

School Counseling Newsletter

School Counseling Newsletter • Caroline High School • February 2018 • School Code: 471200

**Are you
ready for college
or what?!**

Complete your FAFSA!

Work on Scholarships!

Complete your Germanna enrollment!

**Underclassmen! Come learn more about AP,
DE, and Virtual Virginia from 6:00 - 7:00!**

**Seniors! Come join us in the CHS Library on
February 13th from 3:00 - 7:00 pm!**

Sign up in School Counseling to be included for pizza!

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Mrs. Lorrie Hummer

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Mrs. Katinia Minor

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Mrs. Omega Moore

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Ten Ways to Relieve Stress!

*High school can be a stressful time. Here are a few tips for de-stressing in a healthy way!
Remember, your school counselors are here to help you through these difficult times!*

#1. Eat Healthy

If you truly want to reduce your stress levels, then you have to take care of yourself. Begin by watching what you eat.

If you eat a lot of junk or even skip meals, then how on earth do you expect to perform your best? Just like a car needs good fuel to run your body also needs good fuel (nutrients) to run efficiently.

#2. Sleep

Your body needs rest. According to the [National Sleep Foundation](#) teens need between 8.5 to 9.25 hours of sleep. Don't skip out on sleep because you have a lot to do. You will perform better if you get a good night's rest. Sleep is your body's automatic [meditation](#) mode. It helps you regroup and relax so you'll be ready to tackle the next day's tasks with a clearer mind.

#3. Be Active

It's not uncommon to get so bogged down that the last thing you want to do is get up and move! A study published in the [Journal of School Health](#) shows that just two hours of extra exercise each week can improve your school performance. So not only is exercise good for you, but it can help your grades.

#4. Me Time

Take some time out of your busy day and spend it with a very important person; yourself! You need time to relax and have fun. It's important to schedule some time into your busy day to do something you enjoy.

#5. Friend Time

Don't give your friends the shaft when other things such as school, athletics, clubs, work, etc., consume your time. Friends serve an important role in helping you cope. Don't keep them out of your life because you're busy. You need them.

#6. Find Balance

Don't take on more than you can accomplish at once. Find a way to balance all of the things that are on your plate. You can start by making a list and marking off anything that doesn't need your immediate attention. Practice managing your time and prioritizing what needs to be done so that you can work smarter, not harder.

#7. Go Outside

How much time do you spend outside on a given day? If you said not much, then go outdoors! [Research](#) has shown that being outside improves your mood (which can improve your performance). Just a few extra minutes each day can make a big difference.

#8. Take a Breath

Oftentimes when you're anxious you breathe from your chest rather than from your abdomen. When you breathe from your chest your breath is shallow and you don't get the full benefit that a deep breath provides. Practice taking deep, slow abdominal breaths. You should feel yourself start to relax.

#9. Find Your Sense of Humor

[Laughter](#) is often the best medicine for a stressed out day. When you laugh your body begins to relax and release feel good endorphins. Laughter can also keep you healthy by boosting the immune system (something stress likes to suppress). So go ahead watch a funny show, or crack a joke with a friend and notice how a little laughter can change your entire mood.

#10. Practice Mindfulness

Spend time letting your mind wander and pretend that you are on a vacation; a mental vacation. When you're ready, open your eyes and return home. The cool thing about this technique is that you can do it anytime without even packing a suitcase! Meditating for just a few minutes a day can help you feel balanced, focused and in control.

Scholarship Opportunities

If a transcript and/or letter of recommendation is needed for your scholarship remember to make your requests at least two weeks prior to when you are picking up your transcript and/or letter!

Please see Ms. McMullin if you have any questions about scholarships!

The Lee-Jackson Educational Foundation Scholarship Program

- Qualifications: a Virginia resident; classified as a junior or senior in a Virginia public, private, or home high school; has not won a Lee-Jackson scholarship before; plans to attend a 4-year accredited U.S. college, and later enrolls as a full-time student
- Amount: up to \$10,000.00
- Deadline: February 2, 2018 to Ms. McMullin
- Procedure: Visit <http://www.lee-jackson.org> for the application and more information.

