

Announcements for Tuesday, May 16, 2023

- ❖ May is Mental Health Awareness month. **Have a phone-free night.** Unplug and recharge your body and mind. Increased screen time has been correlated with increased levels of depression. Putting down the phone could be a small step toward bettering your mental health.
- ❖ 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>