

Announcements

11/27/17

Info

- 1) Today, Mrs. Waller's class will be having their pizza party for winning 2nd place in the Pennies for Patients donation contest -- in the library during B lunch.
- 2) As we get closer and closer to Winter Break and EOCs, Student Council and the library will be hosting lots of fun activities to keep our spirits up and help us all de-stress. This Friday, we will be having an ornament maker-space during both lunches. For \$1 you can make and take your own ornament (choose from santa, reindeer, grinch or melted snowman). Next Thursday, the 7th will be the library's 4th annual cookie exchange. Look for flyers around the school and get in on the fun!! Stay tuned for info on more activities to come....
- 3) FYI: The Buy One, Get One free Book Fair is on its way! It will be here the week of December 11th, with an evening event on the 12th
- 4) Attention students who attend afternoon math tutoring. The location of the tutoring will be changing to the library starting this week. Please meet at the flagpole at the end of the day and the tutoring staff will come meet you and bring you into the library. Parents will pick you up in front of the school from this point on. Please make sure to bring work for the designated time and understand that when you come to tutoring you are committed for the full time.
- 5) Trivia: all new, all week!

Sports

Boys basketball will be home on Tuesday vs Albuquerque Academy at 4 and 5 pm, the girls play away.

Wednesday the girls are home vs ERMS at 515 and 630. The boys play away.

Friday and Saturday we host the 8th grade girls tournament starting Friday at 2 pm.

Our wrestlers travel to Los Lunas this Saturday for a tournament.

Clubs

- 1) Battle of the Books - MEETING TODAY IS CANCELLED
- 2) FCA's next meeting is tomorrow, Nov. 28th at 7:30 in room 623. Members please remember to bring your permission form if you are planning on attending this year's Ding Dong Ditch community outreach

Also, tomorrow is our Nov. prize drawing. You must be present to win.
- 3) Student Council meeting today.
- 4) No Guitar Club meeting TODAY. Next meeting is on Dec 4 from 3:25-4:15
- 5) Baking Bookworms - meeting Wednesday.

The PBS focus for November is KINDNESS.

Don't forget to nominate students or staff for being a kind person up in the library. The next drawing will happen the Friday we get back from break.

Quote of the day:

According to the Mental Health Foundation at mentalhealth.org.uk, in the article titled "Doing good does you good", being kind to others equates to being kind to yourself, because:

- 1) **Positive emotions reduce stress and boost our immune system, and in turn can protect us against disease.**
- 2) **When you help others, it promotes positive physiological changes in the brain associated with happiness.**

3) ...evidence shows that helping others is actually beneficial for your own mental health and wellbeing. It can help reduce stress, improve your emotional wellbeing and even benefit your physical health.

