

MARK YOUR CALENDAR (Please see the MCHS website for schedules)

Monday, January 30 – NO SCHOOL – Non Student Day/Professional Growth Day

Monday, February 20 – Friday, February 24 – NO SCHOOL – Presidents Week

ABSENCE OR EARLY RELEASE PROTOCOL FOR PARENTS

When requesting an early release or reporting an absence please call 858-484-8512. You will be prompted to either press 1 for early release or 2 for all other attendance reporting. Please give *at least a 3 hour notice* for all early releases and have your child pick up the pass in-between periods. Messages are checked continuously and requests are processed as soon as we get your message. Please *do not call* the school's main number for attendance related requests as this will delay the process.

PTSA UPDATES

Key Dates:

Feb 7 6:00 Executive Board Meeting (staff lounge)

Feb 7 6:30 pm PTSA Meeting (staff lounge):

- Come learn about the amazing CTE Pathways that Mt. Carmel has to offer from VP Katie Salo and one of our counselors, Kim Tran.
- We are looking to fill several positions on next year's Executive Board. If you are interested in becoming more involved in your child's high school experience, join the PTSA and make a difference!

Feb 8 Dine Out at Jersey Mikes (PQ Town Ctr)

Mar 1 Parent's Night Out at Koi Zen Cellars

Support:

- **Join the PTSA!** (student membership required for PTSA scholarship eligibility) <https://jointotem.com/ca/san-diego/mt-carmel-high-school-ptsa>
- **PTSA is partnering with the MCHS library to provide the most recent and popular books to our students!**
Please support by donating Barnes and Nobel gift cards (drop off to Ms. Hall in the office).
- **Grad Night:**
 - Grad Night tickets are now on sale for \$120 until March 31. Turn in your signed waiver and payment to the office.
 - Theme : A Night in Paris – *Submit your art/design for t-shirts*
 - *Thank you to our sponsor!* [ArtHaus 5](#)

Questions? Contact saoriokubo22@gmail.com

SCHOOL UPDATES

HEALTHY SNACKS & GENTLY USED SWEATSHIRTS NEEDED

Students come to school without eating and are not able to function well prior to lunch. We could use healthy, individually wrapped snacks to help keep their brains thinking! We also need hoodies/sweatshirts for cold days. If you would like to donate – please bring items to Student Services, Room D18.

HOW IS YOUR TEENS MENTAL HEALTH DOING? IMPORTANT TO CHECK IN WITH THEM.

At the last PUSD Community Safety Summit, the topic was Mental Wellness. Between 2009-2019 (PRE-pandemic), there was an increase of 40% in hopelessness/sadness reported by teens. This is even higher now. Some contributing factors: comparisons and feeling your self-worth is connected to a grade on a paper. No one should feel alone. Each mind matters. Contact your student's School Counselor if you need further supports.

SENIOR PARENTS

Celebrate your Senior with an ad in the 2023 Yearbook. There are several templates to choose from—both half and quarter page ad options. (Full Page no longer available) **The last day to submit an ad is February 10, 2023, but we suggest submitting your ad as soon as possible. Once space fills up, we will not accept any more ads.** Go to www.YearbookOrderCenter.com to begin designing your ad. (School code: 17064)

YEARBOOKS

Yearbooks are on sale now. You can purchase online at www.YearbookOrderCenter.com (School Code: 17064) or bring cash or check to the Finance Office. Please note, our vendor, Herff Jones, charges an additional fee when ordering online. Yearbooks are currently \$80 and will increase to \$85 in May.

TICKET-TO-PLAY DEADLINE FOR SPRING SPORTS

The **Ticket-to-Play deadline** for **Spring Sports** is **Wednesday, January 25**. Please visit the Athletics page of the MC website for step-by-step instructions. Each student-athlete must have a DragonFly MAX account, current sports physical and completed a Health History form to be eligible for tryouts.

JOSTENS LETTERMEN JACKETS

Lettermen Jackets can be purchased online at Jostens.com or in person at the Jostens Poway Showroom. Call or email to schedule an appointment. 858-486-2020. stephanie.boyer@jostens.com