**CVPA SPIRT, NEWS, & ACTIVITIES:**

Today begins Nurse’s Appreciation Week, we honor the heart, dedication, and unwavering strength of our nurses. Your compassion, skill, and resilience make an incredible difference in the lives of patients, families, and our entire community. Thank you for being the backbone of healthcare!

Tickets are now on sale for the Live the Dream benefit concert at The Sheldon Concert Hall on Monday, May 20th, where Ms. Brown will be performing alongside some of our talented CVPA students. Proceeds from the concert will go to support CVPA’s fine arts programs. Tickets are available through Metrotix and The Sheldon website.

SENIORS! We are beginning the process of collecting your laptops.  You can begin bringing them to the main office to give to Ms. Rovira. All laptops **MUST** be turned in by Thursday, May 8th in the morning before the Senior BBQ.

**COUNSELING CORNER:**

May is Mental Health Awareness Month! We will be having some special activities to encourage good mental health and highlight healthy coping strategies this month. Mental Health tip of the day:

Take slow, deep belly breaths to relieve stress. Try to exhale longer than you inhale. Do this for at least a few minutes.

Please join the Care Team in the cafeteria during lunch on Wednesday for mental health month activities. We will be painting rocks, giving out coloring books, and writing gratitude cards.

**CVPA HAPPY BIRTHDAYS:**

Happy birthday to students Raylonzo & Raymariea McCall and Maurice Jones!

**UPCOMING DATES TO REMEMBER:**

May 8: SENIOR clearance and senior BBQ

May 9: Ribbon Day Ceremony and Senior Luncheon

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!