**CVPA SPIRIT, NEWS, AND ACTIVITIES:**

The Winter Performing Arts night is Wednesday December 11th at 6 pm. Experience a captivation showcase of student talents in music, dance, theater, and visual arts. Celebrate the season with creativity and support our community’s artistic expressions. Don’t miss this opportunity to enjoy and sheer on our incredible performers. Tickets for Performing Arts Night are only available online. A QR code is posted in the lunchroom that will take you to the ticket link. Tickets are $3, and parents are reminded that tickets cannot be purchased with cash at the door.

There will be auditions for the Performing Arts Night MC today with Ms. Brown during lunch. If you are interested, please meet Ms. Brown in the theater during lunch.

Next week we will have Holiday Spirit Week to show just how much holiday cheer we have!

* Monday: Channel Your Flannel (Wear PJs or anything flannel)
* Tuesday: Winter Wonderland (Wear white or blue, winter attire)
* Wednesday: Holiday Character (Wear elf, santa, reindeer or grinch attire)
* Thursday: Wacky Tacky Day
* Friday: Festive Friday (Wear an ugly Christmas sweater or any holiday attire)

**FROM THE MENTAL HEALTH & WELLNESS COMMITTEE:**

This week we will have several activities to promote mental health and physical wellbeing for our students and staff. On Tuesday and Thursday during lunch please join us in the ISS room for self-care activities including rock painting, relaxation rice sock making, canvas painting, coloring, and guided meditation.  We will also have journals and water bottles available.  On Friday, December 13th the Duo Dogs will be visiting us again from 10:00 a.m. to 2:00 p.m.

This time of year can be stressful so please make an effort to take care of yourself and ask for help if you need it.

**CVPA SPORTSCENTER:**

* Wednesday Dec 11th Boys and Girls Varsity @Home Vs Brentwood. Girl's play at 4:30pm and boys afterwards
* Friday Dec 13th Boys and Girls Varsity @Home Vs Roosevelt. Girl's play at 4:30pm and boys afterwards

**CVPA REMINDERS:**

There will be an afterschool rehearsal today for all participants of tomorrow’s Winter Performing Arts Night.

Finals will begin in next week listen carefully to how our final schedule goes!

* Monday December 16th will be a full school day with no finals.
* Tuesday is 5th and 6th period finals.
* Wednesday is 1st and 2nd period.
* Thursday is 7th and 8th period.
* Friday is 3rd and 4th period.
* Tuesday – Friday will be half days which means dismissal will take place at 10:30 am.

Winter break begins that Friday December 20th.

This has been \_\_ & \_\_\_. We would like to thank you for your undivided attention during these morning announcements and remind you to keep it Soaring Eagles at CVPA, where Arts and Academics share center stage!