**CVPA SPIRIT, NEWS AND ACTIVITIES:**

* This week, September 8–14, is **National Suicide Prevention Week**, a time dedicated to raising awareness, breaking stigma, and reinforcing our collective commitment to mental health and well-being. Please join our Care Team in the cafeteria during lunch on Wednesday for self-care activities including rock painting and coloring books.

**FROM THE COUNSELOR’S SUITE:**

* **ATTENTION JUNIORS (only)** Would you like to travel to another country and study abroad in the summer of 2026?

Are you very responsible?

Are you a mature individual?

Do you have a minimum 2.8 GPA?

If this describes you, the Quest Scholarship Fund offers high-achieving scholars from high schools in the STL area, the opportunity to step outside their local community and develop a global consciousness by studying abroad. If you're interested, please come to the Counselor's Suite and pick up a Pre-Application ***asap***. The deadline to apply is today, September 12th. For more information, please see the post on the junior page on Teams.

**FROM THE FINE ARTS DEPARTMENT:**

* A reminder that registration for the Fox Teen Talent Competition is now open! The deadline to register is October 24, and all details and the link are posted on Teams.
* Spirit Squad after school.