



Thursday, March 7, 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>				

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.

A graphic with a purple and green background. At the top is a white money bag icon with a dollar sign. Below it, the text "JUNIOR AWARDS FORM" is written in large, bold, dark blue capital letters. Underneath that, a grey rounded rectangle contains the text "Due April 8th" in white. Below the rectangle, the text "Complete the Junior Awards Form in order to be considered for some college awards." is written in white. Then, the URL "https://forms.gle/BxTNS8LdYECHkEgM9" is shown in white, followed by a smaller line of text in parentheses: "(link can be found in the junior conference invite email sent to parents, in the Schoology Counseling Group and in the School Counseling Newsletter)". At the bottom, another line of white text reads: "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."

**JUNIOR
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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.**

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.



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 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.