Virginia, Maryland, and Delaware Association of Electric Cooperative Education Scholarship

- Qualifications: Applicant's primary residence must receive its electric power from one of the 15 member electric cooperatives served by Virginia, Maryland and Delaware Association of Electric Cooperatives (VMDAEC). For a list of our qualifying electric cooperative service territories, visit <http://www.vmdaec.com/content/member-cooperatives>. Applicant must be a high or home school senior graduating in 2018. Applicant must be entering his or her first semester at a post-secondary school in the fall of 2018. Proof of admission will be required if selected to receive a scholarship.
- Amount: \$1,000.00
- Deadline: February 9, 2018
- Procedure: Visit <http://www.vmdaec.com/content/education-scholarship-application#overlay-context=content/vmdaec-education-scholarship-foundation> for the application and more information.

The Greater Richmond Relocation Council Scholarship

- Qualifications: They are currently a senior in good standing in a Central VA/Tidewater area public high school. They relocated between grades 9 and 12. They relocated more than 50 miles and changed schools due to their family's relocation. They currently have a cumulative grade point average of 3.0 on a scale of 4.0 (or equivalent achievement on a different scale)
- Amount: \$1,000.00 (minimum)
- Deadline: February 28, 2018
- Procedure: See the School Counseling website for the application

Welcome Chapter 129 and Welcome Lodge 125 Scholarship

- Qualifications: The student must be a graduating senior accepted at an accredited four year college, university, or community college. The Student should have a 2.5 or above GPA. The student should exhibit good leadership skills. The student should have meaningful contributions to his/her school and community.
- Amount: amount not specified
- Deadline: March 1, 2018
- Procedure: See the School Counseling website for the application

Virginia Credit Union 2018 Scholarship Program

- Qualifications: **Applicant must be a primary member of Virginia Credit Union** (not just any credit union in Virginia) and must have joined VACU by December 1, 2017. Student must be the primary owner of a VACU account, not just a joint owner, and accounts must be in good standing. If you are unsure of your Virginia Credit Union membership status, please call (804) 323-6800 or (800) 285-6609 to verify it. Applicant must be a graduating high school senior or equivalent, or a college student (rising freshman, sophomore, junior, or senior) at an accredited college or university. The applicant may be in an undergraduate program or in an associate's degree program at a community college. Graduate students are not eligible. Applicant must have a minimum 3.00 cumulative grade point average. Applicant must take at least nine (9) credit hours per semester for the 2018-2019 academic year. VACU employees, directors, committee members, other volunteers and their families are not eligible. Previous scholarship recipients are not eligible.
- Amount: up to \$2,500.00

- Deadline: March 1, 2018
- Procedure: Visit https://www.vacu.org/Resources_Benefits/Scholarships/VACU_Scholarship.aspx for application and more information.

George E. Allen Academic Scholarship

- Qualifications: The applicant must be a senior in high school, whose plans include advanced education such as college, trade school, technical training or another similar program. The applicant should demonstrate good character and high achievement despite obstacles or special challenges. The applicant should demonstrate sustained academic excellence or a significant positive academic trend during his or her four years of high school.
- Amount: \$1,500
- Deadline: March 01, 2018
- Procedure: Visit <http://www.allenandallen.com/scholarships> for more information

Teen Enrichment Network Scholarship

- Qualifications: Seniors, Class of 2018, who are planning to attend college in the Fall of 2018 are eligible. Deadline is March 3, 2018. Applicants may choose from the following three options: Create a public service announcement video (no longer than two minutes), Write an essay (approximately 500 words), Create a slide presentation (approximately ten slides). Select one of the following topics: Discuss the opioid abuse crisis in our area and ways teens can help solve the problem in our community. Or What are the signs of human trafficking and ways teens can prevent being lured into its trap?
- Amount: \$500-\$1,500
- Deadline: March 03, 2018
- Procedure: See the School Counseling website for the application or <https://teenenrichment.org/scholarship/>

The Linda and Billy Beale Scholarship

- Qualifications: Be a graduating senior from Caroline High School, Chancellor High School, Colonial Forge High School, Fredericksburg Academy, Fredericksburg Christian School, James Monroe High School, King George High School, Massaponax High School, Mountain View High School, North Stafford High School, Riverbend High School, Spotsylvania High School, Stafford Senior High School. Demonstrate plans to attend an institution of higher learning, which may be a 2-year or a 4-year college or vocational school. Demonstrate academic effort, with a minimum GPA of 3.0.
- Amount: \$1000 or more
- Deadline: March 04, 2018 by 11:00 PM
- Procedure: Visit <https://cfrrrscholarships.communityforce.com> for the application and more information.

