

Monday, October 16, 2023

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.

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

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.

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

Students, just a few reminders when attending athletic events at MHS:

- Please bring your school spirit and support for your Marysville athletes!!!
 - Students attending athletic events *should consume* all food and drinks prior to entering the gate/Gym.
 - Student spectators will **NOT** be allowed to bring backpacks, outside food or drinks, or speakers of any kind into any athletic event.
 - The front gate or front door does not have the ability to store your backpack or other prohibited items so please do not bring them to the game.
 - Remember, we always appreciate positive support at our athletic events!
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Athletic Events for the Week of 10/16 - 10/20

Date	Day	Sport and Opponent	Location	Game/Match/Meet Time	Out of Class
10/16	Monday	Girls Golf at PVL Tournament #2	Peach Tree	11:00 a.m.	9:30 a.m.
10/16	Monday	Volleyball vs. Center	Center	4:00/5:00/6:00 p.m.	1:45 p.m.
10/18	Wednesday	Volleyball vs. Twelve Bridges	Marysville	4:30/5:30/6:30 p.m.	None
10/20	Friday	JV and Varsity Football	Marysville	5:15/7:15 p.m.	None

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