

ANNOUNCEMENTS WEEK OF 3/12/18

Monday, March 12

Detention will be held after school today in room 115A and tomorrow morning at 7:00 am in room 102.

Everyone, Everyone-- Everything, Everything (the book that is) will be the topic at the March 14th Book Club meeting. Book Club will meet in Room 131 at 3:00 on March 14th. All are welcome.

Congratulations to the JV water polo team who won 3 out of 4 games in their tournament this weekend.

Good luck to our JV and Varsity water polo teams who will take on the Fenwick Friars tonight at Brother Rice JV at 5:30 and Varsity at 6:30. Come out to cheer on our Mighty Macs.

The Counseling Department is proud to sponsor McAuley's first annual Mental Health Awareness Week. Mental health and social, emotional growth are important to your overall well-being as well as your academic and personal successes.

Not only do we recognize that feelings of sadness, anger, unrest, anxiety and defeat are common among teenagers we also realize that, in many cases, you don't know what to do if and when you feel this way. Our mission this Mental Health Awareness Week is to bring awareness and help you learn ways in which you can address the feelings you may experience. Most of all, we want you to know YOU ARE NOT ALONE. We understand. We are here for you when you need us.

This week, you will hear about some mental health statistics over the PA each day. We ask that you take a minute to be mindful before your quarter exams today and tomorrow. We will have activities planned during lunch periods on Wednesday, Thursday, and Friday. For now, good luck on your exams and remember to breathe. You did the work, you know the material, you got this!

PROM 2018

Attention all seniors: This is an important announcement regarding the Prom Queen nomination and voting process and Prom Ticket Sales. If you are interested in nominating yourself for **Prom Queen**, please listen carefully:

1. Starting today, you can come to "Prom Headquarters" located in Room 106 and fill out a Prom Queen Nomination form. The cut-off time for nominating yourself is this Wednesday, March 14th after school.
2. Again, you may only nominate YOURSELF!!! You may NOT nominate your friends. Then, this Friday, March 16th, we will pull 5 random names and announce them over the P.A. during announcements. Voting for Prom Queen will take place the week before Easter Break.

Regarding buying Prom Tickets: Prom Tickets will go on sale the week we get back from Easter Break. Tickets will only be sold on Tuesday, Wednesday, and Thursday (April 10, 11, 12). Absolutely no tickets will be sold after Thursday, April 12th- no exceptions. All of your detentions, fines, jugs, library fines, must be taken care of in order to buy a ticket. No tickets will be sold if you have outstanding tuition or fines of any kind, no exceptions! Please see Mrs. Gardner if you have any questions.

If you have any questions about the Prom Queen process, please see Ms. Hughes in Room 106.

Tuesday, March 13

Detention will be held after school today and tomorrow in room 115A.

Congratulations to Varsity and JV water polo for their wins vs Fenwick last night.

Good luck to varsity soccer as they start their season at home tonight at 5:00PM vs. De La Salle.

Congratulations to six students who have been preparing all year for the sacrament of Confirmation, which they will receive this evening at St. Linus Parish. These students have been meeting regularly with Peer Ministers to prepare for this special sacrament. We are so proud of them, and our prayers will be with the following students and their sponsors this evening:

Clare McCafferty '21
Isabella Pape '19
Savannah Reinhart '19
Carolina Correa '18
Faith Magana '18
Dina Murray '21

Did you know that one out of five adolescents has a diagnosable mental health disorder? This includes depression disorders, anxiety disorders and severe behavior problems. Remember that you are not alone and that most disorders are treatable. Talking to a friend or a trusted adult is the first step for getting help. Good luck on your last day of quarter exams. Take your time and do your best! We believe in you!

Wednesday, March 14

Detention will be held after school today in room 115A and tomorrow morning at 7:00 am in room 102.

Seniors...Our next National Signing Day will be Wednesday, April 11th. If you have committed to playing a sport in college and would like to participate in this activity, please stop in the College Center to sign up. The last day to register is March 23rd. Should you have any questions please see Coach J.

"I'm too sad to walk. Just give me a few...hours." This quote by Sadness from Disney Pixar's *Inside Out* illustrates the struggle with depression. Did you know that 15-20% of teens will have a depressive episode before they reach adulthood? That's almost 1 in 5! Depression is common, can be serious, but it is treatable. Remember, you are not alone. Talking to a friend or a trusted adult is the first step for getting help. Learn about some coping skills today during lunch while you watch *Inside Out*. If you would like to participate in yoga or fitness classes Thursday or Friday during lunch, don't forget to sign up online. Also, tomorrow's morning communion service will be dedicated to all those affected by mental illness. All are welcome.

Thursday, March 15

Congratulations to varsity soccer for their win vs De La Salle and JV and Varsity water polo for their wins vs Resurrection.

Good luck to our mighty macs tonight. JV and Varsity softball will take on Tinley Park. Varsity lacrosse will travel to play Lake Forest and varsity soccer who will play at Wheaton St. Francis.

Everybody is invited to the Women Who Write open mic after school on Friday. From 3 until 4, you can hear some poems and stories that McAuley students have written. If you want to share one of your own, show it to Ms. Hart or Mr. Sheridan for approval.

Did you know that 1 out of 4 children in the United States is affected by an anxiety disorder? The average age for the onset of an anxiety disorder is 11! It is the most common mental health issue in the United States. Everyone feels anxiety at times, but if it becomes overwhelming and something you experience regularly, please talk to a friend or a trusted adult. Anxiety can be treated by therapy, medication, and there are lots of ways to help you cope. Remember - you are not alone. Today during all lunch periods, there will be a short film addressing mental health in the Community Room. All are welcome and we will have pizza. If you signed up for Yoga and/or fitness classes, they will take place in the small gym.

Friday, March 16

Detention will be held after school today in room 115A.

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Good luck to our mighty macs this weekend. JV and Freshmen soccer will play Stagg tonight. Track will compete in the conference indoor meet tomorrow at University of Chicago. Water polo varsity will play in the Naperville Central Invite and JV water polo will play in the York invite. Varsity lacrosse will play 2 games tomorrow at Loyola in the Loyola tournament and softball JV and Varsity will be at home vs De La Salle.

We wanted to leave you with some final thoughts as we close out Mental Health Awareness Week.

Mental Health issues can happen to anyone. They are real, common, treatable diseases. Recovery means something different to each individual, but can include a complete remission of symptoms or learning to manage the symptoms in order to live a successful, happy life. The first step towards recovery is asking for help. Remember - you are not alone. Talk to a friend or trusted adult. We hope that you took some time for yourself this week, learned something new, and picked up some new coping skills along the way. Remember - McAuley girls are brave, fierce, and kind young women. We are proud of you and grateful to be able to work with you every single day. Remember - Mental Health is always on our minds, so please stop in to see your counselor anytime.