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

Library books **MUST** be returned to the library by May 22. Students who fail to return their library books will be charged for the cost of the book.

Tickets are now on sale for Live the Dream benefit concert at The Sheldon Concert Hall on Tuesday, May 20th. 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.

Final exams begin next Monday, May 19th through Thursday May 22nd. Every day is a half day with classes dismissing at 10:30 am. The schedule is as follows:

Mon: 1st and 2nd period finals

Tue: 5th and 6th period finals

Wed: 3rd and 4th period finals

Thurs: 7th and 8th period finals

**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. This Friday we will have the duo dogs joining us from 10 – 2! Here is your mental Health tip of the day:

Turn off technology. Taking a break from constant notifications and stimulation can help reduce feelings of being overwhelmed or anxious. This is good for both mental and physical health.

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!