## Monday, November 6, 2023

There are new warm hoodies available in the Student Store. Just in time for fall and winter weather. Stop by and pick yours up today for just \$35. Visit the Student Store before and after school or at break or lunch.

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

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

Lunchtime yoga is here again. The next session will be Tuesday the 14<sup>th</sup> 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.

There is no school on Friday in honor of Veteran's Day. A heartfelt thank you to all of the veterans on the MHS staff. Thank you for your service!

## <u>Athletic Events</u>

There are no athletic events this week.

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