

## Thursday, October 12, 2023

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 “Beast Mode” so come dressed ready to workout with your gym gear.

Tomorrow is “Sleeping Beauty Pajama Day”.

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

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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.

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Homecoming Royalty winners for 9<sup>th</sup>, 10<sup>th</sup> & 11<sup>th</sup> grade royalty along with the top 3 senior boys and girls will be announced today at lunch. **All classes** can then vote for the Senior Homecoming King and Queen today and Friday at lunch. Senior King and Queen winners will be announced at halftime of the Varsity football game on Friday night.

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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.

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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.

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Just a reminder that there is no food or drinks allowed in the Library.

### Athletic Events for the Week

Date	Day	Sport and Opponent	Location	Game Time	Out of Class
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!***