## Announcements Monday, January 10<sup>th</sup> 2022 "A" Day

Good Morning, Arrowhead! Welcome to a new week!

With eight days until exams, a positive self-care tip:

Looking after yourself is an important coping strategy.

Teach yourself never to put yourself down or use negative self-talk. Recognize good things about yourself and be confident in your abilities.

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.