

HAMILTON CO. SR. HIGH ANNOUNCEMENTS

February 14, 2014

Heart Healthy Fact for today: Your heart pumps with enough strength to shoot blood a distance of 30 feet. People who are fit, like athletes, have hearts that can pump about three times more blood than someone who isn't in shape. This is because physical activity increases the size and the power of cardiac muscles.

Staff members: Please check your mailboxes today for heart healthy information.
HAPPY HEART DAY!!!!

Congratulations to the Lady Foxes Basketball team as they will be playing in the Regional Championship game tonight at 7:00 in Carmi. Good Luck Ladies.

The Foxes Basketball team will be playing Carmi at home tonight. Game time is 6:15. Good Luck Gentlemen. Also tonight is the Hungry Hearts Chili Supper and Tricky Trays in the Commons starting at 5:00. Come and support the Hungry Hearts project.

Rend Lake College is offering Lifeguard training classes beginning March 9. Anyone 15 years or older may take the classes. Contact Rend Lake College at 6184375321 ext. 1266 to register.

Anyone interested in trying out for Baseball needs to sign up in the nurses office.

National FFA Week is February 17-21: Tuesday is Teacher Appreciation Day, Wednesday is Camo Day, Thursday is FFA t-shirt/Club t-shirt Day and Friday is Tractor Day/Hat Day.

The Interact Club will meet in the library on Wednesday, February 19th during 7th hour. Caroline Fry, our foreign exchange student from Germany, will have a presentation on life as a German teenager. We will give a summary of Winter Bash and have a picture taken of our items to be donated. Also, we will be discussing our international project for the year. Please plan to attend.

Counselors from Rend Lake College will be here on March 20 to register Seniors for Fall classes. If you are a senior and are planning to attend Rend Lake College in the Summer or Fall semester sign up for an appointment in the Guidance Office

Rend Lake College will return for Asset Testing on March 11. If you haven't tested or need to retest sign up in the Guidance Office. Asset Testing is for students

interested in taking dual credit or dual enrollment classes at Rend Lake College. Any senior that plans to attend Rend Lake and has not tested **MUST** test on March 11.

Attention All Students: Interact is hosting their annual **Winter Bash** once again this year. The event will be held on February 14th immediately following the home boys basketball game. The price for admission is \$2. Or a non-perishable canned good. There will be free pizza and a soda provided along with many opportunities for fun such as dodge ball, corn hole, Just Dance, Mario Kart, and Cabela's Big Game Hunter. We hope to see everyone after the game in the commons area ready to have tons of fun. Canned goods can be brought in to the Guidance Office anytime this week.

The following scholarships are available. Due Feb. 20th: Odd Fellow and Rebekah, Il. AMVETS. Due Feb. 25th: Carl E. Nation, Peoples Bank, Township Officials of Il.

Please Stand and recite the Pledge of Allegiance then remain standing for a moment of silence.

HAPPY VALENTINES DAY

Rend Lake College is offering ACT Prep classes to interested Juniors and Seniors. Classes are on Saturdays at the Mt.Vernon Marketplace beginning March 1- April 5 from 9am-noon. Please see Mrs. Lueke if you would like more information.