The Craig “Cujo, Jr.” Bennett Scholarship Fund

- Qualifications: The selection criteria are intended to encourage a range of deserving students who have demonstrated efforts to overcome a significant hardship. **Eligible Localities:** Caroline County, City of Fredericksburg, King George County, Spotsylvania County, Stafford County
- Amount: \$500
- Deadline: March 04, 2018 by 11:00 PM
- Procedure: Visit <https://cfrrrscholarships.communityforce.com> for the application and more information.

The Mary E. Berger Scholarship Fund

- Qualifications: Applicants to the Mary E. Berger Scholarship Fund must: Be enrolled at any high school from the Virginia cities of Fredericksburg and Lynchburg or the counties of Caroline, King George, Stafford, Spotsylvania and Orange. Have a GPA of 2.5 or greater. Demonstrate strong academic work, and participation in school extra curricular activities as Art club, Band and or Orchestra, Drama club, school publications, debate club as well as sports that indicate involvement beyond classroom studies. Leadership in school activities and community service, based on the student’s extracurricular and community involvement, is a key determining factor for scholarship reviewers. Demonstrate plans to attend an institution of higher learning, which may be a 2-year or a 4-year college or university or professional school (May be renewed. Contact the Community Foundation for renewal application instructions.)
- Amount: \$500
- Deadline: March 04, 2018 by 11:00 PM
- Procedure: Visit <https://cfrrrscholarships.communityforce.com> for the application and more information.

The Robert H. Bradley, Jr. Memorial Golf Scholarship Fund

- Qualifications: Be a graduating senior from the City of Fredericksburg or the counties of Caroline, King George, Spotsylvania, Stafford or Bob's home town of Clifton Forge, VA. Demonstrate plans to attend an institution of higher education (to include two-year and four-year colleges and universities, certified trade and vocational schools, or a certified golf college.). Demonstrate significant involvement in the game of golf.
- Amount: \$500
- Deadline: March 04, 2018 by 11:00 PM
- Procedure: Visit <https://cfrrrscholarships.communityforce.com> for the application and more information.

The Baron P. "Deuce" Braswell II Memorial Scholarship Fund

- Qualifications: Be a graduating senior from any Fredericksburg City or Spotsylvania, Stafford, Caroline or King George County Schools. Have lettered in a varsity sport. Demonstrate plans to attend an institution of higher learning, which may be a 2-year or a 4-year college or vocational school.
- Amount: \$1000
- Deadline: March 04, 2018 by 11:00 PM
- Procedure: Visit <https://cfrrrscholarships.communityforce.com> for the application and more information.

The Como Farm Scholarship Fund

- Qualifications: the donors intend for their gift to support the further education of high school students who are prepared and committed to making significant contributions back to their community. Priority will be given to students for whom financial need or other circumstances create barriers to further education. Youth living in foster homes are encouraged to apply.
- Amount: amount not listed
- Deadline: March 04, 2018 by 11:00 PM
- Procedure: Visit <https://cfrrrscholarships.communityforce.com> for the application and more information.

The Mary Carter Frackelton Scholarship Fund

- Qualifications: Be a graduating senior from the City of Fredericksburg or Caroline, King George, Spotsylvania, Stafford or Orange County. Have a minimum GPA of 2.5. Demonstrate plans to attend an institution of higher education (two-year and four-year colleges and universities and trade and vocational schools). Preference may be given to seniors planning to attend a community college.
- Amount: \$2500
- Deadline: March 04, 2018 by 11:00 PM
- Procedure: Visit <https://cfrrrscholarships.communityforce.com> for the application and more information.

The Molly Gill Memorial Scholarship Fund

- Qualifications: Be a graduating senior from any high school within the counties of Prince William, Stafford, Spotsylvania, King George or Caroline, or the City of Fredericksburg. The selection criteria are intended to open the field to a range of deserving students who have demonstrated efforts to overcome severe physical disabilities, and have served as an inspiration to others. Demonstrate plans to attend an accredited community college or a four-year college or university.
- Amount: \$1000
- Deadline: March 04, 2018 by 11:00 PM
- Procedure: Visit <https://cfrrrscholarships.communityforce.com> for the application and more information.

