

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

Wednesday, October 19 – 22 ~ Theatre at the Mount presents **Everybody**

Monday, October 31 ~ Non Student Day – *High School Only*

Tuesday, November 8 – Thursday, November 10 - Tri 1 Finals Click [HERE](#) for schedules

Friday, November 11 - Veterans Day - No School

Monday, November 14 – 1st Day of Tri 1 Minimum Day Click [HERE](#) for schedule

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.

OCTOBER PTSA UPDATES

Meetings (staff lounge)

Nov 8th 6:30pm **PTSA**

Support

Become a member! (Student membership required for PTSA scholarship eligibility)

<https://jointotem.com/ca/san-diego/mt-carmel-high-school-ptsa>

Order Grad Night tickets \$100 until Dec 18th (gradually increases to \$150 June 1st)

Questions? Contact saoriokubo22@gmail.com

CALLING ALL SENIORS!

Please help us vote on a final theme for your 2023 Senior Grad Night. Click the survey and cast your vote:

<https://forms.gle/gchbjY2We3zpkZbZ6> Thank you. It's Great to be a Sundevil!

HEALTH CURRICULUM UPDATE

There have been updates to the Positive Prevention curriculum that is currently used in Health Science. Course materials are available in the principal's office, if you would like to view the curriculum. You have the right to excuse your student from comprehensive sexual health education and HIV prevention. The request must be made in writing and submitted directly to the health teacher.

AP EXAM REGISTRATION INFO

AP Exam Registration is open now thru November 4, 2022. Exam Cost: \$110. After November 4, a \$40 late will fee will incur for each exam. Follow the instructions on this link: <https://aptsusa.com/mtcarmel/> to register. Information is on the MC website under Announcements.

SENIOR PARENTS

Celebrate your Senior with an ad in the 2023 Yearbook. There are several sizes and templates to choose from--full, half, and quarter page ad options. **The last day to submit an ad is February 10, 2023.** Do not miss this great opportunity to show your pride in your student(s).

Go to www.YearbookOrderCenter.com to begin designing your ad. (School code: 17064)

SENIOR YEARBOOK BABY PHOTOS

If you would like to have your baby photo (under 2 years old) in this year's yearbook, a Senior tradition going back many years, please submit your picture to angelaclaired@gmail.com. Include your first and last name in the email. Photos must be submitted by November 1st to be included.

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 \$75 and will increase to \$80 on January 1, 2023.

RED RIBBON WEEK IS OCTOBER 24-28

Last year 100K+ people died from drug overdoses driven by fentanyl, and the fastest growing group is under age 19. Fentanyl poisoning truly is the most important conversation to have with your students right now. Here is a Conversation Starter page to open up this critical conversation: https://www.naturalhigh.org/wp-content/uploads/2022/08/Fentanyl-1-Page-Info-Sheet.pdf?utm_source=RRW+LP&utm_medium=toolkit&utm_campaign=RRW+Toolkit

STUDENTS VAPING TO DEAL WITH STRESS AND ANXIETY – HELP IS AVAILABLE

MCHS Student Services offers an online, interactive program for students choosing to vape. The *Healthy Futures* program is a free, self-paced resource for students and parents looking for materials to help youth move in the right direction. If interested, contact Sheila Hatfield at shatfield@powayusd.com to register.

HEALTHY SNACKS and BINDER PENCIL POUCHES NEEDED

Students come to school, miss breakfast 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 Pencil Pouches to fit into binders. If you would like to donate – please bring to Student Services, Room D18.