

January 2022



Newsletter

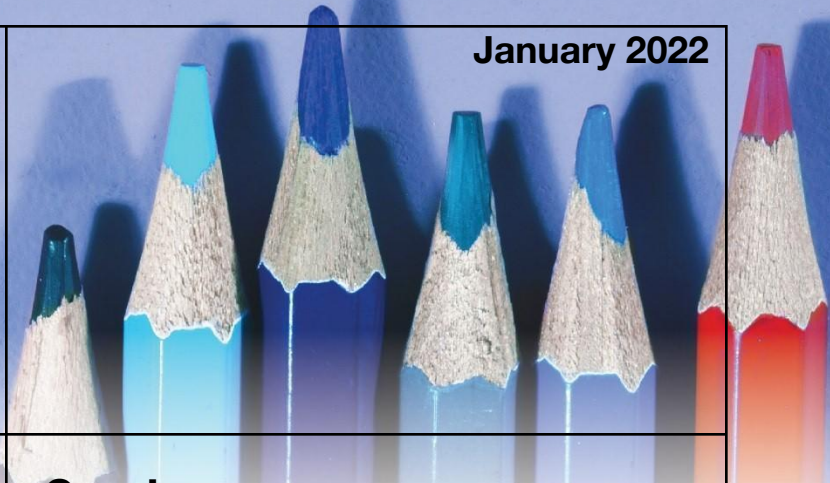
ATHLETICS

- [Spartan Sports Page](#)
- [January Sports Calendar](#)

- Check Spartan Sports Page for updates due to changes in sporting events



January 2022



CLUB INFORMATION

FFA

- **STRAWBERRY SALES BEGIN JANUARY, 31, SEE AN FFA MEMBER TO ORDER**

BPA

- **CLEAN COAST IS SELLING STAINLESS STEEL WATER BOTTLES AT LUNCHES FOR \$15. 10% OF THE PROFITS WILL BE DONATED TO TEAM SEAS.**

SPANISH CLUB

- **THE TRIP TO SPAIN HAS BEEN RESCHEDULED TO JUNE. TENTATIVE DEPARTURE IS JUNE 11, 2022.**

TSA

- **WEEKLY MEETINGS EVERY THURSDAY FROM 2:30 TO 3:30 PM**

YEARBOOK

- **YEARBOOK ADS ARE AVAILABLE FOR PURCHASE UNTIL FEBRUARY; USE THE LINK BELOW TO PURCHASE AN AD AND THE CODE 4784 TO ACCESS THE SITE**

[YEARBOOK Ad Purchase Link](#)

Guidance Information

- Register for the ASVAB by January 21st; please see Mr. Tyndall
- Junior Parent Night on January 24 at 7 PM
- FAFSA events for seniors will occur on January 11. You must pre-register using the link below.

[FAFSA Event Registration Link](#)

LAKE FOREST AQUATICS CENTER

- [AQUATICS CALENDAR](#)

REMINDERS OF IMPORTANT DATES

- JAN. 3—RETURN TO SCHOOL
- JAN. 12—PCSS MEETING AT 5 PM
- JAN. 14—END OF THE MARKING PERIOD
- JAN. 17—NO SCHOOL (MARTIN LUTHER KING DAY)
- JAN. 18—NO SCHOOL (STAFF INSERVICE)
- JAN. 19—BAND BOOSTERS MEETING AT 6:15 PM
- JAN. 24—REPORT CARDS ISSUED
- JAN. 24—JUNIOR PARENT NIGHT AT 7 PM
- JAN. 25—ASVAB TESTING

WELLNESS CENTER INFORMATION

Wellness Corner!

10 Tips to Start the New Year Off Right

- 1—Set reasonable and specific goals.
- 2—Create a plan.
- 3—List the new skills you'll need.
- 4—Be sure your goals are measurable.
- 5—Talk about your goals.
- 6—Make course corrections if necessary.
- 7—If things aren't going to plan....adjust, don't give up.
- 8—Avoid repeating past failures.
- 9—Schedule time for yourself.
- 10—Balance work and play.