IT’S A GREAT WEEK AT SWHS!

Please stand for the Pledge of Allegiance:

I pledge allegiance to the flag of the United States of America and to the republic for which it stands—one nation under God, indivisible, with liberty and justice for all.

MISSION STATEMENT: Every student graduates with the knowledge and skills for future learning and success.

REGULAR BLUE/WHITE DAY
TUESDAY, OCTOBER 10, 2017

1st/5th Period…………………….. 7:55 ........................ 9:20
2nd/6th Period........................ 9:25 ........................ 10:45
Power Hour Lunch .................... 10:45 ......11:15..... 11:45
3rd/7th Period ......................... 11:45 ........................ 1:05
4th/8th Period ......................... 1:10 ........................ 2:30

PROFESSIONAL DEVELOPMENT
LATE START WEDNESDAY

1st/5th Period ......................... 8:55 ........................ 10:05
2nd/6th Period ......................... 10:15 ........................ 11:15
Power Hour Lunch .................... 11:15 ......11:45..... 12:15
3rd/7th Period ......................... 12:15 ........................ 1:20
4th/8th Period ......................... 1:25 ........................ 2:30

TODAY’S ANNOUNCEMENTS—

TODAY IS A WHITE DAY (5, 6, 7, 8). 12th graders have ADVISORY. All 9th, 10th and 11th attend the choice outlined in your passport.

Today’s Clubs and Activities:
 ◆ LLC is open for both lunches—Must have a pass.
 ◆ Open Gym/PE Make-Ups—GYM—lunch A.
 ◆ College Bound Club in A201—lunch A.
 ◆ Journalism Club in A206—lunch A.
 ◆ Speech & Debate in A107—lunch B.
 ◆ Wood Tech Club in C146 —lunch B.
 ◆ Bon Appétit French Only Club in A121—lunch B.
 ◆ Quilting Club in C223—lunch B.
 ◆ Welding Club in C141—lunch B.
 ◆ Open Field—Field (Gym in bad weather) - lunch B.

CONGRATULATIONS GOES TO….: The following students who have been selected to serve as this year’s French

ATTENTION ALL STUDENTS: Free Weekend Food Delivery for Kids. If you are in Sedro-Woolley schools and are under the age of 18 (or know someone who is) and need supplemental food we can help. FREE, supplemental food can be delivered directly to your door on Friday afternoons—no questions asked. Want to sign up? Visit www.weekendfood.org. Questions or concerns email weekendfooddelivery@gmail.com or call (855) 856-2211 ext. 1.

VOLLEYBALL CANCER NIGHT: Come join us for our Cubs vs. Cancer Night this Thursday, October 12th. Games start at 5:40pm. Please help us support our cancer awareness night and our lady Cubs. SW Volleyball Boosters will donate all proceeds to the North Puget Cancer Center located at United General Hospital and to one of our district employees who is currently fighting the battle. Don’t forget to wear your pink! Go Cubs!

ATTENTION ALL WOODWORKING STUDENTS: Wood Tech Club will be meeting during Power Hour on Tuesdays, beginning TODAY, October 10th. Open to current and former Woodworking students.

ATTENTION ALL STUDENTS: This year’s lip dub will be a bit different than in the past. We will be shooting scenes for the lip dub throughout the year instead of just in April. A sign up sheet will be on the bulletin board across from Mr. McCartt’s room (A107). Be sure to sign up by the end of the week.

SENIORS!: Last chance to sign up for the SAT prep course and College Application Essay Workshop, which begins THIS Saturday. See the counseling department, Ms. Hindman, or Mr. Jensen for a flyer. Be sure to sign up if you are interested in attending. Guaranteed to improve your SAT score AND hone your college application essay.

MINDFULNESS-BASED MEDITATION:

QUOTE FOR THE DAY

“Keep your face always toward the sunshine and shadows will fall behind you.” ~Walt Whitman
What: Mindfulness-based Meditation during Power Hour. Practicing Mindfulness helps you calm your mind and body to help you cope with illness, pain and stress.

Who: Open to all students.
Where: In the Auditorium Lobby.
When: Wednesdays, B Lunch.
Led by School Counselor, Ms. Hilberdink.

