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

The Winter Performing Arts night is Wednesday December 11th at 6 pm.

Ms. Brown will be holding auditions for **Wednesday’s Performing Arts Night** on **Tuesday, 12/10, during lunch** in her office on the 4th floor.

A big congratulations to the **CVPA Carolers** for doing an outstanding job at the **Frizzmas event** on Saturday!

**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:**

* Today, Dec 9th Boys and Girls varsity basketball @Riverview Gardens Girl's play at 4pm and boys play afterwards.
* 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:**

Finals will begin in next week 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 Ava Alexander!

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!