Thursday, March 7, 2024 - Today is a "D" day



Student Government Presents:

"Mindful March"



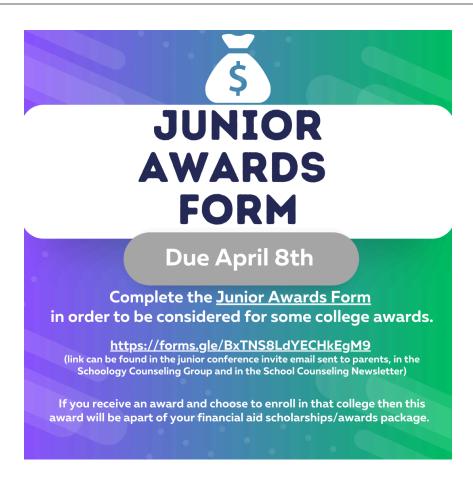
Each day during the long month of March, you are invited to try one of the "Mindful March" activities.

"Mindful" Monday	"Try It" Tuesday	"Wellness" Wednesday	"Thankful" Thursday	"Friendship" Friday
				March 1st
				Reach out to a friend you haven't talked to in a while
March 4th	March 5th	March 6th	March 7th	March 8th
Take up journaling or blogging today	Take 15 minutes to color or draw today	Practice your yoga skills today	Make a list of things/people you are thankful for	Plan a family game night
March 11th	March 12th	March 13th	March 14th	March 15th
Read for fun today	Try a new hobby today	Write a thank you note to someone who should be thanked	Take a walk in the woods today & look for four leaf clovers	Plan a game with a friend
March 18th	March 19th	March 20th	March 21st	March 22nd
Make a list of goals for the Spring	Try a new food or recipe today	Stretch to start your day	Find a quote about thankfulness that you relate to	Reach out to a relative you haven't seen in a while
March 25th	March 26th	March 27th	March 28th	March 29th
Listen to music in place of social media today	Join a school club or make a list of clubs to join next year	Research a nearby hike to go on soon	Meditate for 15 minutes today	Thank someone special for all that they do

Be sure to follow BSHS' Student Government on Twitter @BSHS_SC and on Instagram @bshsstudentgovernment for tips and resources throughout the month.

Don't forget to use the hashtag: #BSHSMindfulMarch

Remember that the annual senior class dodgeball tournament is being held today, Wednesday 3/6 at 3pm and tomorrow, Thursday 3/7 at 4pm. There is no charge for admission on Wednesday which is the seeding round, and a \$2 charge for admission Thursday, the championship round. Come out and support all your favorite classmates as they battle for a plaque provided by the Army, and of course bragging rights. Concessions will be on sale.



The Outdoor Club is meeting this Thursday (3/7) after school to finalize plans for the hike this Saturday to Crane Mountain. Permission slips are available online in the club folder and outside room 244. All interested students are welcome to attend this meeting. Students planning to attend the hike this Saturday (3/9) must attend this meeting. If you have any questions, contact our club president Evan Zalucky or the club advisers Mr. Balet and Mr. Walterich.

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



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





Click here for the March Library Newsletter.



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



<u>Click here</u> to view the March School Counseling Newsletter.