-wolf or Lupa. The priests would sacrifice a goat for a fertility dog for purification. They would then strip the goat hide into strips, dip them into the sacrificial blood and take to the streets gently slapping both women and crop fields with the goat hide. Far from being fearful, Roman women welcomed the touch of the hides because it was believed to make them more fertile in the coming year. Later in the day according to legend all the young women in the city would place their names in a big urn. The city's bachelors would each choose a name and become paired for the year with his chosen woman. These matches often ended in marriage.

February!

Kaydee V. Grade 12

February comes from the Latin word "februum" which means purification. February is the shortest month in the year, there are usually 28 days in February but on leap years such as last year 2024 there are actually 29 days. The odds of being born on February 29th are about 1 in 1,461. The length of February has changed many times over time, at one point there were 23 days. Originally February was the last month of the year on the calendar, but in (c. 450 BC) February was moved to the second month of the year. The Welsh call February "y mis Bach", which means "little month". There are many events/holiday's that go on in February like Groundhog Day, Valentine's Day, and Presidents Day! According to the National Weather Service, February is the snowiest month in the United States. It is the only month where it is possible to go the entire time without having a full moon.

Sports update

By Ayden O. 11th Grade

On Friday February 7th the girls traveled to Warroad to play. The JV won. The varsity won 71-63. On Monday February 10th the girls traveled to Mahanomen to play the Thunderbirds. The JV girls lost with a score of 7-18. The Varsity lost with a score 26-66. The boys had a game in Goodridge against the Chargers. The JV lost with a score of 29-51. The Varsity lost with a score of 34-57. On Tuesday February 11th the girls went to Erskine to play the Win-E-Mac Patriots. The JV won. The Varsity won with a score of 44-40.

Kids Thoughts Week #22

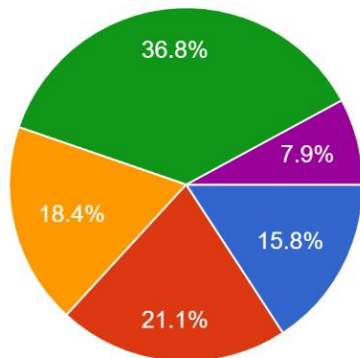
What do you want to be when you're older?

Briella - YouTuber
Devney - Dentist
Otto - Fisherman



What is your favorite Cereal?

38 responses



- Captain Crunch All Berries
- Lucky Charms
- Cheerios'
- Cinnamon Toast Crunch
- Coco Puffs