

Monday, November 13, 2023

This week is Battle Week! The week will be full of dress up days and will end with the Battle Rally on Friday. Dress up days are as follows:

Today is Night In vs. Night Out.

Tomorrow is Country vs. Country Club so wear your western or preppy attire.

Wednesday is Barbie vs. Oppenheimer so go all out with pink or greyscale

Thursday is Sports Day so represent your favorite team.

Friday is Battle of the Ages: Freshmen dress as babies

Sophomores dress like little kids

Juniors dress like adults/ parents

Seniors dress like senior citizens

Staff, it's your choice how to dress

How would you like to help save a life? Sign up for tomorrow's Blood Drive. You must be at least 16 years old, weigh at least 110 pounds and must have parents' permission. Sign up today! Blood drive is tomorrow from 8-12 in the Gym.

There will be a GSA meeting tomorrow at lunch in Room 201. All student and staff are welcome and invited to attend.

How would you like to support those in need? This week from November 13 through the 17th, ASB will be holding a canned food drive with your 1st period classes being the collection spot. The class that collects the most cans will win a donut party sponsored by the ASB. They are collecting canned goods ONLY. Your donation will go to help those in need this holiday season & throughout the year.

The Business Club's annual Care Package Drive is happening now until December 4th. Check out the posters around campus to see the items that are needed for those in need. You can donate your items to any of the participating classrooms, offices or send them to Ms. Khan's room, Room 101.

Attention freshman and sophomores, are you interested in the Upward Bound program? If you are interested and would like to learn more about this amazing program go to your 9th and 10th grade Google Classroom to sign up. The presentation will be this Friday Nov 17 during 6th period. If you have any additional questions, talk to Mr. Easter in the College & Career Center located in the Library.

Did you miss your chance to join Student Council? We are accepting applications for new members from now until December 1st. Pick up an application on the wall in the Student Store. Turn applications in to Mrs. Greminger in Room V.

Lunchtime yoga is here again. The next session will be tomorrow at lunch. Yoga can make you feel good, reduce stress and anxiety, improve your focus, increase

your flexibility and much more. Please see Ms. Cachu in Room A during break, at lunch or after school if you are interested. Yoga mats will be provided.

MHS Photo club is taking orders for their 2024 calendar. There are two choices this year: photos of MHS and photos of the Sutter Buttes. Order yours before Dec 1st with Ms. Pam in the Student Store or see Mrs. Khan in G101. Just \$15!

Are you interested in being a part of a student wellness group? Are you ready to make time for yourself and prioritize your health and wellness! The Blue Zones Project of Yuba-Sutter will be hosting monthly student wellness groups in the Library from 12:30 PM - 1:15 PM on set Wednesdays. There will be activities like healthy cooking, taking walks, community outreach projects/crafts, gardening and mindfulness based activities. You can sign up for the group meeting set for this Wednesday, November 15. Please make sure to sign up in person with Mrs. Wood in the Counseling Office to join a session. Space is limited, so reserve your spot!

Athletic Events

Thank you for being respectful, responsible, healthy and engaged!