

# SHEPHERD HILL REGIONAL HIGH SCHOOL

Morning Announcements

Day 7 ODD

Monday, February 11, 2019



1. Student Council will be selling **carnations** during the lunch blocks this week for only \$1.00.
2. **Any student interested in a future in Cosmetology**, please see Mr. Gendron in guidance BEFORE vacation to add your name to a list for a unique opportunity in this field.
3. **Registrations for spring sports begins today** and will run until March 4. All spring athletes should register online. Go to the “Athletics” page on the Shepherd Hill website. Athletes registering after March 4<sup>th</sup> will be subject to a \$25 late fee. Register early to avoid password and log-in problems causing you to miss the deadline!
4. The **weight room is closed** after school today (Mon., Feb. 11). It will re-open after school tomorrow.

## Important Dates

Mon., Feb. 11

- Registrations for Spring Sports Begin
- Proctor Training for MCAS (2:30-3:30 pm) – Library 13-14 Room
- Faculty Meeting (2:30-3:30 pm) – Library

Tues., Feb. 12

- Booster Club Meeting (7 pm)

Wed., Feb. 13

- Gridiron Meeting (7 pm)
- School Committee Meeting (7 pm)

Fri., Feb. 15

- 3<sup>rd</sup> Qtr. Progress Report Grades Close

Mon., Feb. 18 – Fri., Feb. 22

- **NO SCHOOL – Winter Break**

Tues., Feb. 19

- DC-SEPAC Meeting (6:30-8:00 pm at DMS)

Fri., Feb. 22

- Cheerleading Invitational

Tues., Feb. 26

- Alps, Provence & Barcelona Global Awareness Meeting (6:30 pm)
- Holocaust Survivor Story at DMS (6-7 pm)

Fri., Mar. 1

- 3<sup>rd</sup> Qtr. Progress Grades Available on the Student & Parent Portal

Mon., Mar. 4

- MCAS Retest (ELA)

Tues., Mar. 5

- MCAS Retest (ELA)

Wed., Mar. 6

- MCAS Retest (ELA)
- Family Comes First

Thurs., Mar. 7

- MCAS Retest (Math)
- Music Parents Meeting (6 pm)

Fri., Mar. 8

- MCAS Retest (Math)

Mon., Mar. 11

- Team Orientation Meeting (6:30 pm)



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### ***February is Teen Dating Violence Awareness Month***

Youth who experience teen dating violence are more likely to...

- Experience depression and anxiety
- Adapt antisocial behaviors
- Think about suicide
- Engage in drugs and alcohol abuse

To help your peers in an abusive relationship, keep in contact with your friends, note if they become unlike themselves and educate your friends and family. In an abusive relationship? You can always reach out to resources at Shepherd Hill and friends and family you trust.



### ***February is Eating Disorder Awareness Month***

Eating disorders are very common in adolescents and can make one very unhealthy. They can be tied to self-harm and drug abuse. It is important that we raise awareness and reach out a helping hand.

**Someone with an eating disorder may...**

- Skip meals or take small portions of food at regular meals
- Be extremely concerned with their body size and shape
- Have dizziness, fainting or trouble concentrating
- Have dry skin, hair and brittle nails



SADD encourages you to look out for one another and raise awareness to your friends and family.