

Santa Monica High School

Tuesday, May 29, 2018. . . Bulletin #163

May is Mental Health Month! Here is your mental wellness fact for the day: Did you know that help is available at Samohi? We have more than 25 therapists that come to our campus to meet with students for support, in addition to our amazing teams of advisors and school psychologists. If you need help with a mental health issue like anxiety, depression, family conflict, or anything else, reach out and ask to be referred to a therapist. You can talk to your advisor, the school nurse, Teen Clinic staff, or our mental health coordinator in AD502. (5/30)

Samohi ACTS Council Applications are outside of the Humanities Center door and they are due tomorrow, May 30th. Please turn them in to Mrs. Barraza's office in the HC and sign up for an interview. Interviews will be held in 15-minute slots between June 4-7. This is a wonderful leadership opportunity in the theater department. (5/30)

Are you interested in Robotics? We are looking for you! Samohi is putting together a team for the 2018-2019 school year. If you are interested in joining the team, come to B202 at lunch or after school to sign up. All grades are welcome. (6/1)

Seniors

Samohi Seniors are invited to attend the inaugural *Dia de Reconocimiento* - a celebration of your accomplishments, your graduation from high school and passage into adulthood. Your families, friends, and the Latino community would like to warmly send you off as you embark upon the next chapter of your lives. In the Aztec culture, the ancient tribes believed time was sacred so they marked *rites of passage* and believed in honoring people at transitional times of life as in this case your high school graduation. The celebration will take place on Friday, June 1st, from 4 to 6pm, in the Samohi Student Cafeteria. Light refreshments will be served. Please RSVP your attendance by May 30th to Ruth Fragoso, nasalatina@gmail.com or leave a message at (310)395-3204, x-71523.

Today is the last day to complete your both mandatory senior exit surveys. Go to the Samohi homepage and click on the senior exit survey buttons. (5-29)

Quote of the Day

May is Asian Pacific Awareness, Jewish American Heritage, and Mental Health Awareness month.

"Unexpressed emotions will never die. They are buried alive and will come forth later in uglier ways." - HealthyPlace.com