

The measure of who we are is what we do with what we have.

Vince Lombardi

STUDENTS

Attention All Students. The yearbooks are in the building and there are only 78 yearbooks left. Order yours today as they will sell out and you will miss out on your high school memories.

Happy Wednesday! Did you know that Marijuana is the most common illegal drug found in drivers who die in accidents (around 23 percent of drivers), sometimes in combination with alcohol or other drugs. Today's quote is "We are not given a good life or a bad life, we are given a life, and it is up to YOU to make it good or bad

Anyone interested in becoming an Interact officer should attend our meeting on June 6 in M10.

Lunch for Wednesday – Chicken nuggets, noodles, green beans, veggies w/dip & fruit cup OR bacon cheeseburger.

ATHLETICS

Sports physicals will be provided by the school physician on Monday June 3rd for the girls and Thursday June 13th for the boys. Please return your completed packet to the nurse's office to schedule an appointment. Athletic registration must also be completed if you are participating in a fall sport. Contact Mrs. Rulli with any questions.

Attention: All returning Football Players for the 2019 fall season. Please stop by the **Men's PE office**, or **Coach Moke's room (D- 10)**, and pick up your **new** summer "Football calendar" after school. **Freshmen** who have classes in the main building should stop by the Men's PE office.

If you played boys basketball last season, there is a mandatory meeting after school TOMORROW at 2:05 in the media center.

GUIDANCE

Male students: Within 30 days of your 18th birthday, you are required to register for Selective Service. You can do this online at www.sss.gov.

2ndFloor is a confidential and anonymous helpline for New Jersey's youth and young adults. We are here to help you find solutions to the problems that you face and we are available 24/7 365 days a year at 888-222-2228; www.2ndfloor.org.

Seniors, there is now a mobile app available that will allow you to complete your FAFSA safely from your phone as well as access information on federal sources of student financial aid. The app is called myStudentAid and is available on the Apple App Store and Google Play.

Montclair State University is hosting a Hispanic Student College Institute from August 6th-8th, for rising juniors. For more information and the application, go to <https://www.montclair.edu/admissions/hsci/>

If you are looking for college scholarships, please remember to visit the Scholarship Bulletin under the Guidance column of the high school website.

Attention students in grades 10, 11, 12 who are interested in science, technology, engineering and mathematics. You can apply for the Governor's STEM Scholars Program which includes STEM conferences and mentoring. For more information visit <http://www.govstemscholars.com/>. The deadline to apply is June 14th.

Attention seniors. If you received a scholarship from an organization other than your college, please let Ms. Hayes know by the end of the day today. We would like to honor you at Senior Awards Night.