

Friday, March 1, 2024 - **Today is a "D" day**

<div>  Student Government Presents: "Mindful March"  </div>				
<i>Each day during the long month of March, you are invited to try one of the "Mindful March" activities.</i>				
"Mindful" Monday	"Try It" Tuesday	"Wellness" Wednesday	"Thankful" Thursday	"Friendship" Friday
				March 1st <i>Reach out to a friend you haven't talked to in a while</i>
March 4th <i>Take up journaling or blogging today</i>	March 5th <i>Take 15 minutes to color or draw today</i>	March 6th <i>Practice your yoga skills today</i>	March 7th <i>Make a list of things/people you are thankful for</i>	March 8th <i>Plan a family game night</i>
March 11th <i>Read for fun today</i>	March 12th <i>Try a new hobby today</i>	March 13th <i>Write a thank you note to someone who should be thanked</i>	March 14th <i>Take a walk in the woods today & look for four leaf clovers</i>	March 15th <i>Plan a game with a friend</i>
March 18th <i>Make a list of goals for the Spring</i>	March 19th <i>Try a new food or recipe today</i>	March 20th <i>Stretch to start your day</i>	March 21st <i>Find a quote about thankfulness that you relate to</i>	March 22nd <i>Reach out to a relative you haven't seen in a while</i>
March 25th <i>Listen to music in place of social media today</i>	March 26th <i>Join a school club or make a list of clubs to join next year</i>	March 27th <i>Research a nearby hike to go on soon</i>	March 28th <i>Meditate for 15 minutes today</i>	March 29th <i>Thank someone special for all that they do</i>
<p>Be sure to follow BSHS' Student Government on Twitter @BSHS_SC and on Instagram @bshsstudentgovernment for tips and resources throughout the month.</p> <p>Don't forget to use the hashtag: #BSHSMindfulMarch</p>				



LAST CALL SALE ENDS TODAY!!!!

Peer Mentoring is doing an **apparel fundraiser**. Please help support our club so we **can** continue to do fun **activities**!

The link to the store: <https://bspapm.itemorder.com/shop/home/>

True Crime Club will have our next meeting on Wednesday, March 6 in Room 335. New members are always welcome!! Come and share your enthusiasm for true crime stories!!



[Click here](#) for the March Library Newsletter.



Ballston Spa High School

National Honor Society

IMPORTANT INFORMATION

The National Honor Society is the nation's premier organization established to recognize outstanding high school students. More than just an honor roll, NHS serves to recognize those students who have demonstrated excellence in the areas of scholarship, service, leadership, and character.

ELIGIBILITY CRITERIA

- Junior academic standing (eleventh grade)
- Cumulative Grade Point Average of 90% or better by end of second quarter.

Students will receive an email invitation to submit candidacy materials

INDUCTED STUDENTS

- Possess strong leadership, scholarship and character qualities as evidenced by letters of recommendation from teachers and non-teachers
- Carry upwards of 80+ hours of community service throughout high school
- Induction Ceremony takes place in May 2024



The Scotties Rundown

A new episode of The Scotties Rundown is here! This week is a special edition in honor of black History Month hosted by Saliah Webster and Chloe Bruno. Segments include a survey on favorite superheroes, an update from Abby and Gabby on winter sports, and the Scottie's spotlight on Black History Month.

The episode can be found here:

<https://drive.google.com/file/d/1sHGyYw9zETVQ-xfsjKTK6CW-Xiu0aQqc/view?usp=sharing>



[Click here](#) to view the March School Counseling Newsletter.