

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*

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 OCTOBER UPDATES

Meetings (staff lounge)

Oct 11th 6:00-7:00pm PTSA

Oct 19th 6:30-7:30pm Grad Night Committee

Help support our student programs:

- Become a member! (student membership required for PTSA scholarship eligibility)
- Reflections Chair needed
- 2 volunteers for Senior Night Oct 28th 6:30-9:00 pm
- Vote for Grad Night theme @ Senior Breakfast Oct 12th 9:00am

Questions? Contact saoriokubo22@gmail.com

ATTENTION ALL SENIORS

We need your help narrowing down our 2023 Grad Night Theme. Please take a moment to submit your ideas on the following Google Survey <https://forms.gle/KrfFt9VWLw7YKpSaA>. We will have a final vote for the theme at the Senior Breakfast on Oct, 12th. Thank you. Go Sundevils!

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.

OCTOBER IS MENTAL HEALTH CHECK IN MONTH

This is a good time to Check Your Mood – how are you doing? Mental well-being is as important as your physical well-being. Reduce the stigma. Talk about Mental Wellness. To check your mood online and find resources, go to: www.checkyourmoodsd.org At MCHS, visit the Counseling Team or Student Services. #youmatter

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.

WARNING! THERE IS A NEW DRUG TREND TARGETING TEENS

[Rainbow Fentanyl Targeting Teens](#) Click this link to check out an important article. This drug looks like candy and can lead to overdose deaths. Learn about it, talk about it with your teens. In San Diego, authorities just seized a large quantity of these stored in a Lego Container. Protect our youth!