

Wednesday, January 15, 2020

HIGH SCHOOL

A quick girls track meeting will be held in Coach Fliehler's room right after school TODAY at 2:05.

Softball camp, open gym and weight lifting information is available in the office on the counter.

Juniors: It's time to start thinking about the ACT. Anyone thinking of applying to a 4-year college in the Midwest will need to take the ACT. (Those thinking about schools further away will want to check with that school to see whether the ACT or SAT is best.) The best time to take the ACT is toward the end of your Junior year or early on in your senior year. The next regular **registration deadline is February 28th**. Students who sign up by this time can take the ACT on April 4th. The ACT will also be given June 13th (register by May 8th) and July 18th (register by June 19th). Visit www.act.org to sign up. Waivers are available for those who qualify. If you would like help with registration, see Mrs. Van Rees.

Students interested in exploring healthcare careers: Allen College is hosting "A Day in the Life" on Friday, April 3rd from 9-12:20. Students will have the opportunity to learn more about nursing, radiography, diagnostic medical sonography (ultrasound), medical laboratory science, and public health. For more information, or to register, visit <https://www.allencollege.edu/a-day-in-the-life.aspx>

Cedar Valley Career Connections will be here on January 21st during SLC in Mrs. Van Rees's office to help students get registered for job shadows this semester. If you're not sure what you want to do after high school, or want to explore a career you're already interested in, this would be a great opportunity. If you would like to attend the meeting, see Mrs. Van Rees ASAP so you aren't signed up for intervention somewhere else on that day.

MIDDLE SCHOOL

8th grade girls: Softball camp, open gym, weight lifting information is available in the High School office on the counter.

BREAKFAST/LUNCH:

Wednesday Breakfast – Egg and cheese biscuit or Cereal or Fruit or 100%juice/variety milk; Lunch – Orange chicken, brown rice, green beans, diced pears and cold menu. Thursday is Day 6.