

Announcements for Thursday, May 11, 2023

- ❖ May is Mental Health Awareness month. **Listen to your favorite music.**
Music has a powerful effect on the brain. Your favorite song can change your mindset and offer a mood boost.

- ❖ The Bartram Trail Swim and Dive team will be holding a Zoom Meeting from 8:00 - 8:45pm on May 23rd for incoming high schoolers or swimmers that will be attending Bartram Trail High School. We will be going over High School swimming basics and the upcoming 2023 season.
 - <https://us04web.zoom.us/j/77159913209?pwd=opb72D7FJvutawdPbQuEAte0v3dWox.1>

- ❖ BTHS is hosting physicals on Saturday, May 13th from 1pm-4pm at Dr. Osborn's office, The Center for Health and Sports Medicine behind PDQ in Julington Creek. Registering and payment will all be done online through GO Fan and Sign-up Genius only. All current paperwork (EL2) can be found on the athletic web page or attached and must be fill out completely before they attend.
 - Sign-up Genius Link:
<https://www.signupgenius.com/go/5080D4DAEAA28A0FC1-bths>
 - 1. Sign-up Genius for time slot
 - 2. Pay for physical through Go Fan
 - 3. Complete EL2 physical from before coming that day
 - <https://gofan.co/app/events/982151?schoolId=FL68189>