

# DAILY BULLETIN

Tuesday, November 27, 2018

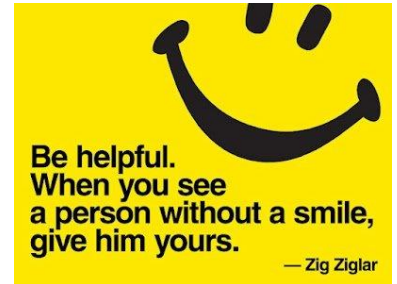
MENU: BBQ Pork/bun, Scalloped Potatoes, Green Beans, Pears/Fresh Fruit

HAPPY BIRTHDAY:

JH Girls Basketball: 4:15pm game today vs. Tri-County

VARSITY BASKETBALL: Quad vs Colfax-Mingo 6:00pm tonight

Varsity Wrestling: 6:00pm tonight @ Marengo, leave at 4:30pm



HLV CONCESSION STAND HELP: We are still looking for help in the concessions stand. Please sign up in the office if you can help. Silver Cord hours are available for this. We could use a helping hand tonight as well.

REMINDER STUDENTS: If you know you will be absent for any reason you need to get an admit slip ahead of time and get your work before your absence.

JAZZ CHOIR: Jazz choir this week: Thursday @ 7:15am -Tacy, Sydney, Jaycie, Josie, Aimee, Kenna, Courtney.

ADVENT CALENDARS: Rylie Timm, Aleya Roberts, Jordan Van Lancker, and Rachel DeRycke please pick up your advent calendars in Mrs. Schnebbe's room today. Also we have 4 extra calendars to sell if you would like one they are \$5 each.

**The best preparation for tomorrow is  
doing your best today.**

*-H. Jackson Brown, Jr.*

Attention students we are always looking for pictures to put in the yearbook. If you would have any class or group pictures please email them to Mrs. Demmel. [wdemmel@hlv.k12.ia.us](mailto:wdemmel@hlv.k12.ia.us)

STUDENT COUNCIL: Our next meeting will be Wed. Dec. 5 at 7:45 AM in Mrs. Scoville's room.

KIRKWOOD CLASSES: For any junior or senior students or a freshmen and sophomore TAG student interested in taking Kirkwood courses online next semester catalogs are available in the counselor's office. Deadline to register is December 10th. See Mrs. Robison to sign up.

## SUCCESS CENTER NEWS:

Success Center students - anyone who would like to serve on a decorating committee where you will create door decorations for a teacher please let your success center teacher know and email Mrs. Robison your name

## **FUN FACT:** 7 Scientific Benefits of Helping Others

1. HELPING OTHERS CAN HELP YOU LIVE LONGER.

2. ALTRUISM IS CONTAGIOUS.



3. HELPING OTHERS MAKES US HAPPY.

4. HELPING OTHERS MAY HELP WITH CHRONIC PAIN.

5. HELPING OTHERS LOWERS BLOOD PRESSURE.

6. HELPING OTHERS PROMOTES POSITIVE BEHAVIORS IN TEENS.

7. HELPING OTHERS GIVES US A SENSE OF PURPOSE AND SATISFACTION.

## 5 Ingredients for Happiness

- 1) Be Grateful
- 2) Be Helpful
- 3) Be Understanding
- 4) Be Kind
- 5) Be Yourself

