



Marengo Community High School

Newsletter: Sept. 3 - Sept. 9

September Student Tardy Challenge

For the month of September, MCHS is holding a tardy challenge. If a student has zero tardies for the month of September, MCHS is planning a reward for those students. We will bring in food trucks for students on a day in October to reward students for accepting the zero tardy challenge and succeeding. Please be on the lookout for information in regards to this challenge. The challenge begins on September 4th and ends on September 30. Students must have zero tardies during this time to be eligible for the incentive.



What's Coming Up..

Sept. 5 - B Golf vs. Woodstock
Sept. 5 - CC @ KRC
Sept. 6 - VB vs. Johnsburg (F, JV, V)
Sept. 6 - Soccer @ Plano (JV, V)
Sept. 6 - B Golf vs. Sycamore
Sept. 6 - G Golf vs. CLC
Sept. 6 - Tennis vs. Sycamore
Sept. 7 - FB vs. RB (F/S, V) - SAT Recognition Night
Sept. 7 - Soccer @ PR (JV, V)
Sept. 7 - Cheer vs. RB (F/S, V)
Sept. 8 - Soccer vs. Woodstock North (JV, V)
Sept. 9 - VB @ R. Lake (V)
Sept. 9 - Soccer vs. BC (JV, V)
Sept. 9 - B Golf @ Antioch
Sept. 9 - CC @ Peoria

From the Harvard Division of Continuing Education...

Why You Should Make a Good Night's Sleep a Priority.

Balancing all the demands on your time—a full course load, extracurricular activities, and socializing with friends—can be challenging. And if you also work or have family commitments, it can feel like there just aren't enough hours in the day.

With so many competing priorities, sacrificing sleep may feel like the only way to get everything done.

Despite the sleepiness you might feel the next day, one late night probably won't have a major impact on your well-being. But regularly short-changing yourself on quality sleep can have serious implications for school, work, and your physical and mental health.

Alternatively, prioritizing a regular sleep schedule can make these years healthier, less stressful, and more successful long-term.

The full article can be found at:

<https://summer.harvard.edu/blog/why-you-should-make-a-good-nights-sleep-a-priority/>

If you have information about any safety issues at school, please report them to a trusted adult at the school. All information provided is kept confidential. You can also report any issues to tipline@mchs154.org.

Thank you for helping to keep our school safe!

Jay Mullens, Ed.S. | MCHS Principal