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

Attention seniors! Group 3 will test today at 11 am (immediately following lunch). Please see the senior Teams page or contact your counselor if you have any questions. Teachers, please see your email for the list of students.

The **CVPA Carolers** will be performing at the **Frizzmas Holiday Extravaganza** tomorrow, December 7th. The event will take place at the **Cortex Innovation District, 4240 Duncan Ave, St. Louis, MO 63110**, and the performance will be from **2:30 PM to 3:00 PM**.

The Winter Performing Arts night is on December 11th.

**THE COUNSELOR’S CORNER:**

Congratulations to each and every one of you who took the time out to attend our FAFSA Frenzy yesterday! You’ve successfully completed your FAFSA, and that’s a huge milestone in securing your financial aid for college. You’ve just taken the most important step toward accessing the funds that will help make your dreams of attending university a reality.

Your dedication and effort are truly inspiring, and we’re so proud of you for staying on track with your future. Keep up the hard work, and we can’t wait to see all the amazing things you’ll accomplish!

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

Next 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 REMINDERS:**

Finals will begin in two weeks and **THERE HAS BEEN A BIG CHANGE IN THE SCHEDULE.** So 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.

**CVPA HAPPY BIRTHDAYS:**

Happy birthday to Kamani Miller!

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!