## Hello Mill Creek, it is Monday, May 5th.

8th grade students, the high school staff wants to hear from you! Log into your school email this morning and check for an email titled "8th Grade Welcome Survey" from Ms. Vader. Click the link to take the survey. You will visit the high school next Friday, May 16 for a welcome event and tour.

Students, a reminder that crop tops, spaghetti strap shirts and dresses, short shorts that show your bottom, sagging pants, hoods, hats, and slippers are not appropriate attire for school, and are not to be worn at school. Please do not wear these items to school, or you will be dress-coded. If you want to review the dress code, it is in the Student Handbook on the Panther Google Classroom.

In Honor of the upcoming Nurses Day, there will be an Art Contest. Please see the Panther Google Classroom for details. Art Pages are available in the office, or you can create your own nurse-themed artwork to submit.

May is Mental Health Month, so each Monday we'll be sharing a different fact about mental health. Today's fact is: Everyone will experience changes in mental health throughout their lives. This could be due to a specific event, stressor, or brain chemistry. If you or someone you know is struggling with mental health, please reach out to a trusted adult!

Students, if you are interested in joining student leadership next year, please check the postings in the Panther's Google Classroom. All applications are due this Friday, May 9th.

The annual Walk-A-Thon for Kids Food basket is taking place on Wednesday, May 14th. For more information, check the Panthers Google Classroom.

Thank you and let's make tomorrow even better!