The Peter D. Johnson Memorial Scholarship Fund

- Qualifications: Attend a high school in one of the following localities: Orange County, Stafford County, Spotsylvania County, King George County, Caroline County or the City of Fredericksburg. Demonstrate plans to attend an accredited undergraduate college or university **located within the Commonwealth of Virginia**
- Amount: \$500
- Deadline: March 04, 2018 by 11:00 PM
- Procedure: Visit <https://cfrrrscholarships.communityforce.com> for the application and more information.

The Betty Booker Lontz Scholarship Fund

- Qualifications: Be a graduating senior from the City of Fredericksburg or Caroline, King George, Spotsylvania, Stafford or Orange County. Have a minimum GPA of 2.75. Demonstrate plans to attend an institution of higher education (to include two-year and four-year colleges and universities, and certified trade and vocational schools).
- Amount: \$500
- Deadline: March 04, 2018 by 11:00 PM
- Procedure: Visit <https://cfrrrscholarships.communityforce.com> for the application and more information.

The Walton Mahon Scholarship Fund

- Qualifications: Be a senior from any Caroline County High School or a homeschooled student residing in Caroline County. Have a high level of academic achievement demonstrated by a GPA of 3.0 or greater. Demonstrate plans to attend a community college or a four-year college or university and study business. Financial need is a consideration but may not be the determining factor.
- Amount: \$1000
- Deadline: March 04, 2018 by 11:00 PM
- Procedure: Visit <https://cfrrrscholarships.communityforce.com> for the application and more information.

The Irene Miller Nursing Scholarship Fund

- Qualifications: Be a resident of Caroline County. Have attended Caroline High School for not less than one full academic year or hold a GED or equivalency. A scholarship will be awarded to a promising prospective nursing student from Caroline County who meets the scholarship application requirements.
- Amount: \$2000
- Deadline: March 04, 2018 by 11:00 PM
- Procedure: Visit <https://cfrrrscholarships.communityforce.com> for the application and more information..

The John C. Neal Scholarship Fund

- Qualifications: Be a graduating senior from any Fredericksburg City or Spotsylvania, Stafford, Caroline or King George County Schools. Demonstrate significant service to their community. Have a minimum GPA of 3.0. Demonstrate plans to attend an institution of higher learning, which may be a 2-year or 4-year college or vocational school.
- Amount: \$500
- Deadline: March 04, 2018 by 11:00 PM
- Procedure: Visit <https://cfrrrscholarships.communityforce.com> for the application and more information.

REC Community Scholarship

- Qualifications: Have a parent or guardian who is an REC member or be an REC member themselves. Be a senior in high school or a college student in Virginia. Be 21 or younger. Be enrolled, or planning to enroll, in an accredited institution or training program.
- Amount: \$500
- Deadline: March 05, 2018
- Procedure: Visit www.myrec.coop/scholarships for the application and more information

Hanover-Caroline Soil & Water Conservation District Scholarship

- Qualifications: Student must attend a Hanover or Caroline public high school AND reside in the respective county. Applied for admission to an accredited institution of post-secondary education, preferably in the state of Virginia. Applicant shall demonstrate an active interest in conservation. Applicant will continue his/her education in a course curriculum related to natural resource conservation, environmental studies and/or agriculture. Applicant shall be in the top 20% of his/her high school graduating class or possess a 3.0 or greater Grade Point Average. The applicant's most recent official school transcript must accompany the application. Possess good communicative and quantitative skills as indicated by his/her scholastic record and/or personal interview.
- Amount: \$5,000
- Deadline: March 9, 2018
- Procedure: See the School Counseling website for the application

Virginia Association of Soil & Water Conservation Districts Educational Foundation Scholarship

- Qualifications: Applicants shall document a class ranking in the top 20% of his or her graduating class or a 3.0 or greater Grade Point Average or appropriate equivalent of individual scholastic achievement. The applicant's most recent official school transcript must accompany the application. A copy of a school transcript will not be accepted. Applicants shall demonstrate active interest in conservation.
- Amount: \$1,000
- Deadline: March 9, 2018
- Procedure: See the School Counseling website for the application. Applications are due to Ms. McMullin

