



Tuesday, March 12, 2024 - **Today is a "C" day**

 Student Government Presents: "Mindful March" 				
<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>				



PEER *Mentoring Club*

**Tuesday March 12th
After School
Room 232**

**Join us to discuss fundraising
results and have fun with friends!**

Any questions see Mrs Wert (232) or Mrs. Northrup (322)



JUNIOR AWARDS FORM

Due April 8th

Complete the [Junior Awards Form](#)
in order to be considered for some college awards.

<https://forms.gle/BxTNS8LdYECHkEgM9>

(link can be found in the junior conference invite email sent to parents, in the
Schoolology Counseling Group and in the School Counseling Newsletter)

If you receive an award and choose to enroll in that college then this
award will be apart of your financial aid scholarships/awards package.

Join the GSA this Wednesday, March 13 after school in room 214. New members are always welcome and we meet whether or not there are late buses. Hope to see you there for some games, snacks and time with friends.

Ballston Spa High School

GSA Meeting

Who? You and your friends

When? After school

Wednesday, March 13

Where? Room 214

Why? To hang out in a safe space, spend time with friends, and make a craft or play games

New members are ALWAYS welcome!!

See Mrs. Morse, Ms. Gunner Moorfoot or Mrs. Marcincuk for more information

LOVE

Prom Closet is open in the breezeway between the High School and the Middle School. It will be open until March 22nd.



Prom Closet

February 26 – March 22

If you have any questions, you can ask a guidance counselor
or one of the mentors

Mrs. Stevens, Mrs. Jones, Mrs. O'Connor



High School/Middle School
Breezeway



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

The Scotties Rundown

A new episode of The Scotties Rundown is here! This week includes a survey on fast food restaurants, an end to the winter sports season and the debut of Beastie Boys, a behind-the-scenes segment on Troupe's musical, Beauty and the Beast!

The episode can be found here:

<https://drive.google.com/file/d/1STTATELnkQDfX3fMxY8Z9gUbAEaHhDKo/view?usp=sharing>



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