

Announcements

Tuesday, January 11th, 2022

“B” Day

This announcement is for SOPHOMORES:

Have you ever thought about a career in healthcare?

Would you like the opportunity to participate in a paid work experience in a healthcare setting? If yes, please watch your emails for information regarding the Health Youth Apprenticeship Program-Nursing Assistant.

There will be a required informational meeting for interested Sophomores on January 27th at 2:45 in the South Campus Library Classroom. The meeting will share insights about the program and be the place to get an application.

If you have any questions, please see Mrs. King or Mrs. Miller.

Tuesday’s self-care tip of the day:

Sleep deprivation can be detrimental to a person’s thinking, physical and emotional state. Most young people need eight to nine hours of restful sleep to function at their best. It’s not easy fitting this into a schedule filled with academic, social and recreational activities, but it sure has a big payoff. Try to have a regular sleep schedule and you’ll generally find that your “biological clock” will remember when to fall asleep and wake up.