2018 Fredericksburg Area Fellowship of Christian Athletes John Clements Memorial Scholarship

- Qualifications: be a 2018 high school graduating senior from Fredericksburg, Stafford, Spotsylvania, King George, Caroline, Orange, or Louisa area, must be attending a full-time accredited 4-year college or university in the fall of 2018
- Amount: \$1,000
- Deadline: March 12, 2018
- Procedure: See the School Counseling website for the application

Delta Sigma Theta Sorority, Inc. Fredericksburg Area Alumnae Chapter Scholarship

- Qualifications: must be a deserving high school senior attending schools in our service areas (City of Fredericksburg, and the Counties of Stafford, Spotsylvania, Stafford, King George, and Caroline).
- Amount: amount not specified
- Deadline: March 16, 2018
- Procedure: See the School Counseling website for the application.

Jermon Bushrod's Visualize & Rize Foundation Scholarship

- Qualifications: Must be a senior (in good standing) and participated in an athletic program at Caroline High School, have been accepted at a trade school, vocational training or college after graduation from CHS, turn in a completed scholarship application, along with copy of your college acceptance letter to the school counseling department no later than March 23, 2018.
- Amount: \$500
- Deadline: March 23, 2018
- Procedure: See the School Counseling website for the application. Applications are due to Ms. McMullin

Dahlgren Officers' Spouses' Club Rosemarie Blades Honorary Scholarship

- Qualifications: Graduating high school seniors who are dependents of military personnel currently or previously assigned to Dahlgren as a permanent duty station. Military personnel are defined as members serving on active duty in any branch of the United States military. This includes members of the National Guard or Reserve Corps on active duty orders. Personnel may be either enlisted members or commissioned officers. Additionally, dependents of retired or deceased military personnel are eligible if the retired or deceased member was stationed at Dahlgren during active duty status. Dependents of current DOSC members in good standing by October 31st are also eligible to apply.
- Amount: amount not specified
- Deadline: March 26, 2018
- Procedure: See the School Counseling website for the application.

The Caroline County Economic Development Authority Scholarship

- Qualifications: must be accepted to a two year, four year college/university, or technical school, have a minimum GPA of 2.5, possess leadership skills and community service
- Amount: \$500
- Deadline: March 30, 2018 by 2:50 pm
- Procedure: See the School Counseling website for an application. Completed applications should be returned to Ms. McMullin (or emailed: mmcmullin@ccps.us)

2018 Virginia's Future Leaders Scholarship Program

- Qualifications: Any resident of Virginia attending a 2 or 4 year college or university located in Virginia in undergraduate studies in academic year 2018-2019 is eligible.
- Amount: amount not specified (\$40,000 total will be given)
- Deadline: March 30, 2018
- Procedure: See the School Counseling website for an application.

The Janice M. Scott Memorial Scholarship Fund

- Qualifications: be a US citizen, have a 3.0 GPA, be a high school senior matriculating full time to an accredited 4 year college or university, have demonstrated leadership abilities through community service or other extracurricular activities, and parents combined income cannot exceed \$50,000.
- Amount: \$500
- Deadline: March 31, 2018
- Procedure: Visit <https://jmsscottmemorialfund.org/apply/> for the application and more information.

The Caroline County Agricultural Fair Career and Technical Education Scholarship

- Qualifications: for graduating high school seniors of Caroline High School who is pursuing further studies in the career and technical field.
- Amount: \$500
- Deadline: April 1, 2018
- Procedure: See the School Counseling website for the application

Historic Fredericksburg Region - Antique Automotive Club of America

- Qualifications: must be senior planning to continue education in Automotive Technologies.
- Amount: \$500

- Deadline: April 1, 2018
- Procedure: submit a written resume or portfolio with details of current studies and plans to continue your education in the automotive industry. This summary should be no more than 2 pages. It should include institution and studies in which you plan to be enrolled and your goals for after completion of study. The summary is due to Doug Makin at 903 Marye Street, Fredericksburg, VA 22401

The Dan Moody Scholarship Fund

- Qualifications: must be a senior graduating from CHS, interested in studying agriculture (including, but not restricted to: biology, animal science, poultry science, horticulture, forestry, wildlife management, veterinary science, or environmental science), and have been accepted to a 4 or 2 year college.
- Amount: \$1,000
- Deadline: April 20, 2018
- Procedure: See the School Counseling website for the application

The Caroline High School Virginia Blood Services Scholarship

- Qualifications: Must be a member of the CHS National Honor Society and have assisted with the blood drives.
- Amount: to be determined
- Deadline: April 20, 2018
- Procedure: Applications are on the school counseling website. Completed applications should be returned to Ms. McMullin.

