



Monday, March 25, 2024 - **Today is a “D” 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>				

Ballston Spa High School

SAT PREP

MAY 4, 2024 TEST

Tuesdays & Thursdays
from 6-9pm:
4/9, 4/11, 4/16, 4/18,
4/23, 4/25, 4/30, 5/2

Seats fill quickly!
Register at
hinmaninstruction.com

@hinmaninstruction

24 hours of quality
instruction over 4 weeks
Content and **strategy** for all
sections of the new test
Guided resources for
effective practice
Instructor accessibility
outside class hours
Limited class size for
individual attention



Check out my
"Success" story
highlight to see
student and parent
feedback!

Unified Basketball registration is now open. To participate you must have a current physical and register on Arbiter Sports.



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.



Peer Mentoring

DATE: TUESDAY APRIL 9TH

TIME: 2:30 - 3:15

LOCATION: ROOM 232

**We will be discussing Autism Awareness
month and our fundraiser with time for a
fun scavenger hunt and snacks!**



Questions see Mrs. Wert (232) or Mrs. Northrup (322)

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



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



A new episode of The Scotties Rundown is here! This week's episode is packed, with The Scotties Survey on students favorite teachers, Abby and Gabby are back with a spring sports preview, another episode of Beastie Boys with Keith and Roman as Troupe puts the final preparations on Beauty and the Beast, and a bonus segment as we get to see The Robotics Club's robot reveal for their competition season.

The episode can be found here:

<https://drive.google.com/file/d/1quDbYaa5wrVx2BVqdZ36DeudbSMnCZtX/view?usp=sharing>

School Counseling Newsletter

March

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