

## **Thursday, November 9, 2023**

There will be a Senior Class meeting today in Room M at lunch. We will be voting on Senior Sweatshirt design. All members of the Class of 2024 are encouraged to attend.

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Marysville Key Club is having a meeting today at lunch in Room 109. We will be discussing new volunteer opportunities and more. Anyone is welcome to come and learn more about the club and volunteer opportunities

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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 1<sup>st</sup> with Ms. Pam in the Student Store or see Mrs. Khan in G101. Just \$15!

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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 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 and throughout the year.

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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 next 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.

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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.

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Lunchtime yoga is here again. The next session will be next 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.

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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 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!

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Next 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:

Monday is Night In vs. Night Out so wear your pajamas or your dressy clothes.

Tuesday 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

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

### **Athletic Events**

<b>Date</b>	<b>Day</b>	<b>Sport and Opponent</b>	<b>Location</b>	<b>Game/Match/Meet Time</b>	<b>Out of Class</b>
11/10	Friday	Girls Basketball vs. River Valley (Scrimmage)	Marysville	10:00/11:30 a.m.	None
11/11	Saturday	Boys Basketball at Mesa Verde (Scrimmage)	Mesa Verde	TBA	None
11/11	Saturday	Cross Country at Sac-Joaquin Section Meet	Folsom	8:00 a.m.	None

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