NHS Community Service Scholarship

- Qualifications: Must be a member of the CHS National Honor Society.
- Amount: to be determined
- Deadline: April 20, 2018
- Procedure: Applications are on the school counseling website. Completed applications should be returned to Ms. McMullin.

Sallie Holland & Wesley Peters Hicks Scholarship Fund

- Qualifications: Must be a high school senior, must be planning to attend a four year college, and must have a cumulative GPA of at least a 3.5
- Amount: \$905.00
- Deadline: April 20, 2018
- Procedure: Applications are on the school counseling website. Completed applications should be returned to Ms. McMullin.

Cheryl Lockett Oliver & Raymond D. Patterson Scholarship

- Qualifications: College bound high school senior and student-athlete in the Richmond MSA, Demonstrated financial need as evidenced by FAFSA EFC score and completion of a short essay, Minimum GPA of 2.5
- Amount: \$2,500
- Deadline: April 30, 2018
- Procedure: Visit <https://www.tfaforms.com/4651616> for more information

2018 Betty J. Hunter Bazemore Scholarship

- Qualifications: Must be a resident of the counties of Spotsylvania, Caroline, Culpeper, King George, Stafford and the City of Fredericksburg, VA. Must be actively involved in your church ministries and or community service. (i.e. volunteering at the hospital, non-profit organizations, feeding the homeless) Need to provide proof and information needs to be verifiable.
- Amount: amount not specified
- Deadline: June 29, 2018
- Procedure: Applications are on the school counseling website.

Important Upcoming Dates

SAT Test Dates

ACT Test Dates

| SAT Date | Deadline | Late Deadline | ACT Date | Deadline | Late Deadline |
|------------|------------|---------------|------------|------------|---------------|
| 03/10/2018 | 02/09/2018 | 02/28/2018 | 04/14/2018 | 03/09/2018 | 05/18/2018 |
| 05/05/2018 | 04/06/2018 | 04/25/2018 | 06/09/2018 | 05/04/2018 | 05/18/2018 |
| 06/02/2018 | 05/03/2018 | 05/23/2018 | 07/14/2018 | 06/15/2018 | 06/22/2018 |

Register for the SAT online at www.collegeboard.org

Register for the ACT online at www.actstudent.org

Cost: \$45.00 (no writing)
\$57.00 (with writing)

late fee: \$73.00
late fee: \$85.00

Cost: \$42.50 (no writing)
\$58.50 (with writing)

late fee: \$73.00
late fee: \$86.00

**** If you receive free or reduced lunch you can receive a SAT or ACT fee waiver. See Mrs. Moore for details! ****

Who Are School Counselors and How Can They Help You?

- School Counselors help students improve academic achievement, personal and social development and career planning.
- They are certified or licensed professionals who possess a master's degree or higher in school counseling, meet the state certification/licensure standards and abide by the laws of the states in which they are employed.
- School Counselors address the academic and developmental needs of all students, by collaborating with students, parents, school staff and the community.
- They design, implement, and maintain guidance programs that align with the educational mission and philosophies of their schools and school districts.
- School Counselors work with students in individual, small group and classroom settings.
- They manage their counseling program just as teachers manage their curriculum.
- School Counselors hold their programs accountable for student achievement by making data-based and data-driven decisions about the school counseling program.

February 2018

February 7-9: Benchmark
February 12: Speak Up Club meeting after school
February 13: FAFSA, Scholarships, and Germanna enrollment night!
February 14: ASVAB
February 16-19: No School for Students

March 2018

March 2: Mock Interview Event
March 6-7: Senior Writing SOLs
March 8-9: Freshman Transition
March 12: Speak Up Club meeting after school
March 15: Early release
March 16: No School for Students!
March 22: Report cards go home
March 30: Career Day!