ARE YOU FEELING STRESSED? Everyone deals with stress, anxiety, and worry in their life. Do you wish you knew more tools and strategies to help? Join us in the Auditorium Lobby for Stress Lab every Monday during B lunch to learn and try a new strategy that may help you, or even someone you know, to manage these feelings a little more. We will cover a new practical, easy-to-use strategy or tool each week. Come every week, or drop in occasionally.

HEY CUBS!: Have you heard about all the events and activities happening in the LLC this month?! Come in and ask a Librarian about participating and winning a fabulous prize! You won’t be sorry!

ATTENTION ALL STUDENTS: The following messages are from Student Services.

♦ Have you lost something? Would you like to find it? If so come to Student Services and check the lost and found. Currently there are cell phones, rings, a dental retainer, keys, glasses, etc.

♦ Tired of carrying things? Do you need a locker? If so come to Student Services and complete an application.

ATTENTION STUDENTS IN DRIVER’S ED:
Sign up to take your Driver’s License exam @ SWHS.

♦ Written Exam ($25.00) scheduled for October 18th—Must pre-register for exam by signing up and paying at the ASB office.

♦ Drive Exam ($35.00): If you passed the DOL written exam you can make an appointment to take the drive exam. Payment for the exam must be made in the ASB office.

HOMECOMING: There is a lot of excitement building for Homecoming festivities and that’s good! Homecoming Week is October 16th—21st. Important reminder—for all class competitions, practices can only take place 2 weeks before Homecoming. An official ASB approved schedule for practice times and expectations will be out soon. Stay excited for all the fun events but do not start practices early—wait for your scheduled time.

ATTENTION EVERYONE: The Sedro-Woolley School District is committed to helping keep our students, parents, and our community healthy throughout the entire flu season. That’s why we have partnered with the Seattle Visiting Nurse Association to provide a “flu shot clinic” for our schools. Clinic Location:

♦ Tuesday, October 17, 2017
♦ Sedro-Woolley High School– Cafeteria
♦ 3:00 p.m. to 7:00 p.m.

Clinic is open to all Sedro-Woolley School District Faculty, staff, students and their families (children four years of age and older). Please note that students under the age of 18 will need a Patient Consent Form signed by a parent or guardian. Patient Consent Forms are available outside nurse Shannon’s office or print your own from the Sedro-Woolley School District webpage. Please complete one for each person and bring the form(s) with you to the event. Forms will also be available at the clinic. Additional information can be found on the Sedro-Woolley School District webpage.

OPEN GYM: Open gym provided by the SW Fastpitch team start Monday, October 2nd and will be held every Monday and Wednesday at Janicki Field House. Any questions? See Coach Beebe.

SCHOLARSHIPS: Details on the following SCHOLARSHIPS can be found on the SWHS webpage under the Counseling Department.

♦ Horatio Alger Scholarship—October 25th
♦ The Coca-Cola Scholars Scholarship—October 31st
♦ Good 360 Sustainability Scholarship—October 31st
♦ Elks National Foundation—Most Valuable Student Scholarship—November 27th
♦ Washington Wine Industry Foundation Scholarship—March 31st
♦ The School House Connection Youth Leadership and Scholarship—November 8th
♦ FBLA Scholarship—Various Deadlines

Please NOTE: Local scholarships will start to be posted in November. See Jen in the Counseling office if you have any questions about scholarships, letters of recommendation, college applications, the FAFSA or the SAT.

MARK YOUR CALENDARS!
Oct. 14—Deck the Den Work Party (9:00 to 5:00 p.m.)
Oct. 16—21—HOMECOMING WEEK!
Oct. 16—Buff Puff & Powder Puff Games
Oct. 17—Blood Drive
Oct. 18—Picture Retakes
Oct. 19—Lipsync & Deck the Den Judging
Oct. 19—Community/Alumni Homecoming Pasta Feed
Oct. 19—Homecoming Queen/King Coronation
Oct. 20—Homecoming Assembly, Parade & Game
Oct. 21— Formal Homecoming Dance
Oct. 25— PSAT
Nov. 1—National Honor Society Induction
Nov. 3—First Quarter Ends
Nov. 6—College & Career Night
Nov. 7—Jazz Night
Nov. 8—Fall Arena Conferences
Nov. 9—3 Hour Early Release
Nov. 10—Veteran’s Day Assembly