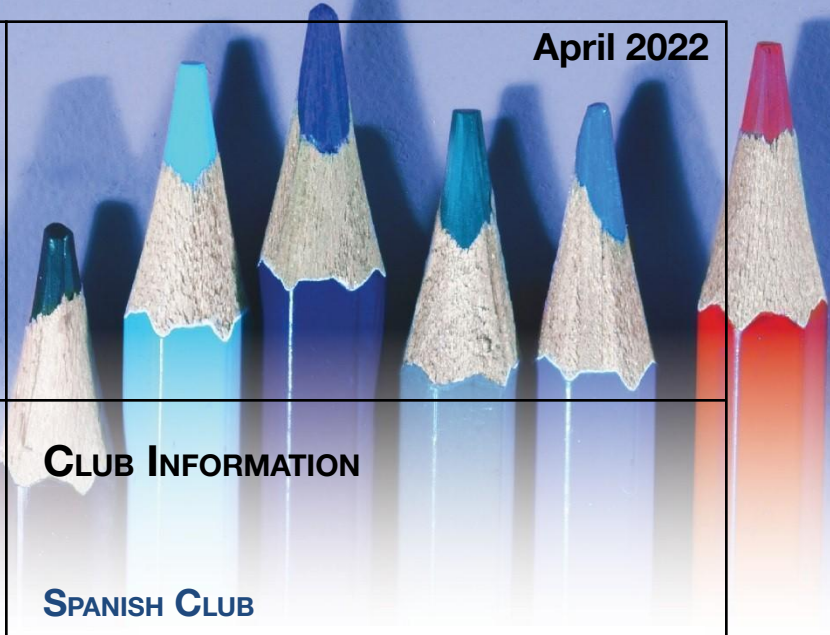




# Newsletter

April 2022

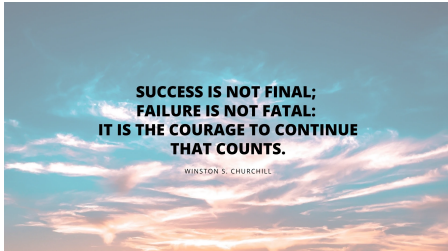


## CLUB INFORMATION

### ATHLETICS

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

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



### Guidance Information

- PSAT's will be administered for sophomores on April 13, 2022.

### SPANISH CLUB

- THE TRIP TO SPAIN HAS BEEN RESCHEDULED TO JUNE. TENTATIVE DEPARTURE IS JUNE 11, 2022.
- SPANISH CLUB MEETING ON THURSDAY, APRIL 7 AFTER SCHOOL IN MRS. LANDON'S ROOM.

### TSA

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

### FCCLA

- BAKED POTATO SALE ON FRIDAY, APRIL 8. BOTH RUSSET AND SWEET POTATOES ARE AVAILABLE FOR \$3. BUTTER IS INCLUDED AND ADDITIONAL TOPPING (ON THE SIDE) WILL BE 25 CENTS EACH. PRE-ORDERS ARE REQUIRED; ORDER FORMS AND MONEY ARE DUE TO MRS. FENROW IN ROOM 605, BY NOON ON THURSDAY, APRIL 7.

### FFA

- FFA BANQUET ON TUESDAY, APRIL AT THE HARRINGTON SLOTS FAIRGROUNDS. PLEASE SEE MRS. SAXTON FOR TICKETS.

PROM TICKETS WILL BE ON SALE FROM APRIL 5 TO MAY 6. TICKETS ARE \$35 FOR AN INDIVIDUAL AND \$65 FOR COUPLES.

## LAKE FOREST AQUATICS CENTER

- [AQUATICS CALENDAR](#)

## REMINDERS OF IMPORTANT DATES

- **APRIL 1- APRIL 4: HOSA STATE CONFERENCE**
- **APRIL 12: FFA BANQUET AT THE HARRINGTON FAIRGROUNDS FROM 4PM TO 7PM**
- **APRIL 13: PSAT FOR SOPHOMORES**
- **APRIL 13: PSCC MEETING VIA ZOOM FROM 5PM TO 6PM**
- **APRIL 15 TO APRIL 22: SCHOOL CLOSED FOR SPRING BREAK**
- **APRIL 27: BAND BOOSTERS MEETING FROM 6:15PM TO 7:15 PM**

## WELLNESS CENTER INFORMATION

Standardized testing frequently occurs in the spring, here are some test taking strategies to ease test anxiety.

### Managing Test Anxiety

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- Prepare well.
  - Breathe deeply.
  - Relax.
  - Engage in positive self-talk.
  - Remain calm.