

# Announcements

Friday, January 14<sup>th</sup>, 2022

“A” Day

## Good Day, Arrowhead!

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 27<sup>th</sup> 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.

Friday Self-Care tip of the day: Meet and communicate with friends.

Research tells us that meeting with friends and talking about what's going on with you -- including past events you're still processing -- prevents burnout and promotes well-being. Group connections are important for fostering resilience and releasing chemicals in the brain that support well-being. Remember, it only takes a one or two special friends to make a big difference in your life.

## HAVE A Fabulous Friday, Everyone!