

"Life is like riding a bicycle. To keep your balance, you must keep moving."

*Albert Einstein*

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## TODAY'S NEWS

***Attention Seniors*** - For those of you that want to leave your mark this year, Graduation Speaker and Graduation Singer applications are now available. Make this year one that will last a lifetime by applying for this honor! Please pick up your application from Amanda Van Noy at Student Services. Application Deadline is Monday, April 22<sup>nd</sup>.

## YESTERDAY'S NEWS

**LAST CHANCE TO PERSONALIZE YOUR YEARBOOK** - \$10 gets your name foiled on the cover AND the book hand delivered to you before lunch. You can also add icons for \$2 each. Last day to purchase is April 12, no exceptions! Still need to purchase a yearbook? They are currently \$90.

**COLLEGE PRESENTATIONS AT BARK** – Washington State University on Wednesday, April 10<sup>th</sup> and Illinois Institute Technology on Thursday, April 11<sup>th</sup>. This is a unique opportunity to make contact with a college rep and ask questions about academic programs, campus life, financial aid and admission. Stop by the CCC to sign up!

### *Student Info*

**THE A-TEAM** – Struggling with your grades? Feel defeated by your homework? The A-Team is here to help! Come to the Library during BARK, Monday thru Thursday, for FREE peer tutoring! Ask your teachers (or Mr. Levin in the Library) for more info. *Mr. Levin & Ms. Arrambide*

### *Student Assistance Program*

#### **SUPPORT GROUPS 2018-2019**

**ALATEEN** – Alateen is back! Period 2. See your counselor for referral or Mr. Lazansky for a pass.

**GRIEF** – If you are experiencing and/or struggling with grief and loss, please see your counselor or Mr. Lazansky for a one on one consultation and referral.

**BRIEF INTERVENTION** – Drug and Alcohol Prevention & Education group. By referral and appointment only. Students may self-refer, please see your counselor or Mr. Lazansky.

**ANGER MANAGEMENT** – One on one counseling services to address anger issues. By referral and appointment only.

**CANCER SUPPORT** – Our student support *Cancer* group. If you are a cancer survivor, dealing with cancer in your family and/or have a loved one who is dealing with cancer, please see your counselor or Mr. Lazansky for the group referral.

## Sports This Week

DATE	SPORT	LOCATION	CONTEST TIME	PROJ TIME	BUS TIME
Friday, 4/12	Softball vs. Rio Mesa	HOME	3:30PM	1:30PM	
	Baseball vs. Rio Mesa	Away	3:15PM	12:45PM	1:15PM
Saturday, 4/13	Track vs. Gordon Stewart Invitational	HOME	8:00AM	-	-

## Lunch Menu

Monday 4/8	Tuesday 4/9	Wednesday 4/10	Thursday 4/11	Friday 4/12
ORANGE CHICKEN COLD SANDWICHES CHEESEBURGER PIZZA	CARNITAS GR. CHEESE SANDWICH COLD SANDWICHES CHEESBURGER TACOS	GARLIC PASTA W/CHICKEN CHICKEN SANDWICH CHEESEBURGER PIZZA	CHICKEN & WAFFLES COLD SANDWICHES CHEESBURGER BURRITO	BEAN AND CHEESE NACHOS COLD SANDWICHES CHEESEBURGER PIZZA

## Staff/Student Calendar

Monday 4/8	Tuesday 4/9	Wednesday 4/10	Thursday 4/11	Friday 4/12	Saturday 4/13
				LATE START FRIDAY	
Monday 4/15	Tuesday 4/16	Wednesday 4/17	Thursday 4/18	Friday 4/19	Saturday 4/20
		MINIMUM DAY	FOOD FAIRE	NO SCHOOL	