

Announcements for Thursday, May 18, 2023

- ❖ Great chance to earn service hours before the end of school – open to all students. We are collecting items for Home Again St. Johns facility in St. Augustine that serves homeless and low-income families. They need cleaning supplies such as bleach, dish washing liquid, 409 or Lysol type spray cleaner, and sanitizer wipes and wrapped disposable razors. Please drop off at room N202 by this Friday, May 19th.
- ❖ May is Mental Health Awareness month. **Practice 4-square breathing.** Breathe in for 4 seconds, hold for 4 seconds, breathe out for 4 seconds, hold for 4 seconds. Repeat.
- ❖ 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>