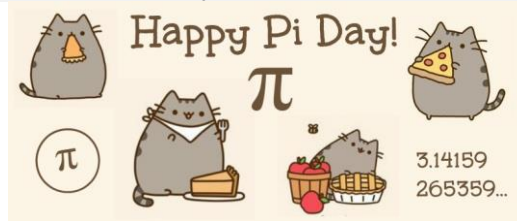


SHEPHERD HILL REGIONAL HIGH SCHOOL

Morning Announcements

Day 11 ODD

Thursday, March 14, 2019



1. **The Health Office is closed today** (Thurs., March 14).
2. **On Mon., April 8, from 4-7 p.m. the U-Mass Graduate School of Nursing will be hosting area colleges that will showcase nursing.** There is no charge for this program. Information is posted in the guidance office. All grades are welcome. Anyone interested, must sign up with Mrs. Starkus in guidance no later than Thurs., April 4.
3. **Central Mass Chapter of Trout Unlimited's 3rd Annual State High School Fly Fishing Championship** will take place at the Auburn Sportsman's Club on April 27th. Open to all MA high school students. Learn how to cast a fly rod, how to tie a fly & catch a fish on that fly. No entry fee. Door prizes, drawings, raffles & more. For more information email centralmasstu@gmail.com.
4. **2nd Annual John Paire 3v3 Basketball Tournament** will be Sat., March 16 beginning at 9:00 am. \$120/team up to 4 players; \$40 each additional player. Registration includes tournament t-shirt. All proceeds benefit the John Pair Student Support Fund. **Boys & girls high school team still needed!** See Ms. Walker in guidance with any questions or to sign up.
5. Special guest speaker Judge Bibaud will be here on Thursday, March 21, from 1-2 p.m. This opportunity is open to all **students interested in law, legal studies and criminal justice**. If you're interested, see Mrs. Hernandez in guidance to sign up.
6. Pi Day is 3.14....**TODAY!** **The Math Department is selling Table Talk pies** in the morning & during lunches for only \$1! All proceeds will benefit the Cynthia Boyd Memorial Scholarship Fund.
7. **Prom Dress Swap** is Saturday, March 16. There is a \$5 admission fee. All dresses are \$15. Bring a dress in great condition and take home a dress for free! See Ms. Racicot in room 318 or Ms. Griffiths in room 227 for more information. They also have cocktail dresses! Great opportunity to find a dress for next year's homecoming or a summer cruise! There are no more available slots for NHS students to sign up. Thank you to everyone who has already signed up!
8. The **SAT Prep Course is beginning Tues., March 19**. Any juniors interested in registering should bring payment to Mrs. Holton in room 300. **Today (Thurs., March 14) is the deadline to register.**

Important Dates

Thurs., Mar. 14

- Pi Day! (Don't forget to buy your Table Talk pie for only \$1)

Fri., Mar. 15

- **No School for Students**—Professional Development Day
- Deadline to Register for SAT Prep Course

Sat., Mar. 16

- AP Science Mock Exam (8 am)
- Prom Dress Swap (11 am – 4 pm)
- John Paire 3v3 Basketball Tournament

Sun., Mar. 17

- Foreign Language Trip Bottle & Can Drive at Ted's Redemption Ctr. (9 am – 3 pm)

Thurs., Mar. 21

- Sarah Panzau Guest Speaker (8-11 am)
8:00-9:15 – Grades 9 & 10
9:45 – 11:00 – Grades 11 & 12

Sat., Mar. 23

- AP Science Mock Exam (8 am)
- AP Comp. Science Mock Exam (8 am)

Sun., Mar. 24

- Winter Percussion & Guard Show (12-6 pm)

Wed., Mar. 27

- MCAS ELA

Thurs., Mar. 28

- MCAS ELA
- Shepherd Hill Learning Showcase
8th Grade Course Selection Night (5:30 pm)
College Planning (6 pm)
After the College Acceptance (6:30 pm)
College Fair (6-8 pm)
Career Night (6-8 pm)
Meet the Teachers (6-8 pm)

Fri., Mar. 29

- MCAS ELA
- 3rd Qtr. Grades Close



MARCH is National Nutrition Month!

It's important for everyone to make informed food choices & develop healthy eating habits!

- On the go, look at your options and plan to pack food accordingly.
- Make your own snacks using healthy ingredients, like trail mix or smoothies.
- Portion your snacks and limit snacking.



March 17-23 is National Poison Prevention Week

Tip: Put the Poison Control* number in your phone contacts in case of emergency. You never know what certain chemicals can do! Be smart! * **800-222-1222**

Poison Prevention



March 26 is American Diabetes Alert Day

One in three Americans is at risk for developing type 2 diabetes. **Exercising and eating healthy** are two ways to lessen your chance of diabetes and other health issues. Check out the American Diabetes Association (diabetes.org)

