

Flathead High School Bulletin for Monday, November 30, 2020

Lunch Choices BBQ Pulled Pork on WG Bun/Coleslaw, Grill Ham & Cheese, or Breaded Chicken Patty, Pepperoni Pizza, Crunch Hawaiian Chicken Wrap -Caesar Salad w/ chicken

Universal Free Breakfast & Lunch Hey everyone! the government just extended the free lunch and breakfast for the entire school year! The free lunch does include all 4 Food lines. The only thing that costs extra is an extra serving, drinks other than milk, and a la carte items. (Chips, cookies, PB bars)

Check in Check Out Students, when you are leaving and arriving during the day, you must check in and out at the main office. The main office must have parent permission before you leave campus for an absence to be excused.

Gratitude Challenge Holidays are a great time to celebrate! They can also intensify feelings of loneliness, anxiety and depression. During COVID-19, many are feeling lost and isolated. These feelings can make expressing gratitude this Thanksgiving uncomfortable and difficult. But research suggests that giving thanks can actually promote mental wellness and help you cope with symptoms you may be struggling with. Giving thanks and expressing gratitude is the act of sharing your appreciation for others. It can be as simple as saying "thank you" to someone who has positively impacted your life. There are many ways to express gratitude this Thanksgiving—some ideas you can try are: Handwriting thank you notes and mail or deliver them. Keep a gratitude journal. Practice mindfulness and meditation. Remember to smile and say, "thank you." Gratitude is contagious. The way you treat people can influence them. What might seem small in the moment, can create a positive impact. Expressing gratitude can improve your mental health, enhance relationships with others and remind you of positive experiences. With this in mind, we would like to invite you to a gratitude challenge. Let's get our gratitude attitude on. Throughout this holiday season look for small ways to notice and express your gratitude. If you're willing to share, we would love to hear from you. Be on the lookout for the gratitude scan posters and drop us a note telling us what or who you are grateful for. The holidays can be hard and this is a tangible way to do something positive for ourselves and others.

GSA Club The GSA Club will meet on Thursday, December 3rd in the Choir Room during Late Lunch.

Art Club meeting! Please join us on Thursday, December 3rd in room V50 at 3:20. Hope to see you there!"

Business Professionals of America is holding a glove and hat drive for the Heart Locker throughout the month of December. The Heart Locker needs elementary kids size hats and gloves. If you want to donate to this drive please bring your donations to the BPA Table in the commons during both lunches starting Tuesday Dec. 1st or you can also drop off donates to Ms. Phillips in the library. Please help our younger students by donating something to keep them warm.

Presidential Scholarships Seniors – if you are planning on attending one of the Honors Colleges at the University of Montana or the Montana State University, their Presidential Scholarships are now open for application. Competitive candidates will need to have high scholastic achievement, demonstrated leadership and unique personal qualities. Each university has its own application process, and can be accessed on the school's web site. Deadline for both is December 4th . See Mr. Kelly in the Career Center for details.

Pride Foundation Every year Pride Foundation awards scholarships to LGBTQ and allied student leaders in the Northwest. The application process is now open and closes January 8, 2021. Being a resident from Montana, even if you go to college outside of the state, you probably qualify for at least one! There are over 60 scholarship funds, but students only need to complete one application! Apply online at pridefoundation.org.

Pledge of Allegiance I pledge allegiance to the Flag of the United States of America, and to the Republic for which it stands, one Nation under God, indivisible, with liberty and justice for all