



Monday, March 18, 2024 - **Today is a “C” day**

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



# 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 Schoology 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.

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## Environmental Club

**3/19 @2:30**  
**in room 330**

**All New Members  
are welcome!**



# Ballston Spa High School's TROUPE

*Music by Alan Menken*

*Lyrics by  
Howard Ashman  
& Tim Rice*

*Book by Linda Woolverton*

**MARCH**  
**21, 22, & 23**  
**at 7 p.m.**  
**MARCH**  
**23 & 24**  
**at 1 p.m.**

*presents*

# Disney BEAUTY AND THE BEAST

ORDER TICKETS ONLINE



THE BROADWAY MUSICAL

**Tickets Prices:** **\$10.00** for Adults  
**\$5.00** for Students & Seniors

DISNEY'S BEAUTY AND THE BEAST is presented through special arrangement  
with and all authorized performance material are supplied by  
MTI (Music Theatre International) | [www.mtishows.org](http://www.mtishows.org)

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Bring your friends and come join the Sophomore Class Council for a night of roller skating, music, and fun at Guptill's Arena! All are welcome, so don't miss out! The event will take place on April 2nd from 6:30 to 9:00 pm. Tickets will be sold for only \$5 during lunches from March 25 to 28. See you there



For the schoology and website the address is 1085 Loudon Rd, Cohoes, NY 12047.

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Are you intrigued by the Gypsy Rose Blanchard case? Do you have opinions on what really happened in that case? Come to our next True Crime Club meeting this Wednesday and have a chance to talk about it! We will be in Room 335 this Wednesday! We can't wait to see you and hear your thoughts!

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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.

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## The Scotties Rundown

A new episode of The Scotties Rundown is here! This week's episode includes a survey on St Patrick's Day trivia, Keith and Roman bringing us behind the scenes of Troupes Production of Beauty & the Beast on a new episode of Beastie Boys, and the Scotties Spotlight is on the Unified Bowling team!

The Episode can be found here:

<https://drive.google.com/file/d/1j6Ubi0y1-eBpV98K6DawYwzArH5IEImb/view?usp=sharing>

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