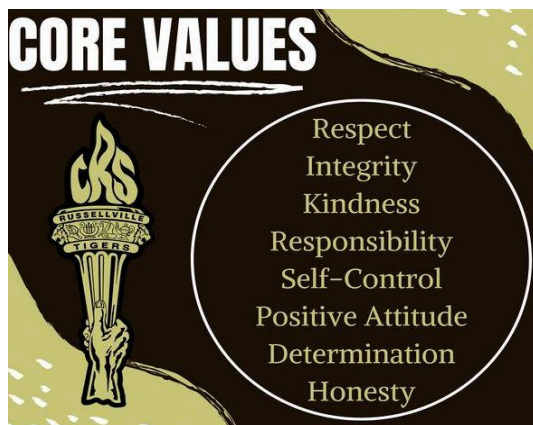


RHS Morning Announcements 2023-2024

Pledge of Allegiance & Moment of Silence

IMPACT Block



Mental Health Awareness Month

Make Someone Smile MONDAY	Take Action TUESDAY	Wellness WEDNESDAY	Thankful THURSDAY	Fun FRIDAY
Theme: Kindness can contribute to boosting your mood, reducing stress, and potentially alleviating symptoms of depression or anxiety. Activities: *Tell someone how special they are, how much you love them or how much they mean to you. *Do something kind for someone you don't know. Make them SMILE :-)	Theme: If you are worried about your mental health or someone you know there are resources and people out there willing to help. Activities: * Think of 2 trusted adults you can go to if you need help. *Make a list of numbers and people you can call for support (i.e. 988)	Theme: Mental Health is essential to your overall quality of life. When you take care of your mental health, your physical and emotional health improves. Activities: *Make a self-care plan * Unplug from social media for today. * Take a couple of deep breaths when feeling stressed.	Theme: Focusing on what you are thankful for can have a positive impact on your mental health. Activities: * Name 5 things you are thankful for today. *Send a thank you text to someone that has been kind to you. *Write a thank you note to someone who brightens your day.	Theme: Engaging in fun activities releases endorphins (happy chemicals in our brain) that reduce stress and promote an overall sense of well-being. Activities: * Do one fun thing today * Watch a funny video * Be seen in GREEN
				<i>Wear Green</i>

Seniors Only

If you haven't completed the FAFSA Graduation Requirement please stop by Mrs. Moore's office today.

Please complete your senior survey that was sent to you in your email.

Summer 2024 RHS Spanish 1, Spanish 2, and Career Prep Registration

If you are wanting to take Spanish 1, Spanish 2, and/or Career Prep this summer please complete the form below.

Only register for these courses with your parents approval.

Courses will be offered from 8 am to 12 pm and 1pm to 4pm, June 3rd through July 11th with the week of July 4th off. Please see calendars below for specific dates.

Course availability will be on a first come first serve basis.

Only two courses may be taken in the summer.

Courses completed in the summer are excluded from GPA calculation and class rank calculation.

They do qualify for graduation requirements.

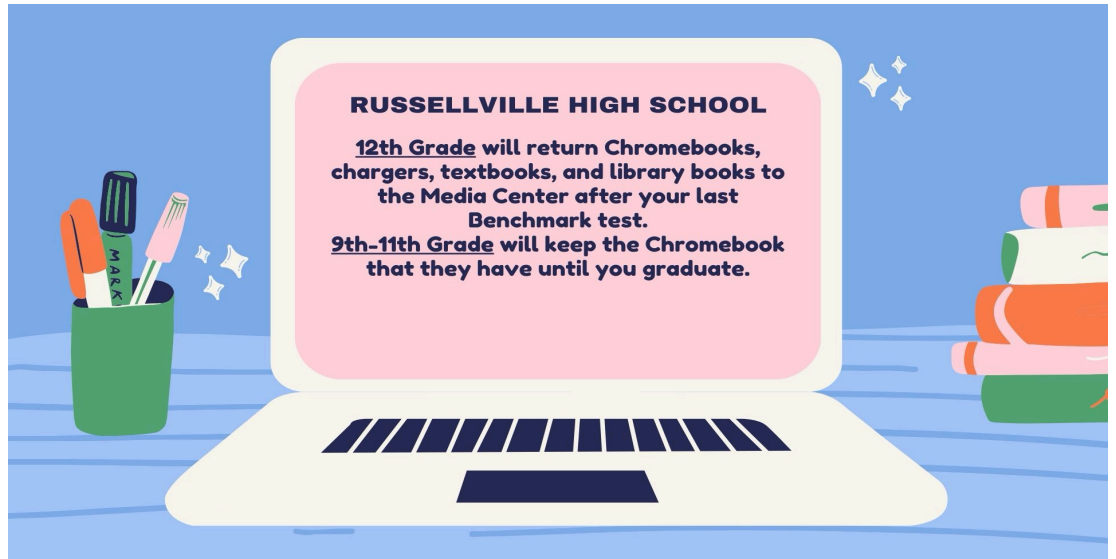
Registration form is in your email inbox.

ARE YOU 18-25 YEARS OLD, LIVING IN ALABAMA?

**TAKE THE
ALABAMA
YOUNG
ADULT
SURVEY!**



- 1 Text Alabama to 888-688-5128**
CLICK ON THE LINK YOU RECEIVE TO SHARE YOUR EXPERIENCES AND OPINIONS ABOUT SUBSTANCE USE AND MENTAL HEALTH.
- 2 Complete the survey**
IT TAKES 15-20 MINUTES. YOUR ANSWERS WILL REMAIN ANONYMOUS.
- 3 Thank you!**
YOU MAY OR MAY NOT BE ELIGIBLE FOR A SMALL "THANK YOU GIFT."
- 4 Your voice matters!**
RESULTS WILL SUPPORT PREVENTION PROGRAMMING AND SERVICES ACROSS THE STATE.



April 4th through ∞

Seniors, your FAFSA application must be completed by graduation.

Please be sure you have created an account and completed the application. Your parents must complete their part as well for the application to be complete.

April 12th through ∞

**C/O '24
COMPLETE YOUR
SENIOR SURVEY!**

CHECK YOUR INBOX FOR A
LINK TO THE SURVEY OR USE
THE QR CODE BELOW




YOU MUST BE LOGGED INTO YOUR SCHOOL EMAIL ACCOUNT

**ART
EXHIBIT**

MAY 7-23, 2024

**AT THE
RUSSELLVILLE
PUBLIC LIBRARY**



Yadira Juan



Dixie Dover

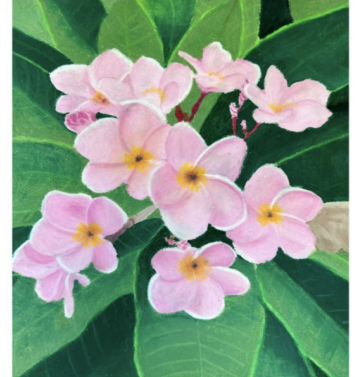
The
Russellville High School
Art Department
presents a
Student Art Exhibit
at the
Russellville Public Library
located Downtown
at
110 Lawrence Street East

May 7 ~ 23, 2024

Open
Monday ~ Friday
10:00 am ~ 5:00 pm



Eulalia Bautista



Ingrid Luna

Every Day

Let's Have A Great Day!