



Announcements

# LOST & FOUND

If you have lost any items, please visit the office to claim them.

# TUTORS AVAILABLE

Every Wednesday, NHS tutors will be staying after school from 1:30-3:00 to help any students who need it. Mrs. McQueen will be checking in with students who will benefit from extra time working on academics. Please see Mrs. McQueen if you have any questions.

A representative from Lincoln Land Community College will be here today during lunch.

# EARLY ARRIVAL

If you get to the North Mac High School before 7:30 you better dress warm. We open our doors at 7:30 and we don't let anyone in before that time.

Reminder: Back Packs are to remain in your locker during the day day, unless you have been provided permission otherwise. Hats need to remain in lockers as well.

# CLUBS

Scholastic Bowl Practice begins Nov 1. Practice practices will be held in the STEM lab Room 1166. Please see Mrs. Baragiola if you have any questions. The first STEM club meeting will be held on Friday Nov 4 right after school at 3:15. It will also be held in the stem lab room # 1166. We will need to pick a project and a fundrasier to fund our project.

# FOOTBALL

We tried in a hard effort to beat Fairfield in the Playoffs, but we fell by one point. The final score was 20-19. Congrats on the great season.



# CROSS COUNTRY

Olivia Thoroman placed 58th in the Elmwood Sectionals. She ran her course PR.



# BASKETBALL

Girls' basketball has their first practice of the year tonight. It's after school in Virden.



# SCHOLARSHIPS

Seniors – several scholarships are now available outside of Mrs. McQueen's office. Remember scholarships are free money! If you have not completed your FAFSA yet, please do so, it is a graduation requirement. See Mrs. McQueen if you need any help.

There will be a representative from Illinois College, and he will be here on Thursday at lunch.

# RED RIBBON WEEK FACTS

The anti-drug programs were initiated by the first lady of the US at that time, it was Nancy Reagan. A proclamation was delivered before her by the club members in 1986. Most students acknowledge they start taking drugs to deal with anxiety. This, in turn, actually increases anxiety in youth and leads to worse habits. During the COVID pandemic, teen drug overdoses rates increased by 19%. More high schoolers smoke marijuana than cigarettes. 21.3% of seniors have smoked weed in the last 30 days. 79.5% of seniors say it's easy to get weed. 35.3% of high schoolers have drunk alcohol in the past month.