***ANNOUNCEMENTS*** 

***REED CITY HIGH SCHOOL***

***Tuesday December 15, 2020***

**SPORTING EVENTS**

**Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Time\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Depart/Dismissal**

**New Announcements for the week**

**Birthdays for today: Alexandra Stein, Alexis Yonkin**

**Weekend Birthdays:**

**Quote of the Day: “Success doesn’t come to you, you go to it.” - Marca Collins**

**Today in History: 1791: the first ten amendments to the U.S. Constitution went into effect. They are known as The Bill of Rights.**

**Seniors: There is a new scholarship available; The MEA 15B scholarship. Mr. Grothe emailed the scholarship application.**

This weeks SEL from [Natasha Bancroft](mailto:nbancroft@reedcityschools.org) .

Seasonal Affective Disorder (SAD): With the long winter months ahead us, it is important to know how the changing seasons can affect our mental health. Less sunlight has been shown to decrease the level of serotonin in our bodies, a chemical which impacts mood, anxiety, and happiness. While many people will feel the “winter blues” with long days and low amounts of sunlight, sometimes it can become something more serious, Seasonal Affective Disorder (SAD). When someone is affected by SAD, they may become depressed, have mood swings, experience anxiety, oversleep and overeat, feel tired all the time, and/or withdraw socially. To learn more about how how the seasons can affect mood check out:

<https://www.mhanational.org/conditions/seasonal-affective-disorder-sad>

<https://www.mayoclinic.org/diseases-conditions/seasonal-affective-disorder/symptoms-causes/syc-20364651#:~:text=%20Seasonal%20affective%20disorder%20%28SAD%29%20%201%20Overview.,disorder%20remains%20unknown.%20%20...%20Your...%20More%20>

**The Segment II Drivers training that was set for December has been cancelled. If you have any questions, please contact Mr. Koopman**

**Seniors: Please send in your senior pictures to**[**rcseniorpics2021@gmail.com**](mailto:rcseniorpics2021@gmail.com)**and your senior quotes to**[**rcseniorquotes2021@gmail.com**](mailto:rcseniorquotes2021@gmail.com)**. If you need senior pictures, please see Ms. Petralia during AM or PM homeroom or email her at**[**mpetralia@reedcityschools.org**](mailto:mpetralia@reedcityschools.org)

**Students: Just a reminder that school breakfast and lunch is now free to all students.**

**AVAILABLE SCHOLARSHIPS**

**The ENF Legacy Award Scholarship: Due: February 5, 2021**

**MEA 15B Scholarship Due: February 26, 2021**

**Fremont Community Foundation Scholarship Due: March 1, 2021**

**UPCOMING LUNCH VISITS FOR COLLEGES AND MILITARY**

**At this point College Visits will be via Zoom. For more information, please contact the Guidance office if interested..**

**IMPORTANT UPCOMING DATES**

**12/18/2020 Student last day before Christmas Break**

**12/21/2020 Start of Christmas Break**

**1/4/2021 School Resumes**

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