

Wednesday, October 11, 2023

Today is Collaboration Day. Classes dismiss at 12:15 and buses arrive at 1:30. There will be an Orange Exchange today after school at the Math and Science Building. Gather up those Orange Bucks and head over for some awesome stuff.

Happy Homecoming Week. Each day has a special dress-up theme with the week ending on Friday with the parade at lunch & the homecoming game Friday night.

Today is "Western Wednesday" so break out your jeans and cowboy gear. Thursday is "Beast Mode" so come dressed ready to workout with your gym gear.

Friday is "Sleeping Beauty Pajama Day".

Remember that all school dress code rules apply to spirit week outfits.

Don't forget to come out to 18th street at lunch each day for fun lunchtime activities and prizes!

MHS students, would you like to try Yoga? Now is your chance. Ms. Cachu is offering free lunch time yoga. Did you know that Yoga can make you feel good, reduce excess anxiety, improve your focus on one thing, increase your flexibility and much more! Please see Ms. Cachu in her classroom during break, lunch time, or after school to sign up. Yoga mats will be provided.

Would you like to hear some wonderful music in recognition of World Mental Health Day? There is a free concert tonight at 6:00pm in the Lindhurst High School Gym. The music will be performed by bands from McKenney, Yuba Gardens, Lindhurst, Yuba College and Marysville's very own.

Homecoming Royalty voting continues! Vote for your class royalty on 18th Street at lunch. 9th-11th grade royalty voting concludes at 1pm today. 9th-11th grade royalty winners along with the top 3 senior boys and girls will be announced at lunch on Thursday. **All classes** can then vote on the Senior Homecoming King and Queen on Thursday-Friday at lunch. Senior King and Queen will be announced at halftime of the Varsity football game on Friday night.

Students, please remember that MHS has a dress code. All shirts must have straps and must cover your torso. Clothing must be free of words and logos that depict or promote drug, alcohol or tobacco use. Clothing must also be free of profane or offensive images or words.

Would you like to celebrate Pink October and support a worthy cause? Why not but a pink ribbon decal from the Business Club for just \$1? Decals can be picked up from Ms. Khan in Room G101 or from Ms. Pam in the Student Store. Proceeds will go to the National Breast Cancer Foundation.

Athletic Events for the Week

Date	Day	Sport and Opponent	Location	Game Time	Out of Class

10/11	Wednesday	Cross Country at PVL Meet #3	William Jessup University (Twelve Bridges)	3:00 p.m.	NA (Minimum Day)
10/11	Wednesday	Girls Golf vs. Bear River	Lake of the Pines Golf Course (Bear River)	3:00 p.m.	NA (Minimum Day)
10/11	Wednesday	Wheatland	Wheatland	4:30/5:30/6:30 p.m.	NA (Minimum Day)
10/12	Thursday	Girls Golf vs. Colfax	The Ridge Country Club (Colfax)	2:30 p.m.	12:20 p.m.
10/12	Thursday	Freshman, JV, and Varsity Volleyball vs. Orland	Marysville	4:30/5:30/6:30 p.m.	None
10/13	Friday	JV and Varsity Football	Marysville	5:15 p.m./7:15 p.m.	None
10/14	Saturday	Cross Country at Chico Autumn Invitational	Chico	8:00 a.m.	None

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