

Announcements

Wednesday, January 19th, 2022

“A” Day

Good Day, Arrowhead!

Attention All Girls interested in playing softball this spring. There will be a mandatory meeting on Tuesday, January 25th in Room 116 at South Campus starting at 2:45. If you can't make it please contact Coach Martin.

The following 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 Self-Care tip of the day: Turn off smart phones (at least for part of the day). It's probably a real challenge. But really, [you don't need it on constantly](#). You can take a break, even for just part of the day. There may be some withdrawal or anxiety about not being right there for what you think is critical, but just stop and think. Not all notifications are urgent.

Finally, On behalf of all staff at Arrowhead, best wishes for successful exams!

