**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.
* Join us for the “Books Choose You” Reading Challenge! You have from today until September 21 to read and log at least 30 minutes of reading each day. Information about incentives and prizes will be revealed soon. See Mrs. Johnson in the library today for details. Don't miss out!

**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 Friday, 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.
* Jazz Choir will meet after school with Ms. Brown.
* Friday 9/12: MATI field trip during the day and Spirit Squad after school.

**CVPA HAPPY BIRTHDAYS:**

* **Jazlyn Flores-Magana**
* **Skyiler Randle**